DEAR CLASS OF 2015,

As you begin to wrap up your first year of studies at Puget Sound, I would like to congratulate you and wish you an even better second year!

Sophomore year is an exciting time at Puget Sound, full of new opportunities and adventures. As you transition to your second year here, you will learn about a host of new activities that await you. And of course, ready or not, it will be time for you to take your first steps toward declaring a major and potentially figuring out what you want your post-Puget Sound life to look like!

With so many new opportunities ahead of you, you may need to prepare yourself to make some difficult (but exciting!) decisions. In order to help you with this transition, the Peer Advisors have compiled a list of tips that we think can help you make the most out of your Puget Sound education and involvement, particularly as a sophomore.

These tips range from academic information (for instance, declaring a major and helpful library resources) to extracurricular opportunities (internships and hints on how to make the most of summer in the Northwest), and some information somewhere in between (how to balance work and school). Some of these hints come from our own experiences; others we wish we would have known about as sophomores!

As you continue your successes, I would encourage you to use some of the advice inside in order to make your sophomore year the best year yet!

Best of luck on your journey!

Jessica Erickson
Peer Advisor Coordinator
2011-2012
TOP 10 CAMPUS EVENTS
BY ALLISON SCHOENING

- **Log Jam**: Looking to get more involved? Don’t forget to check out the club festival held the first Friday of school. Every active club on campus aims to recruit new members through free candy bribery or ridiculous, eye-catching performances. Not to mention the bouncy house, live music performances, and great food!

- **Lu’au**: Want to learn more about the Hawaiian culture? Every spring semester, Hui O Hawai‘i plans a Lu‘au. There are many ways to get involved: be in one of the many dance pieces, help plan the event, or go enjoy the live music, dances and cultural foods offered at the Lu‘au in April.

- **Fireside Dinner**: Everyone knows who Ron Thom is, but how many of you does he know by name? Once a month President Ronald Thomas hosts a dinner for students at his house. He and his wife, Mary, invite a select few into their beautifully decorated home for a four-course catered meal, live music, and dinner discussion centered around campus life. What a classy guy?!

- **Ubiquitous They Improv Shows**: About every other Friday of the month you can check out some hilarious, sketch comedy in Club Rendezvous. Grab a bite of pizza or bowl of ice cream and be prepared to laugh!

- **Relay For Life**: Many of you have probably participated in a Relay for Life event in your hometown, but how many of you knew that the Relay for Life originated on our campus? That’s right, in 1985, a Tacoma surgeon, ran around Baker Stadium for 24 hours to raise funds and awareness of his suffering patients. Come out for Relay for Life and help raise funds and awareness of those affected by cancer.

- **RDG**: Repertory Dance Group is our campus’ largest club! This no-cut group provides dance instruction and performance opportunity for all members of our community. If dancing really just isn’t your cup of tea, bring your blow horns and whistles to support 200 of your fellow loggers as they take the stage in all genres of dance.

- **SWOPE Lecture**: Held twice a year the SWOPE lectures focus on ethically challenging topics of religion, and contemporary ethics. Want to leave Schneebeck thinking critically, and engaged in a heated discussion? This lecture is the event for you!

- **Theatrical Productions**: I leave every arts production on campus in awe of the talent of my fellow students. For only $3-$7, you can support your fellow loggers, and get a taste of Broadway right here in Tacoma!

- **24-Hour Library Access**: I know it sounds horrendous, but try hitting up the cellar for some snacks, bringing your sleeping bag and pillow and just camping out in a study room for the night to get your last minute, cramming studying in!

- **Mistletoast**: ASUPS goes all out for this holiday festivity! Don’t miss hot cocoa, tasty holiday snacks, live music and horse drawn carriage rides around campus at this end of the fall semester event!

