

Sophomore Year Inventory

The purpose of this inventory is to help you think broadly about your personal and academic development throughout the sophomore year, and the desired outcome is for you to accomplish many of the goals that will help you today and set the stage for tomorrow. These goals are to be considered concurrently with major academic department requirements articulated in four-year plans, your Degree Audit and through advisor consultation. The SYI suggestions are not all encompassing, so add your own goals as they—and you—develop.

Academic Achievements

- Identify your [major](#) by conferring with your advisor and reviewing resources on the Advising Center website. If declared, identify the concentration.
- Enhance your academic record by exploring the addition of a [minor](#).
- Review and understand your Degree Audit on [myFramingham](#).
- Ever consider studying abroad? Attend an information session, review the [Office of International Education](#) website, and consult with the Study Abroad director and your advisor.
- Step up your [study habits](#): form study groups in your classes, participate in Supplemental Instruction when available in your courses, and visit [CASA tutors](#) as needed.
- Begin getting to know 2-3 of your professors well NOW via class and informal discussion in office hours. If you need letters of recommendation for jobs or graduate school, how can faculty write well of you if they do not know you well?
- Plan winter session or summer classes to stay on track or get ahead on the road to graduation.

Community and Involvement

- Attend and/or participate in [on-campus activities](#) and show your Ram pride at [FSU athletic events](#).
- Develop deeper relationships with your advisor, faculty and staff members. Discover their research interests and, if of interest to you, see if there are opportunities to join in their work.
- Join one [organization](#) related to your major or career and one in which you are personally interested.
- Develop your leadership skills. What campus organizations might offer opportunities for you to lead?

Career Preparation

- Nervous about speaking in public? Pledge to speak more in class, and consider enrolling in a public speaking course to enhance your all-important communication skills.
- Learn more about your prospective career field through informational interviews, job shadowing, and/or internships. Use the many resources available through the [Office of Career Services and Employer Relations](#), including meeting with a [career counselor](#).
- Create or update your [resume](#) and have it reviewed by a career counselor.
- Explore [internship opportunities](#) in your major area.

Personal Growth

- Write down three personal goals and the steps necessary to complete them.
- Participate in [multicultural dialogues and events](#).
- Actively research [scholarship opportunities](#) to help finance your education.
- Resolve to improve your physical and psychological well-being by using the [Athletic & Recreation Center](#), the [Student Health Center](#), or the [Counseling Center](#).