Sophomore To Do:

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.
☐ 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:

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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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