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**Possibilities & Potential**

Keep an eye out for this exclusive **Sophomore Event!**

**Coming Soon**

**Fall 2012**
In the second semester of your sophomore year it will be time to declare a major. Students with declared majors must have their primary advisor in the department of their first major. Students without declared majors may change primary advisors at any time. There are two different things to consider during the process of choosing an advisor:

- The area in which you want to specialize
- Your compatibility with the advisor

Every major has different areas that you can focus on. For example, as a history major you can focus on a particular time period or region, so it is important to find a professor that specializes in your area of interest.

You should also consider how you get along with the professor, because your advisor will help you make some incredibly important decisions, so it is important to be comfortable with that person.

It is also important to remember that you can switch your advisor at any point, and you can also select secondary advisors that can assist you inside or outside your major. Once you have identified someone to ask, visit that person in his or her office to get acquainted and to make your request. Cascade will let you request the advisor online, but professors always prefer that you ask them in person first! In order to make it all official go to Cascade and select the "your degree" tab, which will walk you through the steps of selecting a new advisor. If you run into any technological issues with this process, please stop by the Office of Academic Advising and they will help you get things sorted out.
Here are some helpful tips for managing school, work and life:

**Use a calendar**

It can be a paper calendar, a planner or a phone. No matter what type of calendar you choose to use, make sure you have one and that you use it.

**Make a schedule and stick to it**

This will require you to prioritize your activities. Write down everything you have to do, as well as those you would like to do, consciously noting which activities take precedence over others. It is then important to have the self-discipline to follow this prioritization.

**Write everything down**

In addition to writing down things you still need to do, some people find it helpful to write down those things they have already taken care of and then crossing it off. It helps clear your mental to-do list and can help relieve stress because it shows that you are accomplishing things. The crazier schedule gets the more you should be writing down. (It is also important to write everything down in the same place. Keeping multiple lists can be more stressful to manage and provides the opportunity for tasks to be overlooked.)

**Have the ability to say no**

For many, it can be hard to say no. With endless opportunities of potential activities available in college, this can become a serious problem for some students. Saying yes to everything can be impossible to manage. This goes back to prioritizing your events. Say yes when you can but recognize when you need to say no.

**Plan ahead**

Work backwards in your calendar to see what’s coming up and assess how much time and preparation is required for that particular task. This can prevent procrastination and in turn relieve potential stress. It also helps you plan out your daily schedule if you know you need to put in “x” amount of hours each day towards an assignment, letting you know how much time is still available for work or free time.

**Schedule time to relax**

It is important for your health to take time to relax. It’s easy to convince yourself you don’t have time to take a nap or go for a run. Schedule these personal-health activities into your calendar ahead of time as a way to convince yourself you do have time and force yourself to follow through.

**Allow for flexibility**

Things come up that you may not have foreseen or planned for. Leave enough room in your calendar that you can shift things around if needed.

**Find a system that works for you**

Every individual has a unique method that works for them. It is important to keep trying new tactics until you find one that works for you. If your phone’s calendar isn’t big enough, get a planner. Or try color-coding your activities to simplify a full schedule. What works for one person may not work for you, so keep experimenting.
It is never too early to start thinking about the possibility of studying abroad. In fact, most students at Puget Sound apply to study abroad in their sophomore year! Whether it is the prospect of learning another language, cultural curiosity, or pushing beyond your comfort zone that motivates you to study abroad, Puget Sound has an incredible international programs office that will help you to find the program that best suits you.

I was lucky enough to study abroad in Oaxaca, Mexico. I approached one of my professors about study opportunities for learning Spanish, and he suggested that I check out the Oaxaca program. I originally envisioned myself going to a Spanish-speaking country in South America, but after talking to the international programs staff and learning a bit more about the program I decided to give Oaxaca a whirl. I am so glad that I did! The experiences that I had there, from learning Spanish to working in a migrant shelter, have shaped my choice in coursework, led me to pursue an internship off-campus that I LOVE, and allowed me to walk away with language skills that I felt really comfortable with. Overall, I would say my study abroad experience defined my college experience, and I am so glad that I did it.

