

• **Sophomore Checklist** •
Fall 2011

Prepare to declare your major and clusters

- Plan to meet with your pre-major adviser at least twice this semester
- Learn about departments and majors from undergraduate academic councils
- Go to departmental and other academic events
- Talk to UR graduate students and alumni in areas that interest you
- Seek advice from undergraduate advisers in majors you are considering
- Use the Majors & Minors page to find out more information: www.rochester.edu/College/academics/majors
- Attend **Still Undecided? Newly Undecided? Finding the Right Major**: Wednesday, October 19, 5 – 6 pm, Goergen 109
- Attend **How to Declare Your Major**: Wednesday, October 26, 6 – 7 pm or Thursday, October 27, 5 – 6 pm, Gowen Room, Wilson Commons
- Investigate the career paths of alums from the majors you're considering; register for the Rochester Career Advisory Network (RCAN) via the Gwen M. Greene Career and Internship Center's online networking tutorial at: www.surveymonkey.com/s/rcan

Cultivate your interests

- Consider setting up a research project or an independent study with a professor; plan now for next term
- Attend special talks, colloquia, seminars offered through departments, programs, and institutes, including those at the Gwen M. Greene Career and Internship Center
- Consider an internship for credit or for pay; attend **Fall Career & Internships Day**: Wednesday, Oct. 12, May Room, Wilson Commons
- Check out the Humanities Project: www.rochester.edu/College/humanities/
- Learn about the **VIPS** – schedule an appointment with the Career Center to explore your career-related Values, Interests, Personality, and Skills—call 275-2366 to begin the process

Discover your special academic options offered at UR

- Read about certificate programs, including Mathematical Modeling, Actuarial Studies, Asian Studies, Biotechnology, Literary Translation and Stage Management: www.rochester.edu/college/academics/majors
- Attend an upcoming Study Abroad info session: www.rochester.edu/College/abroad/programs/schedule.html
- Senior Scholars Research Program: craft a unique senior-year program of independent study, research, creativity <http://www.rochester.edu/College/abroad/seniorscholars/index.html>
- Take 5 Scholars & KEY — learn more at an upcoming info session: see www.rochester.edu/College/CCAS/information.html for the meeting schedule
- Fellowships — find out what they are and how to win one; **info sessions 9/7 & 10/27**
- Check out the College, Warner & Simon School joint programs: 3-2, 4-1, 5th year in teaching
- Get involved in the Rochester Center for Community Leadership: www.rochester.edu/college/rccl/
- Learn about the Office of Undergraduate Research & Mentoring in Dewey 4209-B—see www.rochester.edu/college/ugresearch/

Build on your strengths

- Consider becoming a Workshop Leader, Teaching Assistant, Tutor, or Writing Fellow
- Gain research experience: ask your professors about academic year and summer programs, here and elsewhere
- Apply for a leadership role in Student Government or as an RA, D'Lion, Peer Adviser, Freshman Fellow, International Student Mentor

Find help

- See your professor (really) or your TA; join a workshop or study group
- Get help from the Center of Excellence in Teaching and Learning (formerly LAS), Lattimore 107: note-taking & study skills, time management, disability support
- Contact your pre-major or faculty adviser
- Visit the Gwen M. Greene Career & Internship Center in Meliora Hall. Walk-ins: Mon. – Fri. 9 am – 5 pm
- Stop into Academic Support (CCAS) for advice on just about EVERYTHING; **walk-ins: M-F 1-4:00 pm, Lattimore 312**
- Look up answers in the Adviser Handbook — it's on the CCAS website: **www.rochester.edu/College/CCAS**
- Use the confidential services of the University Counseling Center: 275-3113
- Contact the Dean of Sophomores: sean.hanna@rochester.edu and the Assistant Dean of Sophomores: laura.ballou@rochester.edu

Take care of yourself

- Get a flu shot when UHS advises: **www.rochester.edu/uhs/**
- Join an intramural sport: **<http://dosportseasy.com/rochester/>**
- Check out healthy food options: **www.campusdish.com/en-US/CSNE/Rochester/FreshHealthy/**
- Borrow a bike through the City Cycles program: **www.sa.rochester.edu/citycycles/**
- Don't feel good? Call UHS (275-2662) to schedule an appointment with your UHS primary care provider
- Visit the UHS web site (**www.rochester.edu/uhs**) for health information and links to health-related web sites
- Get plenty of rest. Not sure if you are getting enough sleep? Take a sleep assessment at **sleep.health.columbia.edu/take-sleep-assessment**.

While you're here, make connections with people ...

- Find a mentor or two! Your adviser, a professor or ANY faculty/staff member and talk with them regularly!
- Check out your class website—**sa.rochester.edu/clubs/2014**
- Take a look at over 200 student organizations on Campus Club Connection at **sa.rochester.edu/CCC**
- Visit the Common Connection: Wilson Commons 201
- Talk to a hallmate or classmate whose background is different from yours
- Attend at least one of UR's cultural events or unique traditions
- Get involved — attend **Activities Fairs: Fri., Sept. 2, 3-4:30 p.m. & Fri, Jan. 20, 3-4:30 p.m.**
- Celebrate your faith & learn about others
- Attend a College Community weekend (Yellowjacket Weekend, Meliora Weekend, Winterfest, Spring Showtime)
- Volunteer — any where, any amount of time you can spare; visit **Rochester Center for Community Leadership**, Wilson Commons 5th floor, for more info
- Attend a campus event through reading Weekly Highlights and the Weekly Buzz

... And get to know your city

- Visit the Common Connection for everything that's happening off campus
- Use your RED discount at local businesses — **www.sa.rochester.edu/RED**
- Check out a concert at Eastman, an exhibit at Memorial Art Gallery or a movie at the George Eastman House
- Take the bus: the bus schedules are easy—and available online and in the Campus Connections office. The Red, Green, Blue, & Gold lines are free to UR students
- Read *City Newspaper*, *FREETIME Magazine*, *Democrat & Chronicle* & other local publications for news and listings
- Get involved with the local sports scene; take in a Red Wings, Amerks, Nighthawks, or Rhinos game.
- Post a ride or find a ride on Roadtrip: **www.sa.rochester.edu/roadtrip**
- Explore the city of Rochester by getting a Zip Car membership: **www.zipcar.com/rochester/**
- Check out local and regional off-campus events at a discount through ROC tkts: **www.sa.rochester.edu/sao/roc_tkts/**
- Explore an off-campus restaurant with the UROS program