

### Sophomore Activities (step 3)

<http://sophomoresegue.buffalo.edu/choosingmajor.html>

Now that you have chosen your intended major and career direction, it's time to formulate an academic plan. Using the [College of Arts and Sciences Academic Planning Sheet](#), begin to develop your plan by referring to the following suggestions:

- Meet with an [academic advisor](#) on a regular basis to evaluate your progress and assure successful completion of your academic goals. Our advisors specialize in various academic majors and can help you to understand your general education and academic major requirements.
- Check out the [academic major section](#) of the College of Arts and Sciences Student Advisement and Services website to learn more about your major and what is required to be competitive in your academic field.
- Research other academic majors and consider adding a double or joint major or a minor to enhance your academic plan. Your advisor can help you explore these options.

It's important for you to know everything you can about your academic major and chosen career field to know what it takes to be successful. This requires research on your part.

- Meet with an advisor in Career Services or check out their [webpage](#) to learn more about possible career options for students in your major. Learn what it takes to be competitive in these careers.
- Is it important or necessary for you to get involved in undergraduate research? Check with your academic department regarding research opportunities or with the [Center for Undergraduate Research and Creative Activities](#).
- You can gain valuable career-related experience through the completion of internships or part-time jobs. Obtain information on opportunities through [Career Services](#) or by contacting the [Coordinator of the Public Service Internship Program](#) in 255 Capen Hall. Contact your academic department to see if they offer internship opportunities for their majors.
- It is essential for you to develop professional relationships with faculty and supervisors in order to obtain strong letters of recommendation for graduate and professional school applications and/or employment opportunities. This allows you to build a strong network of people who have expertise in your areas of interest.
- Consider spending a semester studying in a foreign country. You will gain perspective into a different culture and lifestyle, meet new people, have exciting travel adventures and fun! This experience looks great on a resume or application to graduate/professional school or employment. Visit the [Study Abroad website](#) for more information.
- Is it necessary for you to attend graduate or professional school in order to work in your chosen career field? While it is recommended that you begin the application process in

your junior year, it is never too early to begin exploring your options for an advanced degree. The College of Arts and Sciences has developed the [Junior Jumpstart Program](#) which provides excellent information to help you start this process.

**Visit the links below to learn of ways you can get involved outside the classroom.**

- [Activity Transcript](#)  
<http://www.student-affairs.buffalo.edu/leadership/at.php>
- [Advisement Peer Mentors](#)  
<http://advising.buffalo.edu/beadvised/peer-mentors-wanted-for-ub-101/>
- [Career Peer Advisors Program](#)  
<http://www.ub-careers.buffalo.edu/careerpeeradvisors.php>
- [Center for Student Leadership and Community Engagement](#) (Certificate Available)  
<http://www.student-affairs.buffalo.edu/leadership/index.php>
- [Diversity Advocates](#)  
<http://student-affairs.buffalo.edu/idc/advocates/phpl>
- [Pre Health Opportunities](#)  
<http://prehealth.buffalo.edu/workshops/index.php>
- [Pre Law Opportunities](#)  
<http://sas.buffalo.edu/prelaw/workshops>
- [Resident Advisors](#)  
<http://www.student-affairs.buffalo.edu/housing/reslifejobs>
- [Student Association Clubs](#)  
<http://www.sa.buffalo.edu/>
- [Student Wellness Team](#)  
<http://student-affairs.buffalo.edu/shs>
- [UB Athletics](#)  
<http://www.ubathletics.buffalo.edu/>
- [UB Stars](#)  
<http://advising.buffalo.edu/beadvised/do-you-want-to-become-a-UB-Star>
- Orientation Aides, contact New Student Programs, 112 Student Union
- UBE 101 teaching assistants, contact New Student Programs, 112 Student Union