Welcome to Sophomore Year!

As you are preparing to finish your first year here and enter into your second, we would like to send you some helpful insight and information for your second year! Your second year here will definitely be a wonderful and challenging one. You have many exciting decisions coming up, including new housing, choosing a major or minor, study abroad, picking an advisor, and continuing decisions of how to find your place within the Puget Sound community.

Now that you will be navigating without your Peer Advisor, don’t forget to take advantage of the great resources on campus, such as different offices, faculty, and staff members. To help you begin your sophomore year well prepared, we have put together this newsletter with some advice for year two!

Take advantage of the amazing opportunities offered here at the University of Puget Sound.

Consider study abroad, internship opportunities, career advice, club leadership positions, summer research grants, fellowships, scholarships, and the list goes on… I hope that you are excited for all that the next year here has to offer!

Have an amazing sophomore year!

- Heidi Kreiss
Peer Advising Coordinator 09-10
Choosing a Major
By Christina Wu

For most college students, choosing a major is one of the most important decisions they make during their college career.

But, there is no rush to choose a major just yet if you are unsure since you have until the end of your sophomore year to decide.

Here are a few tips for choosing a major:

- Brainstorm what classes/subjects interest you
- If you don’t like your classes so far talk to other students and see what interesting classes they have taken
- For the classes/subjects that do interest you, talk to the professors and ask what kind of career opportunities are available in their field of work
- Take a career aptitude test to see what jobs are a good fit for you at CES (HO101)
- Visit Academic Advising (HO114) to get information about graduate school or law school or if you have any academic questions
- You can declare your major by accessing your Cascade account

The most important thing is that you find a major that interests you and an advisor that you can work well with. You can still switch majors after you have declared one, however, it will become more difficult to switch later on if you want to graduate in four years. Keep in mind that you should still explore your options after you have declared a major - as you have core classes and upper division classes you need to take. Good luck and have fun!

Two Extremely Useful Student Resources Located in Howarth Hall
By Amy Kast

Have you ever felt like a class was impossibly difficult? Been stuck on a paper, or been determined to achieve better grades? The Center for Writing, Learning, and Teaching (CWLT) is here to help you with any academic goals or challenges that you may have. The CWLT tutoring and writing advising service, made up of students and faculty members, is available to all grades and majors.

Tutors are organized by discipline to better target exactly the support you need. To make an appointment with a tutor, you can stop by the CWLT on the first floor of Howarth Hall, call (253) 879-3404, or e-mail cwlt@pugetsound.edu.

Writing advisors can help you with a paper at any step of the process. They will match up your paper’s genre with a writing advisor’s specialty. Again, you can either stop by the Center, call (253) 879-3404, or e-mail writing@pugetsound.edu. The writing advisor and tutor schedule is listed both online, and on posters located around campus.

Career and Employment Services (CES) is located at the other end of Howarth Hall. Not only do they provide you access to employment opportunities, but they can provide a wealth of other knowledge and experience to help students research career possibilities.

You can either drop-in or make an appointment with one of the career advisors. They offer anything from help with resumes and cover letters to access to personal assessment tools. You can also stop into Career and Employment Services at any time to browse the Career Resource Library, a collection of more than 700 books available for checkout on a variety of career-related topics.

Many CES resources are available 24/7 through your Cascade account. Tools for internship/job search, occupational exploration, and interest assessment exist there, as well as the Alumnii Sharing Knowledge (ASK) Network. ASK is an online tool that can connect you with alumni who graduated in your major, or are currently working in a field that interests you. These alumni make themselves available for contact with students.

Please take advantage of these awesome, FREE campus resources!
World Here I Come!
By Erica French

Ever dreamed of riding a camel across a sandy desert?
Or pouring your own pint of Guinness in the Dublin factory?
Or getting a cup of Italian gelato every day for lunch?
Or watching a rugby match in the crowd of rowdy Scotsmen?
Or lying in the sun on the beaches New Zealand?

The chance to study abroad is not only a way to continue your college education; it’s a way to experience the world and the thousands of activities and adventures it has to offer. Study abroad is a way to expand your horizons while at the same time receiving class credit as well as the chance to explore new places with other students with different backgrounds but the same desire to see the world and all it has to offer.

The International Programs office (Howarth 215) has recently moved to only one application deadline per year, February 15, for any program (full year, fall, or spring) for the following year. To check out the programs offered and other useful information go to the webpage: http://www.pugetsound.edu/academics/international-programs/.

