**Freshman Year**

If you want to get involved, start early.

* Research
	+ The earlier you start, the more time you will have to develop a project
	+ BCA has some great summer classes, but you need a topic for some so be prepared in advance
* Don’t overexert yourself just yet, but do get involved! See how much you can handle and know your limits!

Know what you need to graduate – speak with your guidance counselor

* Community service
* Electives - sign up for electives the instant you get access to the elective registration website
* Get elective requirements out of the way before your work piles up in later years
	+ Biology electives can be replaced with AP Psych or AP Biology
	+ Humanities electives can be replaced with a fourth year of language

Sign up for activities!

* Take advantage of all the opportunities that BCA has to offer
	+ You donʼt have to do only science stuff
* Colleges like to see proof that you care about whatever youʼre doing, so run for an ofﬁcer position, attend club events, give your time and your ideas- but above all, HAVE FUN!

Work on time management skills

* Make a plan for how youʼll do your small homework assignments and your big projects
* Donʼt wait to get help if you donʼt understand something
	+ NHS offers tutoring services in all subjects!
	+ Teachers have open door policy for extra help

Finding your way around school

* 10s in basement; 100s on first floor; 200s on second floor
* Red lockers in basement; blue and yellow lockers on first floor, green lockers on second floor
* Be on the lookout for extra doors and extra wings extending off the school

Don't listen to any rumors about your classes or teachers.

* Just because someone did not enjoy a class does not mean you won't enjoy it

Never be afraid to go for extra help - your teachers are there to help you learn.

* For the ﬁrst time, you might get a bad grade, or you might ﬁnd yourself with a lot of homework to complete
* Use all your resources
* Be proactive to keep your grades up

Stay social

* Use your frees not just to finish up homework – interact with your peers

**Sophomore Year**

Maintain your grades

If you think that you might apply to NHS, complete and upload 30 hrs community service by the end of the year (make sure that they are veriﬁed, and if theyʼre not, ask your community service advisor for clariﬁcation).

Take any applicable subject tests at the end of this year

Think about your senior year as well as your junior year when deciding what AP/IB courses to take.

Start thinking about when you might take the SAT/ACT.

* This summer is a good time to start studying

Start thinking about colleges, ﬁnancial aid, in-state tuitions.

* Consider a college level class at your school of choice, if possible

Start thinking about teacher recommendations

**Junior Year**

Maintain your GPA

You cannot take AP chem in place of chem - you must take it alongside chem. (However, youʼll be learning what youʼve already learned in AAST chem, and in the spring youʼre learning the same thing in both classes, which makes it easier.)

You should sign up and take subject tests for AAST classes you have completed.

The PSAT will be administered in October

* Some schools require that you list them as “ﬁrst choice” to be considered for scholarship

Sign up for, and take the SAT/ACT

* The ACT covers science, the SAT does not
* You can guess on the ACT without penalties

Take advantage of test prep on Naviance.

Visit college reps when they are at BCA.

Think about college recommendations.

* Usually come from Junior teachers (sometimes Sophomore)
* Ask them early to write your recommendation and get their confirmation!
* Some teachers require you to submit a resume and essay to help them better write your rec

Think about your senior experience

* Start applying
* Draft your resume and cover letters
* Prepare for interviews

Focus on and prepare for your AP exams

* May be used for college applications

What senior science classes will you take - AP? IB? Psych?

Schedule and take college tours.

Take a deep breath. Half of the horror stories you hear about junior year are from people who either like to procrastinate or like to complain. It is doable if you donʼt go in overwhelmed before the yearʼs even started!

Take a look at the common app, and consider starting essays this summer.

**Senior Year**

Keep your grades up- colleges will see them all, including your second and third trimester grades.

Do your research and college applications early- donʼt wait until the last minute!

Donʼt psych yourself out about who else is applying where- keep your mind on your own application; it probably wonʼt come down to a choice between you and another BCA student for admission

Take the SAT/ACT one last time?

Finish up tours.

It’s okay to slack off a bit, but keep in mind that colleges will see your grades and can rescind acceptances at any time.

General info for all years:

If you do poorly on one thing, do not let it affect you too much - simply move on to the next thing you need to do and focus on it.

Use time over the weekend wisely so you do not fall behind in your studies and get stressed during the week.

Ask teachers questions about your future. Keep up good relationships with them- some of them will write your recommendations, and itʼs nice to have people you can go to if you have a question or a problem.

Stay committed to schoolwork and extracurriculars.

Plan out large assignments and make sure you understand what you’re learning as you learn it.

* It’s better to work now and not to be stressed later
* Study to learn the material and not just to pass the test; you’ll remember more when it comes time to study for the big exam

Reward yourself after getting a certain amount of work done.

Donʼt forget to eat breakfast and get exercise when you can - and SLEEP!

Go to the ESB (the greenhouse) once in a while- itʼs very calming, and Mrs. Zepatos and Dr. Pinto are really nice!

Reach out to upperclassmen for help – there are a lot of nice ones!