DURING YOUR SOPHOMORE YEAR

Tips and Tools for Sophomore Success

Integrate these suggestions as they best fit into your personal and academic goals.

**ACADEMICS**
- Continue major exploration and attend the major exploration panel event in October.
- Take advantage of office hours, Academic Help Centers, Peer Tutors (email: peertutors@wlu.edu) or meet with your class dean about other options for academic support.
- Contact faculty about assisting in their research.
- **Interested in fellowship opportunities?** Looking to apply for research grants and/or abroad funding? Explore the fellowship website and contact Dean Marcia France.

**CAREER DEVELOPMENT**
- Explore majors and careers.
- Participate in or apply for internship and/or job shadowing opportunities – related or not related to your major.
- Attend a variety of Career Development events on resume writing, interviewing, and job searching strategies.
- **Begin to build a professional network and explore Colonade Connections.**
- Schedule a one-on-one appointment with a Career Counselor.
- Update resume and add new jobs, activities, class projects and awards, etc.
- Conduct practice interviews and work with Career Development to set a timeline for when you should conduct informational interviews. Remember to keep a log of contacts!
- Connect with career development and inquire about prep programs (including: pre-health and pre-law).
- Interested in Grad School?

**INVOLVEMENT AND LEADERSHIP DEVELOPMENT**
- **Apply for leadership positions such as FYOC, Peer Counselor, Resident Adviser, Outing Club, GAB, etc.**
- Apply to become a member of the Leadership Education and Development (LEAD) Program.
- **Attend at least one leadership development workshop, retreat, or program.**
- Run for sophomore seats within student government.
- Interested in Campus Recreation? Participate in club or intramural sports.
- Get involved with the Outing Club.
- **Participate in monthly volunteer opportunities.**
- Participate in at least one multicultural event per term.
- Attend off-campus movies, local festivals, or downtown events/concerts.
- Take a day-trip to surrounding areas (Charlottesville, Roanoke, Shenandoah National Park, etc.)
- Visit local attractions and find time for the Wednesday or Saturday Farmers Market.

**HEALTH & WELLNESS**
- Make an appointment with the Student Health Center for preventative care and treatment for acute illnesses and minor injuries. Office visits are billed to your insurance company.
- **Get your flu shot during the Fall Flu Shot Session.**
- Stay informed and read Student Health 101.
- **Participate in health education programs or schedule a program for a group of friends and student-leaders.** Possible topics include:
  - Being an Active Bystander – SPEAK can provide booster programs.
  - Healthy Eating on Campus – Jan Kaufman is the main contact
  - **Make an appointment with the Counseling Center for assistance in achieving emotional well-being necessary for success.**
  - Join a personal growth and/or support group at the Counseling Center.
  - **Consult with the Student Health and Counseling Center when worried about a friend.**

**TAKING CARE OF BUSINESS & MONEY MANAGEMENT**
- Purchase a meal plan.
- Create a personal budget. Review and update it regularly.
- Submit the Free Application for Federal Student Aid (FAFSA) in January.
- **Contact Financial Aid to set up appointments regarding current aid and funding opportunities.**

**STUDY ABROAD TO-DO LIST**
- **Make an appointment with the Study Abroad Advisor Kip Brooks to discuss opportunities.**
- **Apply online to the Center for International Education.**
- Upon acceptance, request a credit transfer from Department Heads and Academic Advisor.
- **Apply for admission to the sponsoring study abroad institution or program, by the program’s stated deadline.**
- **Apply for Study Abroad Funding.** If you currently receive Financial Aid, meet with the Financial Aid Office to request the appropriate consortium agreement.
- Schedule a meeting with the Business Office to ensure proper transfer of funds to the proper program or sponsoring university.

**CENTER FOR INTERNATIONAL EDUCATION**
- Attend the Study Abroad Fair.
- Become familiar with funding options for study abroad.
- Review travel resources, policies and procedures on the Center for International Education.
- **Interested in study abroad? Make a consultation visit to the Center for International Education.** Make an appointment with Kip Brooks, Assistant Director and Study Abroad Advisor to discuss opportunities.
- **Students who show significant commitment to and understanding of global interaction may apply to have their experiences recognized with a Certificate of International Immersion, noted on the transcript and in the listing of honors at Commencement. See more information here.**
- **Apply to assist and serve as an ambassador in International Student Orientation.**