



NAVIGATING YOUR SOPHOMORE YEAR: AN OVERVIEW

Overview of Newsletter

Themes

- **September**—Deciding on a major
- **October**—Studying Abroad
- **November**—Conducting Undergraduate Research
- **December**—Finding an Internship
- **January**—Getting & Staying Involved
- **February**—Signing Day—What's next?
- **March**—Engaging with Our Community
- **April**—Preparing for Finals

Save the Date!

Signing Day

- Tuesday, February 7, 2017 in the DSU Ballroom from 12 PM–2 PM.
- You'll meet professors in your major department, fill out paperwork with the Office of the Registrar, receive a button for your major and a pen, and you can take photos in a photo booth sponsored by the Sophomore Class Council.

Welcome to your sophomore year!

Dear CNU Sophomores,

We are so excited that all of you are back on campus!

You may find that your sophomore year is a time of exploration, maybe more so than your first year of college. Your sophomore year is an exciting time for this very reason!

Some of you may be wondering what opportunities you have as sophomores and that's a great question. Provost Dave Doughty mentioned to your parents at Setting Sail last year, the Four Pillars of Success. Those Four Pillars are:

- Studying Abroad
- Finding an Internship
- Conducting Undergraduate Research
- Engaging with the local



community

We've created a calendar of events that include events about these Four Pillars, as well as other events you may find beneficial. That calendar of events is attached to this email or can be found on our website: cnu.edu/studentsuccess/studentresources and click on the "Sophomores" tab. If you have questions about a particular event, please contact the corresponding office or check

out their websites.

You'll also receive monthly newsletters written specifically for sophomores. The themes of upcoming newsletters can be found in the far left column.

If you have any questions or need help figuring out the best resources to help you navigate your sophomore year, please contact me, Brittany Grubb at brittany.grubb@cnu.edu or 757-594-0337. I work in the Center for Academic Success (Newport Hall, Suite 123) and I'm the Coordinator of Academic Success for Second Year Programming.

I hope to meet each of you at some point this year!

—Brittany

Upcoming Programs in August

Sunday, August 21

Club Fair & Light the Night (10 PM on the Great Lawn)

—Come celebrate the start of a new school year!

Wednesday, August 24

Campus Employment Open House (11:30 AM—2 PM, DSU Washington & Board Rooms)

—Looking for an on-campus job and internship? Come to the Open House!

Friday, August 26

CAB York Street Block Party (8 --11 PM)

Sunday, August 28

RHA Tie-Dye