## 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 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 opportunities.

### 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 Colonnade 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 multiracial 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.
- Take advantage of Doremus Gym facilities and programs.
- Get involved with the Outdoors!
- Interested in Campus Recreation? Participate in club or intramural sports.

### Study Abroad To-Do List
- Make an appointment with the Study Abroad Advisor Cindy Irby 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.
- Interested in study abroad? Make a consultation visit to the Center for International Education. Make an appointment with Cindy Irby, Assistant Director and Study Abroad Advisor to discuss opportunities.
- Become familiar with funding options for study abroad.
- Review travel resources, policies and procedures on the Center for International Education.
- 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.

### 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.