

# DURING YOUR SOPHOMORE YEAR

## Tips and Tools for Sophomore Success

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

### ACADEMICS

- Read more about the *academic departments and programs* we offer.
- Attend the major exploration panel for sophomores in October and continue major exploration throughout the year.
- Take advantage of office hours, *Academic Help Centers*, *Peer Tutors* ([peertutors@wlu.edu](mailto:peertutors@wlu.edu)), and meet with your *class dean* about other options for academic support.
- Contact faculty about assisting in their research.
- Visit the *fellowship website* and if you are interested in any opportunities, contact Dean Gwyn E. Campbell ([campbellg@wlu.edu](mailto:campbellg@wlu.edu)).

### 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) by April 1.
- Contact *Financial Aid* to set up appointments regarding current aid and funding opportunities.

### CAREER AND PROFESSIONAL DEVELOPMENT

- Participate in or apply for internship and/or job shadowing opportunities – related or not related to your major.
- Attend a variety of *Career and Professional Development* events on resume writing, interviewing, and job searching strategies.
- Begin to build a professional network and explore *Colonnade Connections*.
- Schedule a *one-on-one appointment* with a Career Counselor.
- Update your resume and add new jobs, activities, class projects and awards, etc.
- Conduct practice interviews and work with the Career and Professional Development Office to set a timeline for when you should conduct informational interviews. Remember to keep a log of contacts!
- Inquire about prep programs (including: *pre-health* and *pre-law*) and *graduate school* opportunities.

### CENTER FOR INTERNATIONAL EDUCATION

- Attend the *Study Abroad Fair*.
- Make a consultation visit to the *Center for International Education (CIE)*.
- Make an appointment with the Study Abroad Adviser, Cindy Irby ([cirby@wlu.edu](mailto:cirby@wlu.edu)).
- Apply for admission to the sponsoring study abroad institution or program, by the program's stated deadline.
- Become familiar with funding options for study abroad: Explore possible *grant* opportunities and *other types of aid* through the Office of Financial Aid. If you currently receive Financial Aid, you are required to attend the Financial Aid Study Abroad informational session offered the semester prior to your travel.
- Review travel *resources, policies and procedures* on the Center for International Education website.
- 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.

### INVOLVEMENT AND LEADERSHIP DEVELOPMENT

- Read the resources available to you: Monthly class newsletters and daily Campus Notices in order to take advantage of speakers, workshops, or other extracurricular events.
- Run for sophomore seats within *student government*.
- Apply for leadership positions such as FYOC, Peer Counselor, Resident Adviser/Community Assistant, 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.
- Participate in group exercise, intramurals, club sports, or special events through *Campus Recreation*.
- Get involved with the *Outing Club*.
- Serve the local community through ongoing *volunteer opportunities* and remember to record your service hours in the *Community Engagement Log*.
- Participate in at least one *multicultural event* per term and/or get involved with ongoing initiatives through one of our *multicultural student organizations*.

- 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

- *Learn more* about and download the *LiveSafe* app today! LiveSafe is a mobile-safety technology that empowers students to take charge of their own safety and look out for others. The app allows you to report and share information, request a SafeWalk home, and access emergency information.
- Make an appointment with the *Student Health Center* for preventative care and treatment, acute illnesses, or minor injuries. Office visits are billed to your insurance company.
- Get your Flu shot.
- Stay informed and read *Student Health 101*.
- Participate in health promotion or wellness 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
- Emotional Wellness – manage anxiety/stress, learn about mindfulness, or how to help a friend.
- 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.
- Participate in *Safe Space training*.
- Consult with the Student Health and Counseling Center when worried about a friend.
- Take advantage of the Fitness Center facilities and special programs: *Doremus Fitness Center* and *Natatorium*. Contact Patti Colliton [collitonp@wlu.edu](mailto:collitonp@wlu.edu) for individual or group workout plans.
- Get involved with the *Outdoors!*
- Participate in group exercise, intramurals, club sports, or special events through *Campus Recreation*.

#WLU20

SOPHOMORE  
YOUR YEAR TO EXPLORE