

# 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](http://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](http://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](http://bu.edu/urop)).
- Review faculty research websites to find potential opportunities.
- Check out [explorehealthcareers.org](http://explorehealthcareers.org) to learn about the breadth of health professions.
- Attend a Health Professions Series meeting.
- Use our website ([bu.edu/prehealth](http://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.
- Visit the Community Service Center website ([bu.edu/csc](http://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/](http://bu.edu/thurman/programs/coffee-convo/)).

# Sophomore Year Goals

**FALL**

**Goal:**

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**How will you achieve it?**

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**SPRING**

**Goal:**

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**How will you achieve it?**

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