Sophomore Year Checklist

☐ Meet with your advisor regularly (at least once a quarter) to discuss your progress, including difficulties with a class or concerns about a major.

☐ Meet with a UAR advisor if you need additional advice.

☐ Select courses to help you with the major decision. Try a Sophomore Seminar.

☐ Visit the UAR and its website (uar.stanford.edu) to familiarize yourself with UAR resources:
  Information on Choosing a Major, Department Advisors, Degree Options, Research, Individually Designed Majors, Graduate and Professional Schools and Fellowships Advising: general, research, pre-professional and graduate school; individual and group sessions; drop-in hours available; E-mail Advising

☐ Consult upper-class peers with similar interests.

☐ Get tutoring early if needed: ctl.stanford.edu/Student/

☐ Begin developing a four-year plan.

☐ Explore department pages on the web: www.stanford.edu/~susanz/majorlist.html

☐ When thinking about a major, remember to consider your interests, skills and values.

☐ Visit the department offices of majors that interest you.

☐ Talk to peer advisors in the department.

☐ Talk to faculty.

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