Sophomore Year Checklist

Academics:

* Identify and strengthen commitment to your major.
* Develop an academic plan with your academic advisor.
* Utilize writing resources and course specific tutoring in the [Academic Success Center](http://southernct.edu/asc/).
* Develop, plan, and execute with the help of an Academic Success Coach.
* Develop a working relationship with 1-2 professors by visiting them during office hours.
* Check your Degree Evaluation.
* Consider studying abroad.
* Get involved in undergraduate research.

Career Exploration/Preparation:

* Meet with a Career Coach in the Career Services Center to discuss ways to prepare for your career.
* Learn more about yourself by utilizing [FOCUS](https://www.southernct.edu/student-life/academic-success/career-services/students-resources/focus.html), and find out what career will best suit you.
* Update and strengthen your resume and receive help through Career Peer team assistance.
* Learn how to write an effective cover letter.
* Attend workshops and presentations sponsored by the Career Services team.
* Attend the Majors Expo.
* Attend the Career & Internship Fair to meet future employers.
* Join LinkedIn and start networking.
* Utilize [JOBSs](https://www.southernct.edu/student-life/academic-success/career-services/students-resources/index.html) to connect with on and off campus employers.
* Plan for a summer internship or summer job.

Campus Connections and Involvement:

* Participate in on-campus events and activities and show your owl pride at SCSU [athletic events](http://www.southernctowls.com/).
* Join a club or organization in your passion areas; join a club or organization that relates to your major or career field.
* Log on to [OwlConnect](https://owlconnect.southernct.edu/) to stay connected and find out about new and exciting ways to get involved and events on campus.
* Take advantage of volunteer opportunities.
* Reflect and develop your leadership skills in deeper and more meaningful ways.
* Develop relationships with faculty and staff members.
* Participate in [multicultural events](https://www.southernct.edu/multicultural-center/events.html) to learn from your peers who have different interests.
* Attend an event that you have not participated in before.

Personal Growth:

* Choose and enhance your friendship network(s).
* Take time to de-stress during winter break.
* Look into ways that can assist you with balance in your life.
* Attend at least one Sophomore Experience event.
* Visit the [Wellness Center](https://www.southernct.edu/wellness-center/services.html) to increase your knowledge and awareness of positive health behaviors.
* Reflect on your values and passions.
* Meet with New Student and Sophomore Programs

Financial Literacy:

* Schedule a meeting with the Coordinator of Student Financial Literacy and Advising.
* If applicable, submit your FAFSA by federal, state, and university deadlines.
* Apply for scholarships and grants.
* Create your financial plan using the ["Paying for College Calculator".](http://go.southernct.edu/calc/)
* Utilize the [Financial Literacy](https://www.southernct.edu/financial-advising/index.html) webpage for anything financial.
* Utilize the “Paying for College Guide” to learn how to minimize your debt after college.