

Sophomore Reflection Piece (Rev. Spring 2018)

Overview

The Sophomore Reflection Piece is an opportunity for you to think about your personal, academic, and career goals and evaluate your progress and growth since starting college. Ideally, the Sophomore Reflection Piece will help you to confirm that you are on the right academic path to achieve your goals.

Each section will ask you to respond to a set of questions based on your experience at Nicholls so far, from UNIV 101 through the courses you are taking this semester. Imagine that you're talking to a friend in a totally different major -- really try to help that person understand why you're doing what you're doing here at Nicholls. Wherever you can, provide as many details as possible. Take the time to tell your story.

The sections build on each other, so it's easiest to go through them in order.

Personal and Career Goals

Identify personal and career goals (SLO 1)

The following questions cover a lot of ground. Please take a few minutes to read carefully before writing your response.

- Where do you see yourself in five years, and how have your ideas about the future changed in the past year? Be as specific as you can: if you see yourself in a job, what's your title? What's the field? What specific requirements will you need to complete in order to achieve this goal?
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- Most importantly, why do you want this future for yourself? What about you - your interests and strengths - makes this the best fit?

Requirements of the Degree Program

Analyze the requirements of the degree program as a path to academic and career goals (SLO 2)

- What degree program are you in, and how will it prepare you for your career?
- Specifically, what three courses do you expect to benefit you the most? Please explain why.
- What courses - or other degree requirements - do you expect to be challenging or difficult? How do you plan to address these challenges? What university resources will you take advantage of?
- What minor are you considering/have you chosen? As clearly as you can, explain how your minor fits in with your career goals. How could you use the minor to enhance your preparation for a career?

Reflection

Reflect on personal interests, strengths, and challenges to achieve academic, career, and personal goals (SLO 1)

- In this section, you'll be able to build on your ideas from the first section.
- Do you have the same major as you did as a freshman in your first semester?
- Use the edit bar above to make text larger, etc. (delete these lines in your response.)
- If so, what have you learned about your major that you didn't know when you were a freshman?
- Use the edit bar above to make text larger, etc. (delete these lines in your response.)
- If you have changed your major, what factors changed your mind?
- Use the edit bar above to make text larger, etc. (delete these lines in your response.)
- Have you changed - personally, academically, or otherwise - since that first semester of your freshman year? How? Why?

High Impact Learning Practices

Connect high impact learning practices with academic and career goals. (SLO 3)

- In your own words, how would you define High Impact Learning Practices?

- Name one or more High Impact Learning Practice that would be a good fit for your own educational, career, and/or personal goals.
- For the above High Impact Learning Practices, explain: (answer under each question below)
- Use the edit bar above to make text larger, etc. (delete these lines in your response.)
- Why would you like to participate in the practice?
- How would the practice contribute specifically to your goals?
- Are you currently participating in any High Impact Learning Practices? If so, what are they?

Extracurricular Opportunities and Student Services

Connect extracurricular opportunities and student services with their academic and career goals. (SLO 4)

- What extracurricular activities at Nicholls will have a positive impact on your education and help you achieve your goals? You can explain your reasons in the next section.
- Why should you participate in the activities identified above? Specifically, how can they help you achieve your academic and career goals? On the other hand, If you choose not to participate in these activities, how might this decision affect your goals?
- Tell us about any extracurricular activities in which you are currently participating and explain how they will help you to achieve your goals.
- What student services at Nicholls will positively impact your education and help you achieve your goals? Why should you take advantage of the services you identified above? Specifically, how can they help you to achieve your academic and career goals? On the other hand, how might this decision to not utilize these services affect your goals?
- Tell us about any student services you are currently taking advantage of and explain how they will help you to achieve your goals?

Career Research

Reflect on personal interests, strengths, and challenges to achieve academic, career, and personal goals (SLO 1)

Analyze the requirements of the degree program as a path to academic and career goals (SLO 2)

- Looking back at what you learned through the Focus2Career Program in UNIV 101, what are the future prospects for your chosen career field? Is it growing, stagnant, or dying? How do you know? How might this affect your career path?
- How likely are you to find a job in a place where you'd like to live, and what does this tell you about the number of jobs available in your field? Would you need to move to find work? How did you reach this conclusion?
- What is the pay range for this occupation you have in mind? Would the lowest starting salary support your lifestyle? Explain how.
- What are some specific responsibilities and duties of this kind of career?
- What would your daily/weekly schedule be like working in this field? Will you work nights, weekends, or holidays? Will you be on-call? How does the lifestyle of your chosen career fit in with your personal goals?

Conclusion

Reflect on personal interests, strengths, and challenges to achieve academic, career, and personal goals (SLO 1)

Analyze the requirements of the degree program as a path to academic and career goals (SLO 2)

Connect high impact learning practices with academic and career goals. (SLO 3)

Connect extracurricular opportunities and student services with their academic and career goals. (SLO 4)

- How has your college experience been so far?
- What advice do you have for new freshman starting in your major next fall?