

SOLSTICE & CLT Conference 2014

Supporting the Struggling Sophomore

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Sophomore Slump

- Period of developmental confusion
- Student's struggle with
 - Achieving competence
 - Desiring autonomy
 - Establishing identity
 - Developing purpose



Student Support

Freshmen

- Advising
- Faculty Mentors
- Tutors
- Peer Mentors
- Summer Bridge Programs
- Orientation Activities

Sophomores



Needs

Freshmen

- Personal
- Social
- Academic
- Life Issues
- Institutional Issues

Sophomore

- Academic
 - Declaring a major
 - Intensified academics
 - Taking avoided classes
- College Realities
- Social Networks

Today's Students

- Born between 1980 and 2000 – Millennials
- Helicopter parents
- Close to parents
- Need a roadmap
- Constant nurturing and feedback
- Lack skills of in-depth reflection

Millennials

- Group activity
- Parents
- Homework/Housework vs. Television
- Smart
- Technology
- Diverse

Skills Needed

- Plot Personal Course
- Personal Reflection
- Independent Thinker
- Self-motivated



Sophomore Experience

- ▣ Seminars
- ▣ Retreats
- ▣ Special Housing
- ▣ Extra Advising



Goals

- ▣ Expand
 - ▣ Social Network
 - ▣ Relationship with peers
- ▣ Explore
 - ▣ Personal identities
 - ▣ Career/Major
- ▣ Experience Leadership Roles
 - ▣ University
 - ▣ Community
- ▣ Develop Relationships
 - ▣ Faculty
 - ▣ Staff
 - ▣ Administration
- ▣ Become Aware
 - ▣ Campus Resources
 - ▣ Advising
 - ▣ Declaration of Major
 - ▣ Travel Abroad

Advising



- Information
- Friendship
- Integration into University

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Images

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