Take a look, even if you do not think you are interested; you might be surprised.

Scholarships and Fellowships
By Caitlin Martin

Let’s face it, UPS is beautiful but it certainly is not cheap! So, it’s a good thing there are many places you all can go for scholarship information and financial support.

Many alumni donate money to make scholarships available to currently enrolled students. To receive more information on financial aid offered by the University, check out the Scholarships page of the Student Financial Services website at http://www.ups.edu/scholarships.xml.

This link provides lists of scholarships as well as deadlines, renewal information and much more.

Scholarships are available based on merit and need, but also on service, religious work, and leadership. A number of scholarships are very specific as to the requirements of the applicant, so there may be one that is just as unique as you are!

Everyone should check out the scholarships that are available—even if you feel you will not be eligible for merit or need based aid.

Our school also offers many resources for students who wish to apply for external fellowships such as the Watson Fellowship, worth $25,000!

There are many other fellowships and research opportunities offered to students and the CWLT, the Graduate and Undergraduate Fellowships office, and individual academic departments are always willing to help students pursue their passions.

Smaller but no less significant grants are also available, which allow students to study abroad, travel, or do undergraduate research.

Visit the Fellowships page at http://www.pugetsound.edu/academics/academic-resources/fellowships-scholarships/ for more information on recent winners, deadlines, and upcoming opportunities.

Cool Places in Tacoma

1. King’s Books: www.kingsbookstore.com/
2. Over the Moon Café: www.overthemooncafe.net/
3. MSM Deli: Magical Sandwich Makers
4. Infinite Soups: www.infinitesoups.com/
5. Rosewood Café: www.rosewoodcafe.com
Mix up your routine with creative study spots!
By Julia Frost

Sick of your usual study location? Try some of these out for a change!

1. Find an empty classroom in your favorite academic building. When the SUB is too loud and the library is too quiet, you may find a classroom to be juuuust right! You can talk with a study group or listen to music, but you won’t be disturbed by the craziness of the lunch rush!

2. Want to squeeze in some studying between classes? Check out the UPS house for Off-Campus Students on N 11th (across the street from the field house). It is usually quiet and there is a computer, desk, couch, TV with cable, bathroom and kitchen with oven and microwave. It’s open M-F from 8am-5pm.

3. Origin 23 Café on (6th and Union next to Farelli’s) is within walking distance of campus and there are plenty of bike racks out front. Here you’ll find free WiFi, cozy leather couches and plenty of workable table space, not to mention the gelato, pastries, and organic and fair-trade coffee.

4. Looking for a unique spot to get some reading done? Try the 2nd level of the Schneebeck Foyer, the bleachers in the field house, or the window benches in Wyatt.

5. Stake out a study room in Harned or Thompson. There are awesome some awesome spaces hiding in the science buildings, many of them looking out on the courtyard! Also try Harned Colonnade—it’s quiet and has lots of natural light.

6. The booths upstairs in the SUB are great, especially in the evening. There are plenty of plugs for your computer and lots of room to spread out if you’re working on a project. There are also comfy couches and arm-chairs upstairs outside the Dean’s office and WSC 201.

7. The Mandolin Café (3923 South 12th Street near the intersection of South 12th & Proctor) has an awesome atmosphere, delicious food, and free WiFi. It’s open until 10 (Sunday-Thursday) and until midnight on Fridays and Saturdays.

8. Check out the tables at the ends of the office hallways in Wyatt Hall—who knows, maybe being so close to the professors’ offices will inspire brilliance!

9. Pulling an all-nighter? Find respite at Bertolino Brothers Coffee Bar (right by Target on Union). This 24-hour café is known as “The Unofficial Home of the Term Paper” and has free WiFi as well as big tables for projects and group meetings.

(continued on page 5)

Living Off-Campus

Being able to live in an off-campus house can be a major improvement over dorm life. But it can also quickly become nightmarish, with heaps of trash everywhere, feral cats in the bathrooms, and a strange person whose name you don’t know living in your basement. So here’s some advice from someone who has lived off-campus for three years now.

1. Communicate with your housemates, set clear expectations, and boundaries. This is hugely important. When you’re living with people, passive-aggressiveness will only exacerbate problems. As awkward as it may be, a simple, "Hey, when you get a chance, could you help me with dishes?" is way more effective than a note or text message that says, "Kitchen's gross - do your dishes." Also, set very clear expectations about chores so everyone has something to live up to around the house. There will be times when you do more than your fair share around the house and times when you do less. Just try to keep the big picture in mind. It’s better in the long run to swallow your pride and clean that moldy dish that isn't yours than to start an argument. If you or anyone else will need a subletter for a semester or for the summer, let your housemates know well in advance!
2. **Lock your stuff up.** It’s a quiet neighborhood around campus, but things get stolen ALL the time.

