



## Sophomore Year Checklist - Possibilities

- Review your Academic Progress**
  - ✓ Meet with your Discovery Advisor (DA) to discuss your progress, including difficulties with a class or concerns about a major. A DA can also ensure that you are meeting academic requirements
  - ✓ Focus on selecting courses that interest you, not merely content, but also the teaching and learning style
  - ✓ Make sure that you understand how to compare your DegreeWorks to your progress
  - ✓ Get tutoring early for difficult courses at the Discovery Centers. Sign up for free at [clt.binghamton.edu](http://clt.binghamton.edu)
  - ✓ Begin developing a plan for the remainder of your undergraduate career
  - ✓ Talk to professional or peer advisors as well as faculty associated with your current school/department of interest as you pursue your academic planning
  
- Plan for your major(s)**
  - ✓ Visit the Binghamton website to research academic departments, their faculty, majors, minors, programs, requirements, and opportunities
  - ✓ If you know what major you want, declare it by going to its department. Some upper level classes may only be available to students declared in that field. Make sure to get on the academic department's listserv to get relevant notifications.
  - ✓ Consult upper-class peers with similar majors and careers as you
  - ✓ Join the email list-servs of different organizations in which you might have a genuine interest such as pre-health or pre-law.
  - ✓ Visit Discovery at [discovery.binghamton.edu](http://discovery.binghamton.edu) (academic resources) for tips on exploring majors
  
- Develop career and internship possibilities**
  - ✓ Never equate a major with a specific career. When thinking about a major, remember to consider your interests, skills, and values. Visit the Fleishman Center for Career and Professional Development (CCPD) to discuss with a career counselor
  - ✓ For internships, ask a peer or professional advisor how and where you can find them (i.e. through an academic department, Off Campus College, CCPD, etc.). Decide if you want or need credit or if you are simply seeking experience
  - ✓ Visit the CCPD's FOCUS 2, Binghamton's online educational and career research tool. There are various interest and skills assessment. Ask your DA for assistance
  - ✓ Start building your resume. As a sophomore, you can refer to various high school experiences. However, you should really strive to include only college-level experience, whether it is paid or voluntary. Plan to visit the CCPD for resume assistance
  
- Seek involvement**
  - ✓ Take advantage of Study Abroad Programs or the National Student Exchange at <http://oip.binghamton.edu> or <http://nse.binghamton.edu>
  - ✓ Get involved in leadership positions. This can be in a residence government, in a student organization, in a sport, or even with campus faculty. Don't overdo it by assuming too many responsibilities. Rather, join one or two positions and take an active, effective role