

# Sophomore Success



**CABRINI**  
UNIVERSITY

Congratulations on completing your first year as a Cabrini Cavalier!

Now that you know your way around, it's time to focus on the things that you should do to have a successful and rewarding sophomore year.

Follow these tips to chart your course this year. Before you know it, you'll be halfway to graduation!

## Academics

- Stay on course to graduate in four years** by earning at least 60–62 credits by the end of your sophomore year, if possible.
  - If you didn't earn at least 30 credits during your first year, make up the difference by taking a Winterim or summer session class ([cabrini.edu/registrar](http://cabrini.edu/registrar)).
- Keep your grades up or bring them up with tutoring** ([cabrini.edu/tutoring](http://cabrini.edu/tutoring)).
- Don't skip classes, keep up with the work,** carve out dedicated time to study, and get help if you need it. Now is the time to change any bad habits carried over from your first year.
- Declare a major** if you haven't already done so. If you're unsure, visit the Center for Career and Professional Development to assess your interests, strengths, skills, abilities, and values ([cabrini.edu/career](http://cabrini.edu/career)).
- Meet with your academic advisor** to develop a plan to complete your core and major requirements.
- Know the degree requirements for graduation.**
- Acquire a minor or complete a certificate program** to enhance your academic profile.
- Consider an international experience** through studying abroad for a semester, during the summer, or short-term ([cabrini.edu/studyabroad](http://cabrini.edu/studyabroad)).

## Community and Involvement

- Increase your campus involvement** in ways that support your interests and goals, and allow you to meet and make friends.
- Develop your leadership and teamwork skills.**
  - Take advantage of opportunities such as LEADStrong ([cabrini.edu/leadstrong](http://cabrini.edu/leadstrong)).
  - Participate in one or more student organizations ([cabrini.edu/clubs](http://cabrini.edu/clubs)).
- Show your Cavalier spirit** by participating in campus events and activities, and supporting Cabrini's outstanding athletic teams.
- Participate in a Campus Ministry retreat** or a faith or service program ([cabrini.edu/campusministry](http://cabrini.edu/campusministry)).
- Stay healthy and physically active** by using the fitness center, joining an intramural team, participating in recreational activities, or taking an exercise class ([cabrinirec.com](http://cabrinirec.com)).
- Take time to do something new.** Attend an event you haven't participated in before; connect with others who have different interests and backgrounds.
- Develop relationships with faculty and staff** who can serve as resources, sources of support, and professional references.

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## Career Preparation

- ❑ **Talk to your academic advisor** about your career interests.
- ❑ **Research career options related to your major.** Identify the training and skills needed, the demand for jobs, and various alternatives, or begin researching graduate and professional school requirements that apply to your interests and goals.
- ❑ **Identify ways to gain experience in your field** through research opportunities with faculty members, internships, summer jobs, immersion trips, volunteer positions, or part-time work that will add to your résumé.
- ❑ **Talk to your academic advisor and the Center for Career and Professional Development** to identify internship opportunities.
- ❑ **Attend career-development programs and events** and take advantage of programs designed to build your career and job-search skills. Leverage opportunities to meet and speak with alumni, professionals, and community leaders who visit campus.
- ❑ **Create or update your résumé** and take it to the Center for Career and Professional Development for a critique by a career counselor.

## Personal Growth

- ❑ **Engage in opportunities to experience different points of view.** Attend issues-oriented discussions that let you exchange ideas and opinions with others. Participate in multicultural dialogues and events.
- ❑ **“Money Matters.”** Learn about and develop the skills necessary to successfully manage your personal finances.
- ❑ **Develop healthy, respectful relationships** with roommates, hall mates, friends, significant others, and peers.
- ❑ **Take time to reflect** and learn important things about yourself:
  - What are your values?
  - What are your priorities?
  - What are you passionate about?
  - What are your personal strengths?
  - Who are your role models in life and why?
- ❑ **Live Cabrini’s core values** ([cabrini.edu/mission](http://cabrini.edu/mission)).