

# THE SECOND-YEAR CONNECTION



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A NEWSLETTER FOR RETURNING STUDENTS

## A Guide to Conquering the Sophomore Slump

by Julie Branham, Senior Communication Major



Looking back upon my college career, the only thing that

compares to a raging case of senioritis was falling victim to the “sophomore slump.” Yes, the infamous slump can be a challenge. It’s the point where you aren’t quite the new student on campus, but let’s face it—you’re far from finished. Thankfully, there is hope for those who are questioning whether this college business is really worth it (and trust me, it is). With a little guidance and perseverance, surviving the slump can be relatively painless and even fun.

### **So, what are you going to school for?**

If you do not know the answer to this question, sophomore year is the time

to find out! Up to this point, you’ve probably been consumed with general education classes, which (let’s be honest) were probably as stimulating as watching paint dry to some of you. During my sophomore year, I hadn’t the foggiest idea what I was going to major in. Honestly, I didn’t even know how to go about declaring a major.

So, what was the solution? Test the waters. Take classes you *think* may interest you and find out whether they actually do. While doing this, keep the “fish in water” effect in mind. That is, pick a major that you feel comfortable in pursuing. For example, if scientific equations look like hieroglyphics to you, by all means *do not* major in a subject that requires loads of chemistry! It is unlikely that you will be able to successfully maneuver your way through a

subject that does not engage you. College is a time to discover what you honestly enjoy doing. So, if you have academic curiosities, pursue them!

### **Inactive = Ineffective**

The more you do for your campus, the more your campus will do for you. I know constant adages of “get involved!” have been drilled into your heads since orientation, but it is great advice.

If you aren’t looking to get involved with traditional student organizations, there are a lot of other options out there. If you have a work study award, get a campus job! I did this my sophomore year and since then my academic performance has steadily improved. Work study positions are generally more convenient than other jobs

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### **DON'T FORGET!**

**Thursday, October 12 is the deadline to withdraw from classes without academic penalty.**

## A Guide to Conquering the Sophomore Slump

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and give students the opportunity to meet faculty and staff. Remember, you may need a recommendation one day!

Study abroad or National Student Exchange programs are among other things that can enhance the quality of your college experience tenfold. You will have the opportunity to explore new places, gain academic credit, and have a blast doing so. And, with so many programs that welcome financial aid, the process can be both easy and affordable.

Still searching for your niche? Try writing for the school newspaper, organize study groups for a class, or sit in on a group meeting that might be of interest. Anything that gives you purpose is a positive.

### **Making life easier**

Once you discover the unknown ins and outs of the university, day to day life can be much more pleasant. For example, instead of skipping class because of a rainstorm, try parking in the Speed Art garage (of course you have to pay per hour, but it is often worth it if there is something more important going on in class).

Struggling in a class? REACH offers free peer-to-peer tutoring. The Bingham Poetry room in Ekstrom library is one of the quietest places on campus, there is free coffee in Strickler 126 everyday, and you can receive movie discounts at Stony Brook Cinemas with your student ID. All are simple things, yet can ultimately make one's day a bit smoother.

### **Have fun, fun fun!**

Everyone gets stressed. It is one of those unavoidable inconveniences that come with college life. Nothing about these four years will be wrapped up in a neat little package and handed on a platter. But, I'm sure many of you will discover that the fun of college life outweighs the angst. Attend parties on the weekends, get to know new people, visit your family—just find the time to do things you enjoy.

College can be time consuming, but it is beneficial to step back every now and then to avoid feeling overwhelmed. By no means am I suggesting that you ravenously drink away your sophomore year. Rather yet, work hard and

and play hard. It is a great combination.

### **Good Luck!**

To be a college senior is a wonderful feeling.



There is nothing quite as nice as knowing that in a few months, you will walk the commencement line. I hope that each and every one of you will one day be able to experience the same thing. If you don't do it in four years, don't worry! A lot of people stick around for an extra couple of years, so you certainly aren't alone. The important thing is one day you will be able to proudly label yourself as a "senior," and graduate with a sense of accomplishment.

If you are lucky, you will not fall victim to simply being a "receptacle" of knowledge, but you will have become a more critical thinker—which didn't mean squat to me as a sophomore, but will reveal itself with time. And, that is something that is worth every single dollar of tuition money (really)!

You've come this far, you see the challenge, now conquer it. Good luck, sophomores and have a wonderful year!

### CEHD Peer Mentor Program (submitted by Alan Ruehlman)

The CEHD Peer Mentor Program is designed for sophomores in the College of Education and Human Development with 30-59 earned hours. Students are assigned to an upperclassman who will assist them in the many

facets of college life. Some of those facets include social interaction, faculty interaction, study habits, and time management.

