

## Guide for Mentors: Student Topic By Class Year

Topics by Class Year		
Class Year	Academic	Professional
<p><b>Sophomore Year</b></p> <p>Sophomore year is often characterized as a time in which the newness of college and thrill of being away from home fades. It is replaced by pressure to declare a major, choose a career, decide whether to study away, and find a group of friends. It can be a time of uncertainty, growth, and lack of motivation. Without the structure of the first year, sophomores may feel lost, stressed, and relationships may feel complicated</p>	<ul style="list-style-type: none"> <li>• Declaring a major</li> <li>• Deciding whether to study away</li> <li>• Classes with upperclassmen</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring careers</li> <li>• Attending career &amp; employer information sessions</li> <li>• Writing first resume</li> <li>• Searching for an internship or summer job</li> <li>• Connecting interests to experiences</li> <li>• Changing/Challenging values</li> <li>• Writing cover letters</li> <li>• Learning how to network with professionals</li> <li>• Developing interview skills</li> </ul>
<p><b>Junior Year</b></p> <p>Many students choose to study away during all or part of their junior year. As a result, juniors may find that their core group of friends is away from campus. Those who are abroad may experience culture shock and homesickness. Students who are abroad may find searching for an internship very challenging.</p>	<ul style="list-style-type: none"> <li>• Study Away</li> <li>• Looking for internships</li> <li>• Business majors in the “Block” class</li> </ul>	<ul style="list-style-type: none"> <li>• Leadership – definition, styles, examples</li> <li>• Preparing for grad school &amp; entrance exams</li> <li>• Requesting recommendations and/or references</li> <li>• On-Campus Recruiting &amp; internship search</li> </ul>
<p><b>Senior Year</b></p> <p>Seniors approaching graduation have many obvious stressors such as completing his or her course work, after graduation plans, and overall anxiety around leaving and entering the “real world”. Some seniors will also struggle with other issues such as negotiating salary, securing housing, family responsibility, and managing personal finances.</p>	<ul style="list-style-type: none"> <li>• Completing course work</li> <li>• Graduation</li> </ul>	<ul style="list-style-type: none"> <li>• Grad school</li> <li>• Job search</li> <li>• Professional behavior</li> <li>• Establishing credibility</li> </ul>