

Sophomore Success

Congratulations on completing your first year as a Falcon! Now that you know your way around, it's time to focus on what you should do to have a successful and rewarding sophomore year. The following checklist will help you navigate this year.

ACADEMICS

- **Stay on course to graduate in four years** by earning 60-62 credits by the end of your sophomore year.
- **Utilize tutoring** services as needed.
- **Don't skip classes**, keep up the good work, and carve out dedicated time to study.
- **Consider declaring a major** if you haven't already done so. If unsure, visit the Career and Professional Development Center to assess your interests, strengths, skills and values.
- **Meet with your academic advisor** to develop a plan to complete your core and major requirements.
- **Know the degree requirements for graduation.**
- **Explore an experiential learning initiative (ELI) opportunities** by serving on a cross-cultural!

COMMUNITY & INVOLVEMENT

- **Increase your campus involvement** in ways that support your interests and goals, and allow you to make friends.
- **Develop your leadership and teamwork skills** by participating in one or more student organizations.
- **Show your Messiah spirit** by attending campus events and supporting Messiah's athletic teams.
- **Stay healthy and physically active** by using the fitness center, joining an intramural team, participating in recreational activities, or taking an exercise class.
- **Take time to do something new.**
- **Develop relationships with faculty and staff** who can serve as resources, sources of support, and professional references.

CAREER PREPARATION

- **Talk to your academic advisor** about your career interests.
- **Research career options related to your major** by identifying the training and skills needed. You may also begin researching graduate and professional school requirements.
- **Identify ways to gain experience in your field** through research opportunities with faculty, internships, and summer jobs.
- **Connect with the Career and Professional Development Center** to identify internship opportunities, and attend career-development programs and events to build your job-search skills.
- **Create or update your resume** and take it to the Career and Professional Development Center for a critique by a career counselor or during drop in hours.

PERSONAL GROWTH

- **Engage in opportunities to experience different points of view.** Participate in issues-oriented discussions or multicultural events.
- **Develop healthy, respectful relationships** with roommates, hall mates, friends, significant others, and peers.
- **Take time to reflect** on your values, priorities, passions, and strengths.