3. **Pay your bills and rent on time.** There is nothing more embarrassing than having Tacoma cut your power. It’s also egregiously expensive to have it turned back on. With your rent, there’s usually a day or two grace period, but it’s always best to keep in touch with your landlord.

4. Speaking of landlords, **go through your lease with a fine-toothed comb** before signing it. Take it to off-campus services and have them look over it. And take the walk-through seriously - mark down every single thing that is wrong with the house, or else you’ll end up paying for it. Also, a few landlords rent to a whole bunch of students. Those other students are a great resource, and can tell you about their experiences.

5. **Be good neighbors.**

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**Collins Memorial Library**

**By Danielle Acheampong**

The Collins Memorial Library is one of Puget Sound’s best resources for students. It has everything you could possibly need for research, homework, and even free printing. There are loads of cozy places to study throughout the building’s 5 levels, which range from comfy couches, to desks, and even rooms where you can study as a group. Most of the students here utilize these features of the library but there are also plenty of other services that you may not be aware of. You can find links to these services, as well as links to the catalog, databases, course research guides, and more at the library’s website, [http://www.pugetsound.edu/academics/academic-resources/collins-memorial-library/](http://www.pugetsound.edu/academics/academic-resources/collins-memorial-library/).

Visit the site and explore. Here are just a few highlights to check out:

- **Need help finding sources for a research paper?**
  
  There are liaison librarians affiliated with academic subjects who can assist you in locating sources and articles for research. You can connect with them in many ways, including setting up a research appointment, sending an email to [libref@ups.edu](mailto:libref@ups.edu), drop by the Information Desk and speak to the librarian on call, or use the 247 chat service.

- **Tired of your eyes freaking out by scrolling through microfilm to find an article for that research paper?**
  
  Another service that the library offers is the microfilm scanning service. If the article you need is on microfilm, library staff will scan the article for you free of charge and deliver it to your ILLiad account. Just fill out a form available through the services link on the library website.

- **Have problems locating books by their call number?**
  
  After searching for a book in SIMON, the library’s catalog, writing down the full call number can be a hassle, or even problematic. Leave a letter out, or misplace a single period and it may take you extra time to find that book on the shelf. To avoid this problem, click on the text message link found on the detailed results page. Then the exact call number and title will be texted directly and correctly to your phone.* There’s also a link to the library map which tells which floor has the book.

*Check first if you can get texts, and be aware of your cell phone provider’s usage charge for messaging.

- **Love your laptop**
  
  Did you know you can check out a lock to secure your laptop while studying in the library? Check one out at the circulation desk on the main floor. In addition to securing your laptop, you can also print from your laptop in the Reading Room. Just follow the directions found on the FAQ page from the Learning Commons website.

- **Best Group Study Room**
  
  One of the best kept secrets for group study is Room 124. It has a large screen monitor which can handy for several people working on a project. It’s down a hallway just past the library classroom.
Thinking About a Career in the Health Professions?
By Abbey Prest

It is never too early to start planning for a future in the medical, veterinary, or dental fields. In fact, there are a few essential things to keep in mind as you head into your sophomore year.

First, contact Kathy Samms (ksamms@pugetsound.edu) to get on the pre-Health Professions list. You will get periodic emails about helpful summer jobs, internships, and workshops that will beef up your resume and provide excellent experience for your future. Getting to know all of the Health Professions staff will give you a leg up in a couple years because they will be the ones who will write the committee letter for your application. They are all really friendly and know a ton about the process!

Second, your grades are very important. Yes, you will need a decent MCAT/entrance exam score and good recommendations, but the transcript of your coursework reflects your academic efforts and your potential. If your grades weren’t stellar this year, don’t give up! An upward trend shows emotional and academic growth.

Remember to breathe! Freaking out about the application and the competition will not help you at all. Take the time to appreciate this stage of your life. Participate in some extracurricular activities. Committees want to see well-rounded, socially-capable people. Find something you enjoy and run with it!

Finally, get some experience. Volunteer at a hospital or veterinary clinic. Do research. Make contact with professionals in your field. Find a way to gain knowledge of what a future in health will mean. Any medical path you choose is a long and somewhat-difficult road to take. It is definitely a good idea to make sure this job (and lifestyle!) is right for you.

