



Academic Update

December 2024

It is fitting that we are having our first update in December. The holiday season as a family allows for reflection on your fall semester as well as preparing bite-sized projects for the months ahead.

Much like the hockey landscape, the academic landscape has shifted profoundly. The applications for high level colleges and universities around the country are requiring more robust and thoroughly documented information to put together their entering classes of well rounded, accomplished young men and women.

These updates are intended to keep you on track academically as you continue to develop your hockey skills with Hawkeye Hockey throughout your high school career.

Important: If you haven't started an Academic/Athletic resume and you are beyond Freshman year, it is in your best interest to do so now

Frosh (Freshman) Year student-athletes

1) Start an Academic/Athletic Resume'

My recommendation would be to create a *word document* that you can add to from this point forward. Colleges are asking these questions, and it is easier to keep track as you are on your academic/athletic journey than reflecting upon four years in retrospect.

The document should include:

- Courses taken – Grade assigned to that course (each semester)
- Extracurricular activities – Team, level, team record, statistics
- Volunteer Activities – Organization, organization description, your role, hours spent

- Special Projects – Science projects, public speaking opportunities, school clubs (Include: Title, brief description, etc.)
 - Summer Activities – Camps (science, language, hockey, travel, jobs etc.)
 - Athletic (Team, position, record, stats)
- 2) **Family discussion: *Talk about electives you might consider with future interests and aspirations in mind.***

Sophomore Student-Athletes

- 1) Set up a time to meet with High School counselor (Early Spring semester) to map out the following year's courses (with the next two years in mind)
 - Colleges consider rigor when going through their evaluation process (AP, IB, Dual enrollment – college credit)
- 2) For example: What is your trajectory for math, science, foreign language etc.
- 3) Look at Spring PSAT dates
- 4) **Family Discussion: *Consider summer jobs/internships with a purpose (that align with college/career aspirations)***

Junior Student-Athletes

- 1) ACT/SAT in Spring discussion
- 2) Set up time to meet with High School counselor for early spring
- 3) **Family Discussion: *Start talking about college touring trips, spring hockey, summer hockey commitments, internships (purposeful)***

Senior Student-Athletes

- 1) Talk with Hawkeye Hockey advisor about steps moving forward
 - Junior hockey possibilities
 - Junior Leagues/options
- 2) Re-take SAT/ACT?
 - Review and secure Spring dates for proper preparation
- 3) **Family Discussion: *Junior hockey discussion with the family with the understanding that access to D1 and D3 college most likely requires this step.***

Junior A Hockey (1st Year)

Now is the time to start the college consulting process. Please reach out to me if you are interested in College Copilots private consulting services. We will go through an extensive analysis to align your academic needs with a hockey experience in college. You will be applying to school in a little more than 9 months.

Junior A Hockey (2nd Year)

Find a good book to read. It is essential that you maintain academic habits. I am happy to recommend a book based on your interests. E-mail me for suggestions.

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