



Conceive A Dream Foundation

College Fit & Future Me

A Fun Exploration Worksheet for High School Students

PART 1: Dream Big - Your Future Self

1. If I had my dream job today, I'd be a:

2. Careers I'm curious about (list at least 3):

- _____

- _____

- _____

3. College majors that could lead to these careers:

- _____

- _____

- _____

PART 2: Me, Right Now

1. My current GPA (if available):

2. Have I taken (or plan to take):

☐ PSAT ☐ Pre-ACT ☐ SAT ☐ ACT

☐ AP / IB / Honors Courses ☐ Dual Enrollment

3. School subjects I enjoy most:

- _____

- _____

4. Activities or hobbies I'm involved in:

- _____

- _____

PART 3: What I Want in a College

Check off what matters most to YOU:

☐ Close to home ☐ Far from home ☐ Big city ☐ Small town

☐ HBCU ☐ PWI ☐ Diverse student body ☐ Public ☐ Private

☐ Big sports culture ☐ Strong academic reputation

☐ Affordable tuition ☐ Lots of scholarships

☐ Study abroad ☐ Good food/housing

☐ Clubs & organizations I like ☐ Job opportunities nearby

Other things that are important to me:

PART 4: College Exploration Tracker

Instructions:

Now that you've reflected on your goals, interests, and what you want in a college, it's time to start researching schools that may be a good fit. Use the space below

to explore up to 10 colleges or universities. Consider how each school aligns with your preferred major, location, cost, student life, and other priorities.

1. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

2. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

3. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

4. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

5. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

6. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

7. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

8. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

9. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

10. School Name: _____ | Major: _____

Why I'm Interested: _____

Notes: _____

PART 5: My Yearly Checklist

Sophomore Year:

- ☐ Take the PSAT or Pre-ACT
- ☐ Join or explore clubs, sports, or volunteer work
- ☐ Research careers and possible majors
- ☐ Start a "brag sheet" of your activities and awards
- ☐ Talk to a school counselor about college goals
- ☐ Visit a local college (virtual or in-person)

Junior Year:

- ☐ Take the SAT or ACT (or prep for it)
- ☐ Narrow your list of colleges
- ☐ Research scholarships
- ☐ Begin thinking about your personal essay
- ☐ Ask teachers for recommendation letters
- ☐ Attend college fairs or info sessions
- ☐ Visit college campuses

Senior Year:

- ☐ Finalize college list & submit applications
- ☐ Write and revise your personal statement

- ☐ Complete FAFSA and/or CSS Profile
- ☐ Apply for scholarships
- ☐ Review admission decisions & financial aid offers
- ☐ Make final college choice & prepare for transition