For more information please visit our health professions website.

Whatever field you decide to pursue, put your whole heart into it. Good luck!

Living Healthy
By Rob Schaller

*Staying healthy at school can be a difficult feat to manage when you are trying to balance classes, homework, clubs, activities, sports, and friends. It is important to remember that there are resources on campus to help. Here are a few that I have found particularly helpful during my time at Puget Sound.

-Having trouble kicking that cough?
Don’t forget that Puget Sound has its very own medical facility exclusively for you! Whether you can’t seem to get over a cold, you think you might have broken your leg, or you need to refill a prescription CHWS can get you the help you need. Remember that you can always make an appointment with counseling services at CHWS if you are ever feeling overwhelmed with your classes or anything else. To make an appointment for a medical or mental health issue, call CHWS at extension 1555.

-Feeling isolated from the outdoors?
Head to down to the water! Sometimes it’s hard to remember that are right smack in the middle of a beautiful location on the Puget Sound! (continued on page 7)
Living Healthy continued from page 6

Our campus is only a few short blocks (and a very steep hill) away from the Puget Sound waterfront. Try walking, jogging or biking down to the water, or if you are up for a longer journey, head out to Point Defiance.

-Want to put in some hours at the gym, but can’t seem to find time in between classes, homework and clubs?

Try taking one of the many fitness classes that UPS has to offer! You can take anything from rock climbing and yoga to weight lifting and circuit training. Having a set time several times a week to exercise helps to hold you accountable for your fitness goals. To register select physical education under course offerings on your Cascade account.

-Having trouble eating healthily at the SUB?

Make an appointment to talk with the registered dietician on campus! She is a great resource and can help come up with a healthy nutrition plan that is tailored to your needs.

To make an appointment call CHWS at extension 1555. You can also try different combinations from different stations— you never know what you will love!

-Looking for an exciting way to get outdoors on the weekends?

Sign up for the next weekend PSO trip! Next weekend you could be backpacking through the Cascades, snowshoeing around Snoqualmie pass, kayaking down one of the many Washington rivers, or simply soaking in the hot springs after a nice day hike. Head down to the expeditionary M-F 12pm-6pm or shoot them an email at expy@pugetsound.edu to get involved.

*Don’t forget that an important part of staying healthy at college is finding a balance between work and play. Establishing a routine for your daily life can help keep you from getting sick, and can reduce your overall stress levels.

How to Get the Most From Your Professors

By Andrew Fink

One of the reasons that a lot of students consider coming to Puget Sound is because of our extremely low student to faculty ratio (eleven students to one faculty member). This means that courses here generally have very small class sizes, and that students have easy access to faculty members and the resources they offer. In my experience, many of the professors at Puget Sound are focused on teaching, and they want to see their students succeed, both in their classes and in the student’s other work. But how exactly do you build the kind of relationships with your professors which will give you access to these resources?

Before you talk to a professor, it’s important to think about why you want their help. What are your plans for the next few years? If you are interested in independent study, or applying for a summer research stipend, professors can help you find a topic to research, or if you already have an idea, they can help you narrow and refine it. Professors also have their own research interests, and it can’t hurt to ask about those as well. Another good reason to talk to a professor is to learn more about their field of study, especially as you prepare to declare a major. With their experience, they can often help gauge whether their discipline will match your interests and goals. As you build these relationships, professors also become a good resource if you want help with finding internships, jobs, or are thinking about post-graduate work. Whatever your reasons, it is important to go to the professor prepared. Come up with a list of questions that you want to ask, and do some preliminary research on the topic you plan on asking them about. This way, professors will know that you are committed, and also be able to assist you better.

Once you know what you want to ask, you have to decide who to ask. There are a lot of faculty members on campus, and all of them have different interests and have taught on campus for different lengths of time. It is generally best to start with those professors that you have taken classes from, because they already have some awareness of your strengths and interests. Stop by their office hours with your questions, and ask if you can talk to them.

The first professor you ask may not be the one who is best equipped to help you with what you’re working on, especially in larger departments. However, most professors will refer you to other professors who they believe will be better able to help you. Sometimes, they might even refer you to other departments. Eventually, you will find a professor who has some background in your interests, and who is willing to help you pursue them.