So, you may ask, as a rising sophomore, what should I be looking out for in order to prepare for my study abroad experience? First, peruse the International Programs Website. Here’s the link. Next, keep your eyes peeled for study abroad fairs in the fall. Finally, be sure to talk to older students, professors, and mentors about their experiences with study abroad. It is great to hear people’s stories and recommendations, and personal anecdotes are always a nice compliment to reading the description of a program online.

Study abroad is a wonderful opportunity – take advantage of our resources here at PS!

By Rebecca Nathanson

Getting the Most Out of Your Classes

By Jillian Zeidner

When you walk into a classroom on the first day of the semester and meet a new professor, they might seem a bit scary and intimidating. But in real life, they are there to help you and want you to succeed in their class. Professors are a really helpful resource that many people do not take advantage of, either because they are scared or they don’t know how. To get the most out of a class and your professor, use these helpful tips.

1. Find out what they prefer to be called. Some professors are very informal and actually prefer to be called by their first name, while others like to be called “professor” or another more formal title.
2. Make sure you know what your professor expects from the class and from you. Some professors’ expectations may not seem clear, so make sure you get clarification!
3. Go to class and pay attention. Your professors are not lecturing for themselves, and they always appreciate it when students are engaged and participate in class.
4. Ask questions. You will get more out of the class, and the professor will know that you care about what they are teaching.
5. Go to office hours! Professors have office hours specifically for students, but a lot of people do not use them. If you are having any problems, don’t hesitate to go and talk to your professor. Even if none of their office hours work in your schedule, you should be able to make an appointment to talk to them at a time that works better for you. Don’t be afraid to talk to them—they want to help you!

Remember: Professors are teaching the class for you, and are an awesome yet underutilized resource. When you know how to get the most out of your professor, you’ll enjoy the class more and be more likely to succeed.
Those of you not from the Pacific Northwest area may be asking yourselves “Why did I come to school here? There is NEVER any sun!” Well my friends, the answer for most can be found in the summer time. The summer in the PNW is possibly the most wonderful place to be. For a few short months the rain tends to take a hiatus and let the sun's warm rays make up for all the lost Vitamin D during the rest of the year. So here are a few things to make sure you don't miss if you are spending the summer in the Pacific Northwest.

- **Concerts at The Gorge:**
  The perfect combination of beautiful music and beautiful scenery. Look into camping permits and make a trip out of it.

- **Taste of Tacoma:**
  Right here in Tacoma food vendors and music galore happens for a weekend down at Point Defiance. It's a great place to grab some grub and maybe get a paint screen t-shirt.

- **Point Defiance Park:**
  The best of places to enjoy the sunshine. You can hike around on the beach, check out the layered clay along the coast, rent canoes to enjoy the sound. Point D is an excellent summer day choice that doesn't cost a thing.

- **Hike:**
  There are many great hikes in the PNW if you love the nature. Mount Rainier is a crowd favorite.

- **Have dinner out on the water:**
  Many restaurants have outdoor waterfront seating. Just for the summer time, make sure to get out and enjoy it.

- **Pike Place Market:**
  It's wonderful to peruse the market place and see all the beautiful flower bouquets as well as the increased fish throwing due to higher tourist demand.

“Let the sun's warm rays make up for all the lost Vitamin D.”

Summertime Sunshine
By Katy Appleby

“Let the sun's warm rays make up for all the lost Vitamin D.”
Financing Your Education

By Elliott Piros

For the majority of young people, financing can be the deciding factor in pursuing a college degree.

While the University of Puget Sound is expensive to attend, there are many ways for you to reduce its price tag.

Of course, the most important thing to remember is to file your FAFSA (Free Application for Federal Student Aid) every year. Federal aid changes from year to year, so you've got to file annually to make sure you get the government cash you deserve. The FAFSA deadline for continuing students is March 31.

