Resources for Sophomores

Give yourself a pat on the back. You’ve made it through your first year as a college student! Your hard work is not done yet, though. In Molly A Schaller’s 2005 article, *Wandering and Wondering: Traversing the Uneven Terrain of the Second College Year*, she explains that the Sophomore year is a time when, “students determine their own direction, actively select their friends, identify what they want for their future, and begin to take ownership of their learning experience.”

**Checklist for Academic Success:**
- Continue to make school a priority. It’s easy to lose track of your life, school, and career goals. Make sure to keep them in the forefront of your mind.
- Learn from your last year. What worked? What do you need to adjust? ...More study time, better time management, and more involvement in school activities? Reflect on last year and make adjustments for this year.
- Reaffirm or confirm your major.
- Meet with your academic advisor to develop an academic plan to reach your academic goals.
- Use the degree audit on MyLSUS to track academic progress.
- Continue to explore different avenues of careers through your class schedule, volunteer opportunities, and research. While you should be narrowing down your choices, there is still room to explore other areas of interest, and to become more specific on the path you want your life to take.
- As you become more involved in school and perhaps work, remember you must still set aside time to study. Classes build on each other, so ensure you are learning everything you need to know by studying or starting a study group.
- Utilize the tutors in the University Writing Center and the Math Help Lab. Explore other academic supports available on campus.

**Career Considerations:**
- Consider ways to learn more and connect to your prospective career field with activities such as informational interviews, job shadowing, research opportunities, academic service-learning, or internships.
- Develop professional job search skills & interview skills.
- Attend Career Fairs and continue to build your network contacts.
- Participate in informational interviews with professionals in your field of interest.
- Continue building your career portfolio with relevant education, work, and skills that you have achieved.
- Update your resume each semester. Fill in more detail about the education you are receiving, the opportunities you are taking advantage of, the honor societies you have been accepted into, etc.
- If you’re still are unsure of a career path, visit mynextmove.org to narrow your focus or visit Career Services for an assessment of your areas of interest and major possibilities.
- If you know the direction you would like to take your education, get more information. Talk to someone in the field, research the job online, find detailed information about salary, work requirements, training requirement, etc.
- Get involved in public service projects; Student Activities may have some ideas for you.
- Volunteer in your community during summers or during academic breaks.
Campus & Community Involvement:

- If you haven’t already, get involved!
- Join a student organization that is related to your career path. It looks great on your resume!
- Identify services opportunities for the year and be involved as much as your schedule allows.
- Consider a leadership or volunteer position on campus or in the local area.
- Continue to check your email regularly in order to find out about fun activities and recreational opportunities.