Anyone interested in the Peer Mentor Program can contact Kirsten Armstrong, Melissa

Boam, or Alan Ruehlman at 852-5597, fill out an online application at the College of Education & Human Development website, or stop by the Education Advising Center and fill out an application.

### Liberal Studies Program (submitted by Maggie Noffke)

The College of Arts and Sciences offers eligible students the opportunity to form a tailor-made degree that differs substantially from those already offered by single-discipline departments. The Liberal Studies program may seek to meet either a special intellectual or occupational need. The degree plan must be coherent and tie together tightly enough to be the academic equivalent of traditional majors.

Only students with a mature understanding of their own goals and a need for a specially designed major should

consider this option. Why are you seeking a B.A. degree? If your goal is a specific career or field of interest that calls for an interdisciplinary approach, then you may want to explore Liberal Studies.

Students begin by defining their goal and choosing inter-related blocks of study which support that goal. A written proposal is required as part of the admission process. This proposal allows students the opportunity to research their plans and discover how their ambition meshes with their personal qualities, abilities and life plans.

Although many of our students are preparing for graduate and professional schools, a few have designed their major to support their avocation. Although our majors' interests and goals are diverse, the unifying element is the interdisciplinary composition of each degree plan.

For further information about eligibility requirements and the admission process into Liberal Studies, please contact Maggie Noffke, program advisor.

Phone: 852-2249

[maggie.noffke@louisville.edu](mailto:maggie.noffke@louisville.edu)

### Information for Speed School Students (submitted by Leigh Elles)

#### EAC Study Jams

Need help with engineering calculus? The Speed School Student Council is sponsoring EAC Study Jams on Mondays and Wednesdays in the Henry Vogt Building, Room 311 at 7:00 p.m.



LEARNING RESOURCE CENTER	Strickler 107 West	852-8114
MATH RESOURCE CENTER	Strickler 226 East	852-7434
COMPUTER RESOURCE CENTER	Strickler 331 East	852-6089
ACADEMIC DEVELOPMENT	Strickler 126 East	852-6703

[REACH.louisville.edu](http://REACH.louisville.edu)



## OCTOBER

### Events of Special Interest for 2nd-Year Students

Date	Event	Location	Time
Wednesday, Oct. 11	<b>President Ramsey's State of the University Address</b>	Comstock Hall, School of Music	4:00 - 5:00 p.m.
Thursday, Oct. 12	<b>Positive Thinking Workshop</b> , facilitated by Rev. Dave Newman, holistic health consultant, Cincinnati, Ohio.	Minority Affairs Building	Noon
	<b>Financial Literacy Student Success Seminar</b> , presented by Ken Rollins from KHEAA	Strickler Hall, Room 111	Noon, 2:00 p.m., and 4:30 p.m.
Wednesday, Oct. 18	<b>Tips and Tricks for Microsoft Word</b> , a free intensive session conducted by the REACH Learning Resource Center (LRC).	REACH LRC, Strickler Hall, Room 331	10:00 a.m.
Thursday, Oct. 19	<b>Identity Theft Workshop</b> to discuss one of the fastest growing crimes in the U.S.	Minority Affairs Building	Noon
Friday, Oct. 20	<b>Major Exploration and Decision Making Workshop</b> Are you an Exploratory Student and want to learn more about new strategies for the process of making a decision about your major? If so, plan now to attend this informative workshop hosted by the College of Arts & Sciences Center for Advising and Student Services.	SAC, Room 303A	Noon - 1:30 p.m.
	<b>Financial Literacy Student Success Seminar</b>	Strickler Hall, Room 111	8:00 a.m., Noon, and 2:00 p.m.
Thursday, Oct. 24	<b>Joint Meeting of the Justice Administration Club and Alpha Phi Sigma, Omicron Chapter of the National Criminal Justice Honor Society</b> Pizza will be served! The organizations also have trips planned to the Kentucky State Reformatory and Kentucky State Police Forensics lab scheduled for this fall. For information, contact Stacy Rigdon, <a href="mailto:saringd01@louisville.edu">saringd01@louisville.edu</a> or Margaret Fort, <a href="mailto:mafort01@louisville.edu">mafort01@louisville.edu</a> .	Brigman Hall, Room 100C	12:15 p.m.
Monday, Oct. 30	<b>Financial Literacy Student Success Seminar</b>	Strickler Hall, Room	Noon, and 2:00 p.m.
Tuesday, Oct. 31	<b>Fall Festival REACHout Event</b> Free snacks for all students, pumpkin-decorating contest, costume contest and more!	Strickler Hall, Lobby	10:30 a.m. - 4:00 p.m.