

## Sophomore Self-Assessment

The following are questions that you may want to ask yourself as you go through your sophomore year. You may wish to discuss some of these issues with your adviser or class dean as you explore and further hone your interests over the coming semesters.

- When you first started college, what did you think you wanted to study?
- Has that changed or developed over the past year?
- What worked well last year? What didn't?
- What areas captured your interest, academic or non-academic, since the fall of your first year?
- What are some possible majors you would like to explore? Which academic department program planning meetings would you like to visit?
- Apart from courses or careers, what interests you in the world? What catches your attention in the newspapers, magazines, online, television, books, and movies?
- What kinds of questions do you think about?
- What would you like to know more about?
- What skills would you like to develop or improve upon?
- Does study abroad fit into your overall academic or personal plan? Where in the world do you want to be? What types of programs are you most drawn to?
- What steps do you plan to take to develop your new or modified interests? What courses, extracurricular activities, internships or other off-campus opportunities do you want to pursue to explore these interests further?
- Were there areas in which you needed help/support? If so, do you know where to find the help/support?
- Have you cultivated relationships with faculty, administrators or staff and sought out mentors? If not, how do you plan to in the coming semesters?