### Second-Year Advising Guide

#### Summer
- Make a short list of academic and co-curricular goals for your second year.
- Research activities outside the classroom you would like to be involved in or where you might take on more of a leadership role.
- Plan for how you may need to modify your study skills and time management going into your second year.
- Work a summer job or volunteer to further explore interests and test career hypotheses.
- Conduct an informational interview or shadow someone in a career field that you’re interested in.

#### Autumn
- Have a plan and timeline to declare a major. If your intended major is capacity constrained, create a parallel plan.
- Learn about the UW Satisfactory Progress Policy and how it might impact you.
- Attend information sessions or visit/contact an adviser in your intended department(s).
- Explore new student organizations related to your major and/or career goals.
- Apply for an Undergraduate Community Based Internship (UCBI) for Winter and Spring Quarter.
- Attend the Study Abroad Fair and meet with a study abroad adviser.
- Update your resume, LinkedIn profile, and Handshake profile with your recent/Summer experiences.

#### Winter
- Connect with faculty and advisers in your intended department(s).
- Reflect on how you can use your remaining general education course requirements and electives to enhance your UW education.
- Explore opportunities to serve as a mentor or become mentored.
- Consider applying for an on-campus job.
- Sign up to participate in the Undergraduate Research Symposium.
- Sign up for Career and Internship Center Workshops and Small Group Coaching.
- Reach out to a faculty member to talk with them about their interests and research.

#### Spring
- Declare and/or apply to your major or have a plan to declare your major within the next quarter or two. If not, work with your adviser on a pre-major extension plan.
- Solidify your plan for summer: consider options such as working, participating in research, or studying abroad.
- Participate in or volunteer for the Undergraduate Research Symposium.
- Attend an Alternative Spring Break Program.
- Attend the Job and Internship Fair and search for summer positions on Handshake.
- Apply to be matched with Alumni through the HuskiesWork Program to learn more about their career journeys and workplaces.
- Begin to think about your plans for the summer. Do you plan to work? Take coursework? Volunteer?
- Get involved in ASUW.

#### Questions to Ask Yourself:
- What was the best part of my first year? What was the most challenging part of my first year?
- What are my goals for the summer?
- What types of careers or jobs interest me? How can I find someone in these fields to talk to?
- Where have I found my friendships and support network? How do I want to continue those relationships? Are they helping me to be my best, or are they distracting me?
- And if I haven’t found those folks, where might I start to meet them, and get to know them?

#### Questions to Ask Your Adviser:
- How can I best prepare to make the most out of my second year?
- Given my academic goals, does my fall schedule need any adjustment?
- If I wasn’t very involved last year and felt that I spent a lot of time studying and in the library, how can I better balance my academics and co-curricular activities?