

# Hey!! What About Sophomores?

*(Is it Your Imagination or Do Freshmen Get ALL the Attention!!)*

**“ Being a sophomore feels a little like being bumped by the new baby...”**

You were the star of the show during your first year at Ohio University with special resources designed just for you.

## **Residential Learning Communities**

**UC 115**

**UC 110**

**SI sessions for 100 level courses**

**Fastrack**

**Freshman Success**

All designed for first year students—which you no longer are!

Let's face it. Your first year flashed by without much planning—for many, it just *happened*-- and now the pressure is on to be and do a whole lot more.

You **KNOW** the grace period for freshmen is over because:

- Classes are more diverse. The juniors (and seniors) sitting next to you make it harder to earn the same grades you got in all-freshmen classes
- If you haven't declared a major yet, you get that questioning (oh-oh) look
- If you want to change majors, you hear the “five years to graduate” warning
- If you goof up, there's little sympathy -- you're expected to *know* “the system”

## **It's true that now...**

1. You **are** expected to assume more responsibility for your own education—and that includes knowing policies, asking for help when you don't, and in general, being responsible for your own academic progress, meeting in a timely manner with your advisor to pick up your DARS, and knowing academic deadlines (e.g., last date to drop classes)
2. Nothing can be done about more challenging courses—it's what college is supposed to be like and you've got three more years to deal with it—so deal with it. (If you've never checked out the resources and support available in Alden Library in the Academic Learning Center or the Writing Center, make a point to do that soon!)

<http://www.ohiou.edu/aac/>  
<http://www.ohio.edu/writing/>

## what about your major?

3. Your sophomore year can be an *ideal* time to declare a major, even if it means changing from one major to another. If you plan to stay in Arts and Sciences, it's NOT too late, and changing now should not interfere with your graduating in four years. In fact, you may be ready now to add a minor or a certificate program, as well, to enhance your education.

If you're *unsure* of what you want to major in, but know it's NOT what you are doing now, you are not alone.

Sophomores often find that choosing a major gets more difficult as time goes on, because even though you've had a chance to "sample" from so many classes, it's hard to choose.

Or, maybe you've not yet found anything that strikes your fancy and you're feeling the pressure to declare something, anything!

(Read this, read this, read this—flashing

The most important advice about a major you've ever  
been told is that

**Your major does not limit you to any particular career path!!! \*\***

WHAT?

Say that again!! "Your undergraduate major does not necessarily restrict (or require) you to follow a related career path if you don't want to.

Therefore: **CHOOSE**

1. *an academic area that you enjoy*

*AND*

2. *one in which you can do well academically*

Consult with an advisor in the College of Arts and Sciences Student Affairs Office about plans or ideas for a major.

Ask for a “what-if” DARS to better visualize and understand the courses you will need for any potential major in which you are interested.

Make an appointment at Career Services in Lindley Hall. By completing the Focus program and talking to a professional career advisor about your results, you may:

discover strengths (or weaknesses) you weren't aware of  
learn about majors you didn't know existed  
better understand how any given major can provide you with skills for  
nearly any career direction you choose  
<http://www.ohio.edu/careers/>

By registering at Career Services, you have access to many resources including the option of interviewing during Jobs Fairs each quarter, resume writing workshops, mock interviews, and much more.

## **Sophomore Check List:**

- You should be finished (or getting there) with:  
Freshman Composition  
Tier 1 Quantitative Course  
Tier 2  
Foreign Language—  
Be sure to investigate Education Abroad (Gordy Hall) for opportunities abroad to complete or enhance your foreign language experience  
<http://www.ohiou.edu/studyabroad/>
- **Retake Courses**  
This is the year to retake any courses left over from last year in which you did not do well. The longer you delay, the less benefit there is to retaking courses because you continue to add credits to the total on which your GPA is calculated. You can figure out what you would need to earn or how retaking a course will help at:  
[http://www.cas.ohiou.edu/undergrad/qlinks/gpa\\_cal/GPAFull.asp](http://www.cas.ohiou.edu/undergrad/qlinks/gpa_cal/GPAFull.asp)
- **Establish Academic Goals**  
It can be beneficial to consider how you will make the most of your time at Ohio University, beginning no later than your sophomore year. Many students choose to complete more than one major, at least one minor or a certificate program, achieve honors, win scholarships and recommendations for graduate, professional, or law school. This takes planning ahead and a focus on the future.  
<http://www.cas.ohiou.edu/undergrad/content/adv/succstra.asp>  
<http://www.cas.ohiou.edu/undergrad/content/adv/goalsetting.asp>

- **Internships**

Many departments assign credits for internships. It is possible you may be able to do this more than once and/or at different work locations. Ask your advisor or department staff who oversees these arrangements for your major. Also, inquire about internship opportunities outside of your major at Career Services web site

<http://www.ohio.edu/careers/> or

<http://www.cas.ohiou.edu/undergrad/content/career/interndb/default.asp>

- **Scholarships and research opportunities**

Your advisor can answer questions about departmental scholarships and departmental research projects, or direct you to someone who can. (In your junior year, if you have attained a 3.5 GPA, you may qualify to write an Honor's Thesis from research you pursue in your academic area)

<http://www.cas.ohiou.edu/undergrad/content/honors/dephonors.asp> )

Other great opportunities for scholarships are awarded through the Office of Nationally Competitive Awards. This is the office where you will be assisted to apply for many of the "famous" awards such as Fulbright, Rhodes, and Marshall scholarships. Ohio University students have the distinction of winning more high level awards than students from any of our peer universities. Be sure to check out the web site and begin now to think about applying in the future.

<http://www.ohio.edu/onca>

- **National Scholastic Honoraries**

Besides the reward of possible scholarships for your academic efforts, there are organizations that you may be eligible to join. You will be recognized for this accomplishment at graduation, and in the future. Certain course and GPA requirements are required to be eligible for either Mortar Board or Phi Beta Kappa, so your sophomore year is a good time to become aware of the specifics.

<http://www.ohiou.edu/%7Emortar/> ; <http://www.ohiou.edu/pbk/faqs.html>

- **Major or Departmental Organizations; Student Ambassadors**

Consider joining an organization affiliated with your major. Most departments sponsor organizations that are dedicated to majors in that academic discipline. It's a great way to learn more about your field and meet others with similar interests. Another great opportunity to meet and work with Arts and Sciences students is through Student Ambassadors. This organization is dedicated to enhancing the experience of A&S students through a variety of activities, including recruitment, and serving as student hosts to campus visitors.

<http://www.cas.ohiou.edu/undergrad/content/org/studorglist.asp>

<http://www.cas.ohiou.edu/undergrad/content/org/studamb.asp>

- **Volunteering**

Off campus volunteer opportunities can build your skills and add to your resume; contribute to your community with any of dozens of volunteer jobs in Athens and the surrounding area <http://www.ohiou.edu/commserv/>

- **Intramural sports**

Have fun, increase your circle of friends, and stay in shape every quarter by participating in sports activities coordinated through the Campus Recreation!  
<http://www.ohiou.edu/recreation/is/is.htm>

\*\* <http://www.cas.ohiou.edu/undergrad/content/career/libartcar.asp>