

# SECOND YEAR ISSUES CALENDAR

For second year students, emphasis is placed on picking a major or career goal and students can easily feel stressed if they are still unsure. Make sure that your student knows that they have options and that there are resources especially for them. Encourage them to get involved to find out about their interests.

## August

**Issue:** Feelings of confusion and uncertainty may arise at the start of Sophomore Year; uncertainty about whether you want to be in college

**Solution:** Talk with academic advisor about why you are here and what your plan is to graduate. Make attainable goals and objectives for your second year.

**Issue:** Undeclared students may have feelings of anxiety because they are not sure what major to choose. Uncertain if major chosen is the right choice.

**Solution:** Talk with an academic advisor and/or contact the Career Services Center to take an interest assessment.

**Issue:** Less attention is focused on second year students about expectations and how things work

**Solution:** Ask faculty/staff questions about things you are uncertain about.

## September

**Issue:** Making connections to the campus community is not as easy as it was during your first year because there aren't many programs aimed at sophomores

**Solution:** Check out the Student Life website to find ways to get involved: [www.umsl.edu/studentlife](http://www.umsl.edu/studentlife). Take advantage of campus events.

**Issue:** Stress and being overwhelmed is starting to take you on an emotional roller coaster

**Solution:** Take care of your emotional well-being by visiting the Counseling and Psychological Services.

**Issue:** Overwhelmed with trying to stay keep things prioritized and remembering class assignments and events. Increased procrastination.

**Solution:** Purchase a planner from the bookstore to keep assignments and activities organized.

## October

**Issue:** Anxiety over mid-terms and projects due at the halfway point of the semester.

**Solution:** Contact the Math and Writing Center, Multicultural Relations and Oak Hall for tutoring. Set up meetings with professors to discuss your success in the class.

**Issue:** Homesickness and need of family support

**Solution:** Attend Family Weekend activities hosted by New Student Programs.

## November

**Issue:** Economic anxiety: Funds are beginning to run out

**Solution:** Search for on-campus job opportunities and create a budget

**Issue:** Stress is starting to accumulate because the semester is about to end; worry about grades for the end of the semester

**Solution:** Meet with your professors to talk about your progress in the class; start studying for finals early.

**Issue:** Registration for Spring classes; feelings of uncertainty about major and what classes are needed.

**Solution:** Meet with academic advisor

## December

**Issue:** Anxiety and fear increase as final exams and papers are due

**Solution:** Write down all deadlines on a calendar and set aside time to study for test and prepare papers.

**Issue:** Holiday depression; anxiety about seeing family over the holidays

**Solution:** Visit the Counseling Center on campus; communicate feelings to family and engage in a healthy dialogue.

## January

**Issue:** Getting back into the groove of going to class, homework, studying, and co-curricular commitments

**Solution:** Create a new calendar with all the new dates and times of commitments, test, and assignments for the semester.

## February

**Issue:** Thoughts of not having anything in common with friends made during first year of college.

**Solution:** Look into ways to meet different people. Check out involvement opportunities and service projects on the CLCE website.

**Issue:** Anxiety about career interest/internship

**Solution:** Visit the Career Services to receive help with resume building, career/internship information

**Issue:** Interest in Study Abroad but not sure how to go about it

**Solution:** Visit the Study Abroad office and talk about possible options

**Issue:** Anxiety about funding for next school term

**Solution:** Look for information about scholarships/grants on the scholarship website;

## March

**Issue:** Spring Break is approaching and no plans have been made

**Solution:** Consider using your spring break to do something constructive; Check out information about Alternative Spring Break

**Issue:** Unsupervised Spring Break trip

**Solution:** Be responsible; Discuss the logistics of trips with other attendees (financial, travel, etc.)

**Issue:** Thinking about moving off-campus next year

**Solution:** Make a pros and cons list about moving off-campus; Create a budget plan

## **April**

**Issue:** Mid-terms are approaching and procrastination increased due to Spring Break

**Solution:** Keep track of test dates; Visit the Enhanced Learning Center

**Issue:** Registration for Fall Classes

**Solution:** Meet with Academic Advisor

**Issue:** Social events add to procrastination and lack of focus

**Solution:** Remember priorities

## **May**

**Issue:** Plans for the summer

**Solution:** Consider taking summer classes; talk with Academic Advisor; Visit Career Services to find a summer job