

The Sophomore Sixteen: A Second Year To-Do List

Your sophomore year can be a challenging time. Classes get a little tougher, there are many decisions to be made, and you are still learning so much about yourself. Sometimes it can become overwhelming and you just don't know where to begin. We have tried to help you focus your time by creating the Sophomore Sixteen To-Do List. Here are some tasks you can focus on to help create a successful sophomore year.

- Select/confirm your major
- Meet with your academic advisor regularly
- Get to know a faculty member
- Be and/or find a mentor
- Keep in contact with friends from last year
- Become an active member of any students organization or sport on campus
- Familiarize yourself with the Wasserman Center for Career Development
- Find an internship or field related work
- Finalize resume and cover letter
- Explore study abroad interests
- Assess your personal wellness
- (better) Understand financial management
- Learn to cook
- Register to vote
- Improve time management
- Take the environmental challenge (www.nyu.edu/resed/more)

For additional information on the 'more program visit: www.nyu.edu/resed/more



fun

Enjoy your sophomore year! Take advantage of the free programs offered in your residence hall, get to know your RA, spend time with your friends, new and old, and make the most of life at NYU and in New York City.



sophomore year residential experience
@ new york university

The Sophomore Experience at NYU:

The Sophomore Year Residential Experience, known as 'more is designed to build upon your first year residential experience. 'more will provide opportunities to help you plan your academic and professional goals while you continually build social connections within your class. The sophomore preference system resulted in entirely or dominantly sophomore buildings, and as a result, your class will continue to enjoy the college experience as one community. This experience will provide opportunities to advance your career and intellect so that you are better prepared for the "real world." We hope that you take advantage of the fun opportunities available to you throughout the year.

'more



'more

connections

This is a perfect year to make new friends and reconnect with those from last year. Take the time to join a club, explore your study abroad options, and get involved in the activities happening in your hall. You can start the year off right by coming to the 'more Pool Party in September.



'more

awareness

You can make a difference by getting involved. Register to vote and attend events during the 'more Rock the Vote Week. Think about the environment and learn how you can have less impact during 'more Goes Green Week. Also, attend programs in the 'more Goes Red series and get information about AIDS and the consequences it has worldwide.



'more

discovery

Your sophomore year is a great time to get out and make the most of your opportunities. Take time to get to know a faculty member, learn something new, and keep your studies a priority. 'more will be sponsoring a Faculty Lecture Series each semester that will allow you to broaden your horizons.



'more

focus

Most students use their sophomore year to determine their major and begin focusing on their long-term career path. Make sure you meet with your academic advisor regularly, visit the Waserman Center for Career Development, and get experience with an internship or field-related work. To do more self-exploration, consider applying for the 'more Retreat in October.