

# FIRST YEAR AT A GLANCE

- Establish healthy self-care routines.
- Adjust your study habits to fit the pace of the quarter system by developing a weekly schedule.
- Attend office hours with faculty and teaching assistants (TAs) and become comfortable with asking questions.
- Identify one on-campus support service available to help during personally or academically challenging times.
- Connect with one or two classmates in each course to form study groups or join study groups with the Teaching + Learning Commons.
- Make an appointment via VAC to meet with your Sixth Advisors to talk about the three/four-year plan (meet with your major advisor first if you have one).
- In winter quarter, review your major's Four Year Plan and develop an academic plan with your major department and Sixth Academic Advisors.

Goals for Your First Year: Transition and adjust to college academics.



# SECOND YEAR AT A GLANCE

Goals for Your Second Year: Get involved in academic/career exploration.

- Declare a major before you reach 90 units.
- Take advantage of Dine-With-a-Prof and Coffee-with-a-Prof programs.
- If you are planning to study abroad, start planning early.
- Explore internships, research and/or job opportunities.
- Learn about the Experiential Learning Requirement through its website. Meet with a Sixth Advisor if you have questions.
- Become involved in co-curricular activities to enhance your Co-Curricular Record.
- Assess your personality, interests and skills and how they might apply to your potential careers.
- Meet with Sixth Academic Advisors to evaluate progress on general education and university requirements.
- Meet with your major department to determine your interest and progress in your major.



# THIRD/TRANSFER YEAR AT A GLANCE

- If interested in graduate programs, utilize the Career Center to discuss an academic plan and any pre-requisites.
- Maintain contact with favorite professors, exploring career options, and ask for letters of recommendation.
- Continue to build leadership skills by applying for internships, research and/or study abroad opportunities.
- Prepare & plan when to take graduate/professional school admission exams, if needed.
- Boost curiosity by learning new skills and hobbies.
- Network by meeting with professionals in career fields of interest.
- Explore options for independent research through a favorite professor, your major department, or find opportunities on the REAL portal.
- Review your academic plan and degree audit with your major department and Sixth Academic Advisors.

**Goals for Your Third/Transfer Year:** Identify and take steps toward academic, professional and personal development.

# FOURTH YEAR AT A GLANCE

- Prepare and take appropriate standardized exams for admission into graduate or professional programs.
- Review your academic plan and degree audit to determine graduating quarter.
  - If you have any questions, confirm graduation requirements with major advisor and/or Sixth Academic Advising.
- Identify mentors and professional connections to write letters of recommendation and serve as a reference.
- Reflect on your college experience and lessons learned. Be prepared to share in personal statements and interviews.
- Apply for graduation and register for commencement.

**Goals for Your Fourth/Final Year:** Reflection, graduation and transition into life after college.

- Create a Tritons Connect account to meet alumni!
- Utilize the Career Center to establish post-graduation plans:
  - Update resume
  - Practice interviewing skills
  - Attend workshops and fairs



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