



Sophomore Options & Strategies

ACADEMIC ADVISING CENTER
www.csulb.edu/advising

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DEAR SOPHOMORE STUDENT

This is your year of exploration! You may have declared just the right major for you. What about finding an exciting minor? You could have several “right” majors in mind, but can’t make a decision about which is best for you. Conversely, you may not have a clue about a major that will envoke your enthusiasm. Stop worrying about majors! Rather ask yourself “What do I want to learn?” Meet with campus experts who can guide those first steps on your journey of discovery. Then make important faculty connections. What you “want to learn” is what they’re all about! Your campus guides are in the Academic Advising Center, the Career Development Center, and Counseling & Psychological Services. Make appointments with counselors in all of these services. Staff is ready to help you meet the sophomore challenge.

Marilee Samuelson, Director
Academic Advising Center

ACTIVE LEARNERS CLIMB THE LADDER OF ACADEMIC SUCCESS

Sophomores need to become active learners. The dividends are huge!

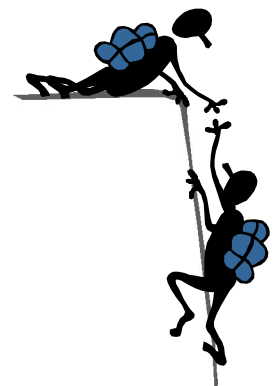
Your past “freshmen year” has been one of intellectual growth. However, freshmen students are usually quiet, even passive in the classroom. Your sophomore year can be the real beginning of an active learning experience. As John Gardner points out in his book “Your College Experience: Strategies for Success,” as students become more comfortable in an academic and social setting, they learn they can have a voice in the learning process.

For example, active learners collaborate with other students on class projects or form study groups to enhance their own knowledge with what others in the group have learned. They polish their communicative skills to give better oral presentations. They learn how to support their own arguments when they question or disagree.

To be an active learner requires sitting close to

the front of each classroom to better focus on the instructor. It requires connection with faculty for discussion or clarification about classroom issues. Active learning requires an open mind to new ideas and concepts and a willingness to ask questions.

What are the rewards of active learning? For one, active learners can control their own education. They can function independently and are better able to learn and teach themselves. Active learners can become partners with their instructors in the learning process and form important faculty relationships. The confidence that active learners acquire is so important. It helps build that ladder to the academic success for which you strive.



**CLIMB THE LADDER
OF
ACADEMIC SUCCESS**

FACULTY CONNECTIONS

Nothing is more important to academic success than connecting to one or more faculty mentors. They could be faculty advisors in your majors or favorite instructors in some of your GE or other courses. A special faculty member can provide you with a sense of direction for your academic goals and aspirations, as well as with your career goals. A faculty mentor can provide referral letters for scholarships, and eventually, graduate programs. In addition, your faculty mentor can have great ideas about Study Abroad, grants, and internships. All the research shows that students that persist to graduation have faculty connections. All faculty hold "open office hours" and many are anxious to talk to students about their disciplines and other issues of interest. So, take that first important step toward academic success and seek out a faculty member. You'll be glad you did.



IT'S AN HONOR

Academic achievement deserves honors at CSULB. Undergraduate students exhibiting scholastic achievement are honored by being included on the President's or Dean's List. Honored students receive a certificate for each semester in which they receive this recognition. Students placed on the President's List have completed 12 or more graded course units with a semester's grade point average (GPA) of 3.75 to 4.0. Students earning fewer than 12 graded units each semester will be placed on the President's List in the Spring semester of the academic year in which they have accumulated 12 or more graded units with the same above mentioned GPA.



The Dean's List also requires 12 or more grade units with a semester's GPA of 3.5 to 3.74 GPA. The same Spring policy applies to students who have earned fewer than 12 graded units in a semester.

So sophomores - keep your eyes on the prize. All that extra effort will be worth it.

WHAT DO YOU MEAN BY MEDICAL WITHDRAWAL?

Unfortunately, some students have medical emergencies and must withdraw from the University for a full semester.

The University may allow a student to withdraw without academic penalty from all classes if a *Medical Withdrawal Form* is completed, required documentation is included, and both are submitted to Enrollment Services before the end of the semester. Evidence must also be presented to demonstrate that a severe medical or debilitating psychological condition prevented the student from attending and/or doing the required work for the courses. The request is then reviewed by the Provost. Remember sophomores, a formal Medical Withdrawal holds your place in the University.



GOOD JOB!

The Career Development Center is the right place for sophomore students! Career specialists provide individual assistance and guidance as you explore career and academic majors. They will assist you in assessing your interests, skills, and values as they relate to majors and the world of work. The Center is where you'll find both career and major decision making resources including general descriptions of CSULB majors, career options, typical employers and industries salary information and employment trends and outlooks. They also list job opportunities all over campus as well as paid and unpaid internships. The office is located in Brotman Hall 250, call (562) 985-4151 for an appointment. Check out their website at <http://careers.csulb.edu> for information about workshops, jobs, and internships.



JOIN UP!!!

CSULB offers a wide array of student organizations. Sophomore students need to make campus connections. Joining an academic association or club is a great way to make a connection to other students and faculty in the major of choice.

For example, the College of the Arts offers the Bachelors of Fine Arts Club, the CSULB Composers Guild, and the Off 7th Street Dancers as three of their 14 associations.

The College of Business Administration offers over 15 associations for undergraduates which include Beta Alpha Psi/Accounting Society and the American Marketing Association. The College of Education offers four associations while the College of Engineering offers 39. The College of Health and Human Services offers 32 associations; the College of Liberal Arts has 24 and the College of Natural Sciences and Mathematics offer 10 including the organization of Pre-Professional Students.

The connection students make in these associations can serve them for the rest of their lives. For more information see: <http://www.csulb.edu/divisions/students2/ASI>

