

# Sophomore Year Checklist

## AM I ON TRACK TO GRADUATE?

- First-Year requirements: Writing 2/3 or 5 & First-Year Seminar.
- Foreign language requirement completed or in progress (by 7th term).
- PE credits in progress or planned.
- Approved major plan on DartHub (by the end of 5th R term).

## QUESTIONS FOR REFLECTION:

- What do I enjoy studying?
- Where do I find academic support?
- What extracurricular activities do I want to engage in?
- Is research something I want to pursue?
- How will I spend my leave terms?
- What programs and opportunities do I want to apply for?
- Who is and can be part of my network of support?
- How have I been balancing both my academic and non-academic commitments?
- Who might I consider asking to write a letter of recommendation (faculty/staff/other)?

## HAVE YOU CONSIDERED...

- Scheduling an academic coaching appointment with the Academic Skills Center?
- Seeking support from a peer advisor?
- Reaching out to RWIT for help with a paper?
- Contacting the Center for Professional Development for resume/cover letter help, internship planning and other leave term activities, connecting with alums, etc.?
- Working with a Dartmouth faculty member on research?
- Applying for leave-term funding or a national fellowship (Take note of application details and deadlines).
- Meeting with your Undergraduate Dean or attending our drop-in hours?
- Applying for an off-campus program?
- Pursuing a transfer term or exchange program? (Take note of application deadlines).
- Talking with the Student Wellness Center about strategies for taking care of your personal health and well-being?