Scholarships are another great way to reduce your college price tag. To paraphrase the singer/songwriter Madonna, it doesn’t matter if you're black or white, if you're a boy or a girl, or anything else: there is at least one scholarship that you can apply for. Run a quick Google search for scholarships that pertain to your personal identity, ambitions, life goals, interests, or family standing. Also, UPS offers scholarships in a number of categories, for students in the fields of history, philosophy, literature, mathematics, or natural sciences; for interdisciplinary studies between science and non-science fields; for students who plan to enter public administration; for female students with a strong interest in history; for religious leadership; and for students who demonstrate active participation in LGBT causes. In addition, each department on campus can nominate students for scholarships in that particular area of study. Talk to your department secretary to find out more on these.

The bitter reality is that you may have to take out loans. But before you do, consider what area of work you see yourself ending up in. Certain fields (such as public education) have the possibility of loan-forgiveness, if you meet the criteria. While it is unwise to bank heavily on this possibility, especially considering the competitiveness of many of these fields, talk to an expert in the Financial Aid Office. You may find a way to dig yourself out of debt other than those crushing loan payments.

But so much for paying for the future: what about now? Your friends want to go out Friday night, you’ve been eyeing a new handbag on Etsy, Yakov Smirnoff is coming to the Tacoma Dome and you’ve GOT to have front row tickets – get a job! First, check if you are eligible for work study. If not, fear not. Check CES for job postings on campus, or use the LoggerJobs link on Cascade to search for off campus employment. Or surf the Tacoma Craigslist (hint: many a high-tipping restaurant position can be found via Craigslist). Don’t be afraid of a humble job. Sometimes three hours of washing dishes or wrapping burritos is the perfect complement to all that time in the library.

Finally, remember the old aphorism: the best things to invest in are real estate and education. While one of these may not be true any longer, you can certainly bet on the other one, providing, of course, that you put something into it.
Webster’s Dictionary defines an intern as “an advanced student or graduate, usually in a professional field gaining supervised practical experience.”

With today’s job market, the reality is that a multitude of organizations, both for profit companies and non-profit organizations, are increasingly offering opportunities for students to gain practical skills in a field of their choice. While internships vary on pay (from paid to volunteer) and time requirements (20 hours/week to a couple hours a month), the experience is generally invaluable. An internship can give you both a head start in a particular field as well as steering you in your career development.

But wait, what if I don’t know what field I want to go into?

Often, students will take internships in a particular focus only to learn that they industry they were interested in is not for them. Much like choosing a major, or a college, knowing what doesn’t work for you can be very valuable. So how do you apply for and obtain the coveted internship? That’s where the wonderful folks at Career and Employment Services are here to help you. There are thousands of internships across the country and the world available through NCI and Going Global, both of which can be accessed through the CES tab in your Cascade account.

Making an appointment with CES and/or talking to alumni through the ASK Network is a great way to start identifying what areas might be interesting to you and ways in which you can start applying for such opportunities. If you don’t have much experience, considering taking unpaid internships or reaching out to alumni for opportunities. While you may not be able to get a paid internship right away, an unpaid internship or volunteer opportunity may help you gain a paid or more experienced internship the next year.

Ultimately, top employers have come to expect undergraduates to have some sort of internship or a serious extracurricular involvement. So start early, browse around the NCI Internship Link or Going Global and think about what opportunities interest you. Even if you end up doing something entirely different, you can apply the skills and lessons you learned in one industry to another. Stop by CES for help on: obtaining that internship you always wanted, Resume and Cover Letter support, and general counseling on your career development, you’ll be happy as a senior that you did so as a sophomore!
Many students know ASUPS (the Associated Students of the University of Puget Sound) as the “student government” that they hear about around elections season and that gave them a free t-shirt on the first day of classes.

