

Sophomore To Do:

Check-in with a prehealth advisor at least once per semester.

- Fall
- Spring
- Summer

ACADEMICS

- Explore the Educational Resource Center (bu.edu/erc):
 - Make an appointment for academic skills advising.
 - Schedule an appointment with a peer tutor.
- Attend office hours for each of your courses this semester.
- Explore your academic interests by meeting with Professional and Faculty advisors.
- Consider fulfilling a HUB requirement by taking a class outside of your comfort zone.
- Find an activity that helps you decompress.

CAREER EXPLORATION

- Keep a journal to reflect on the experiences that shape your interests (see Template for Reflection).
- Explore Center for Career Development resources (bu.edu/careers):
 - Update your resume using VMock.
 - Explore jobs/internships using Handshake.
 - Build and engage your network.
- Visit the Undergraduate Research Opportunities Program (UROP) if interested in research (bu.edu/urop).
- Review faculty research websites to find potential opportunities.
- Check out explorehealthcareers.org to learn about the breadth of health professions.
- Attend a Health Professions Series meeting.
- Use our website (bu.edu/prehealth) to explore clinical volunteer opportunities in the Boston area.
- Log on to the National Association website for your chosen health profession.

COMMUNITY INVOLVEMENT

- Attend a student organization meeting this semester.
- Go to Splash 2.0 in January 2020.
- Visit the Community Service Center website (bu.edu/csc) to check out social/community service opportunities in the Boston area.
- Connect with peers at “Coffee & Conversation” hosted at The Howard Thurman Center For Common Ground (bu.edu/thurman/programs/coffee-convo/).

Sophomore Year Goals

FALL

Goal:

How will you achieve it?

SPRING

Goal:

How will you achieve it?