After your first meeting, it is equally important that you follow up and drop by when you have new information or when you want more advice. The relationship is largely the student’s responsibility to build. Faculty members are here to teach and advise, and are a great resource, but just remember to be proactive and seek out their help!

“An important part of staying healthy at college is finding a balance between work and play.”
- Rob
Puget Sound is Unique
By Jessica Olsen

So, here you are. Ready for year two. From innumerable statistics and piles of brochures, Puget Sound is the school where you spent your first collegiate year. However you chose us, the last semesters mean that you know more about this school than any other. Sure, the Princeton Review can tell you about academics, extracurricular activities and demographics for any college you’d like. But now, you know how it feels to live here. You know you have stumbled upon something unique.

You are probably already aware of the professor involvement here. It is one of the perks of a small school, and indispensable to the academic approach at Puget Sound. For a small school, though, we’ve got a lot more going on. Often, large universities cite the ability to ‘make your own experience’ as a perk of attendance, but the impact you can make with a little initiative here would be hard to match. Really, it is difficult to imagine a campus more responsive to its students. Want to be involved in academic research over a summer? Want to design a theme for a house? Want to travel in Asia for a year? Want to have dinner with the university president next week? All of these are unique opportunities for undergraduates found right here.

Puget Sound also provides its students with many opportunities available only to interns and graduates. Excel in your major, and you might just find yourself tutoring in the CWLT. Be gregarious and you may be an RA or RCC. Enjoy coffee and learn to make lattes. Your next three years here will see you and those who started with you become a part of the school. That’s what we mean by academic community.

You’re right; I’m just another senior who’s looking around with the eyes of someone about to leave. Returning from study abroad (another excellent opportunity,) it was easy to realize how unique this place is and how much a student can accomplish here. (Wouldn’t be good peer advisors if we didn’t point it out.) Perhaps it is the red bricks in the rain. Perhaps it is the multiple free newspapers scattered about the multiple cafes. Perhaps it is hearing your professor’s sandwich order in the SUB in line behind you. Or all of these things. Decide what you would like to take from college; Puget Sound is a unique place to try it.

“Really, it is difficult to imagine a campus more responsive to its students.”
-Jessica

Creative Food Ideas in the SUB

1. Cottage cheese/yogurt with fruit (from the salad bar)
2. White rice (from Pac Rim) with black beans (from Casa Ortega) and various toppings (from the salad bar)
3. Broccoli with cheese heated in the microwave
4. Chicken Caesar Wrap (grilled chicken from Full Fare, tortilla from Casa Ortega, fillings from the salad bar)
5. Wheat Bread, Cut up a banana, honey and peanut butter for a snack or sandwich in the morning.
Smart Study Habits
By Charlie Guiguet

Top 3 tips:

1) Location- They don’t say “location, location, location” for nothing! Location is key to developing useful and effective study habits. Choosing the location can make or break your homework completion and therefore your amount of sleep time, and better yet, free time. The first part of choosing the right location is the noise level. First figure out the noise level you need or are more effective with. Not everyone can focus in the library’s deafening silence nor can everyone be comfortable studying with music playing. It is all about finding the right balance of noise, in order to stay focused and to use your time wisely. *See Julia’s article with new ideas for study spots!

2) Habits- Find out your own study habits! Some people feel the need to be extremely organized with color-coded to-do lists while others prefer a more lax way of keeping track of assignments. Whatever makes you feel more organized and ready to study is the method you should use. Just because your friend prepares to study one way does not mean you will be most effective at completing tasks the same way. Find out what time of day you are most focused. Are you an early bird or a night owl? Figuring this out is key to reducing procrastination. If you are an early riser, going to bed early and not worrying about homework until morning might be a more effective use of your time as long as you make sure you actually get your homework completed!

3) Time management- Learning how to break up large chunks of time and using this to your advantage is part of being a smart student. If you happen to have a large chunk of time to do your homework it might actually be less effective for you to sit down and try to write or read for hours at a time. Time management experts say you should plan out 50 minute chunks. Spend the first 10 minutes planning out the task you would like to get done and then spend the last 40 minutes working towards your goal. Then you should plan a 5-10 minute break and repeat the cycle over again. This way, bigger chunks of time will be separated and more easily productive.

In the end, it all adds up to finding out the ways you are most effective at learning and absorbing the material. The Center for Writing, Learning and Teaching located in Howarth Hall is always a wonderful resource. Did you know they can help you with time management as well as tutoring and writing?! Once you find the way you work best, hang on to it and use it to your best advantage! Good luck!
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