

# **“COMETLINE TO SUCCESS”**

## **Sophomore Year**

### **ACADEMIC**

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- Students should continue major exploration.
- Take advantage of the Learning Resources Center and the GEMS Success Center.
- AES Scholarship recipients on probation meet with advisor as required.
- Continue working with pre-professional advisors.
- Contact faculty about assisting in their research.
- Register for classes each semester. Undeclared students meet with advisor to register. All other majors meet with an advisor when necessary. All majors and undeclared students meet with an advisor for off-campus summer course approval.

### **CAREER DEVELOPMENT**

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- Explore majors and careers.
- Register for a career decision-making course for elective credit.
- Participate in an externship/job shadowing.
- Seek internships related to academic major.
- Attend a variety of career seminars on resume writing, interviewing, and job search strategies.
- Search for part-time, full-time and/or summer jobs in the *UTD CareerWorks* system.
- Begin to build a professional network.
- Search out volunteer opportunities.
- Update resume and add new jobs, activities, class projects and awards, etc.
- Attend UT Dallas Career Expos, on-campus workshops, and presentations.
- Conduct informational interviews and keep a log of contacts.
- Connect with career development programs, such as Pre-Health and/or Pre-Law programs.

### **INVOLVEMENT AND LEADERSHIP DEVELOPMENT**

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- Join the Engaged Leader Program.
- Apply for leadership positions such as OTM, PA, Ambassador, or First-Year Leader.
- Attend at least one leadership development workshop, retreat, or program.
- Attend the Women’s Leadership Conference (men welcome!)
- Run for sophomore seats in Student Government.
- Apply for a SUAAB committee chair position.
- Join a fraternity or sorority.
- Join the Homecoming Committee.
- Participate in varsity, club or intramural sports.
- Participate in Summer Reading Program activities.
- Participate in monthly Service Learning opportunities.
- Go on an Alternative Spring Break trip.
- Attend at least one campus program or event a month.

- Participate in at least one multicultural event i.e. Operation B.L.A.C.K.'s sophomore lock-in
- Participate in an Experience Dallas event.
- Attend off-campus movies, museums, and other activities. Discounted tickets may be purchased at the Comet Center.
- Stay in the know with Radio UTD, The UTD Mercury, UTD TV and the Comet Calendar

### **STUDY ABROAD**

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- Design a proposal for a study abroad or exchange mobility program.
- Visit with the Study Abroad Advisor.
- Apply for the *International Education Fund Scholarship* (IEFS).
- Satisfy the UTD protocol for international education.
- Deadlines to submit Office of International Education protocol for future study abroad travel <http://www.utdallas.edu/oie/dip.html>
- Increase your foreign language skills.
- Participate in a study abroad, exchange mobility or faculty-led customized program.

### **TAKING CARE OF BUSINESS/ MONEY MANAGEMENT**

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- Work with a Financial Aid Counselor to be sure you are on track.
- Submit the *Free Application for Federal Student Aid (FAFSA)* in January.
- Check the UT Dallas Scholarship website to determine your eligibility for institutional scholarships and third-party scholarships.
- Create a personal budget. Review and update it regularly.
- Attend the "Dollars & Sense" money management workshops offered monthly.
- Purchase a meal plan.

### **HEALTH & WELLNESS**

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- Make an appointment with the Student Health Center for care and treatment for acute illnesses and minor injuries. Office visits are FREE, minimal charges for lab, procedures and medications.
- Get your *free* Flu shot during the Fall Flu Shot Session.
- Make an appointment with the Women's Health Care Nurse Practitioner for your special health needs.
- Participate in Health Education Programs and "*Healthy Comets.*"
- Participate in the Freshman 15 Recovery Program.
- Familiarize yourself with the 'Don't Be That Guy' program.
- Make an appointment with the Counseling Center for assistance in achieving emotional well-being necessary to success.
- Visit the Counseling Center's Personal Development Library for resources on a wide range of topics related to personal growth.
- Attend the Counseling Center's ***Successful Student Workshops*** series during the Fall and Spring semesters.
- Join a personal growth group at the Counseling Center.
- Visit the Counseling Center's online self-help brochures and workshops.
- Visit the Counseling Center's website to take an on-line assessment of your mood and substance use.
- Participate in Safe Zone Ally Training sponsored by the Women's Center.

- Participate in START training. (Students Tackling Abusive Relationships Together)
- Consult with the Counseling Center when worried about a friend.
- Participate in Awareness weeks (Eating Disorders, Domestic Violence, Alcohol Abuse).
- Take advantage of Activity Center facilities and programs, including the Sophomore Sensation Cup.

### ***INTERNATIONAL STUDENT SERVICES (ISSO)***

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- Attend International Student Leadership Training.
- Take a leadership role in Global Village.
- Participate as your country's ambassador in International Student Orientation.
- Participate in International Week Events.
- Attend an ISSO cultural trip (Texas State Fair, Six Flags, Dallas Museum of Art, etc).
- Research employment benefits available for F-1 students.
- Learn about work authorization and career planning through an Immigration Attorney Seminar.