**But what does ASUPS really do for you?**

ASUPS is the group on campus that helps fund all student clubs and organizations, and gives them support for everything that they do. If you have ever heard about a club (maybe you have always wanted to be a member of Hive Minders or thought Minnesota Club sounded awesome) but haven’t known how to get involved, you can go to the ASUPS offices on the second floor of the Student Union Building and get in touch. If you have a good idea for a club or group that doesn’t exist yet, you can create it and get funding for it from ASUPS.

There is a wide range of student committees that you can be involved in that all make up a part of ASUPS. From helping to discuss facilities concerns and renovations with Union Board, to working with *The Trail, Elements*, and Photo Services on Media Board, to holding a forum to hear what your peers have to stay with the Student Concerns committee, there is a wide range of ways to get involved.

ASUPS can also help you get out and about! They rent out ORCA cards to take the bus anywhere in the south sound area, vans for student use and provide the Zip Car program.

If there is something you want to do on campus and need to know where to start, it is a good bet that ASUPS could help you out with it.

Drop into the office, located in Wheelock, and talk to the newly elected President Brian Ernst or Vice President Rachel Borsini with any questions!
Often times papers can seem incredibly daunting, but once you find a good topic and have solid research, they will seem a lot less menacing. Fortunately, the library has some great services to help you get started. Here are some steps that I use to make sure my papers are up to par:

**Step One:** Brainstorm a good topic idea. It sounds obvious, but if I don’t actually brainstorm, I come up with thesis statements that are too broad or too narrow. Also, it’s common to be interested in two similar topics, but not know how to incorporate them into one paper. Try making a Venn diagram of your broad interests and think about areas of overlap. Or, make a list of potential interests, or readings from class that you enjoyed.

**Step Two:** Research your topic. The research librarians at Puget Sound support different departments, and have specialized resources for that subject to help you find the articles and books you may need.

**CONTACT YOUR ACADEMIC LIAISON LIBRARIAN**

It is useful to email your topic or thesis statement, as well as times you would be available to meet.

**Another good resource tool** can be found on the library website, where you can do research by subject. This webpage also includes the contact info for the subject librarian, as well as useful scholarly journal databases that are most relevant for that subject.

**Step Three:** Use proper citations! Know what sort of citations your professor wants and use the shortcut called Zotero. You enter in the basic information, and it will organize your citation for you. And...the library totally approves it, so you don’t have to feel like you are just using the easy way out.

Please utilize these resources and check out what the library has to offer!

Best of luck!
What is the CWLT?
The CWLT is a wonderful (and all too often overlooked) resource available to students on campus. The goal of the center, as a whole, is to provide students with services that can help them achieve their academic goals. As you can imagine, the type of support a student might require varies greatly, given their individual strengths and aspirations. This is why the center is divided into three branches—Writing, Learning, and Teaching—so a variety of unique services can be offered for our diverse body of students.

Overview of services offered in the CWLT:

Writing advisors who work one-on-one with you to improve your papers and strength in writing.

Peer tutors who work with you on improving your performance in class.

Classes that will increase your reading efficiency and mastery of textbook assignments. You can sign up for the classes next semester (courses are listed under the Learning Center or "LC").

As a side note on this one, one of my good friends took the accelerated reading class, and it not only tripled her reading speed, but also improved her reading comprehension. Pretty cool. She told me it was one of the best decisions she made in college because it made her course reading load much less intimidating.

Workshops that will teach you how to develop effective study strategies, write a thesis, or manage your time. GREAT if you are feeling overwhelmed with juggling all your classes and extracurricular commitments!

Books on writing, including the APA, MLA, and The Chicago Manual of Style.

Handouts on a wide range of writing and learning strategies.

Computers for working on papers, online assignments, and for use with adaptive equipment. Great option for getting work done, especially when the library is overcrowded.

Graduate school test preparation software and materials. Useful, even though many of you might not be looking that far in the future).
We have truly enjoyed working with you during your first year at Puget Sound. We wish you the best of luck next year and for the rest of your college career. It has been a privilege getting to know you!

~Your Peer Advisors