

# Sophomore Summit Fall 2018

## Session Descriptions

Friday, September 14<sup>th</sup>



The goal of the Summit is for sophomores to leave thinking about their goals, ways to achieve those goals, and resource people that can help along the way. This first workshop, for all participants will introduce students to the Anselmian Pathway Plan, the Sophomore Challenge and connect them with a resource person that is willing to assist them throughout their sophomore year in achieving their goals, connecting them to resources, and making the most of their college experience.

### Welcome: True Colors

Understanding elements of one's personality is a fun way to discover personal preferences, leadership styles, and approach to work, as well as building an appreciation for diversity and reducing conflicts among working with other people. It can also be a fun way to begin exploring why different study strategies work for different personalities and why people are drawn to particular majors and careers. The Summit will begin with an introduction to finding your **TrUe CoLoRs!**

### Jump In: Creating Your Anselmian Pathway

There is so much you want to do? You have no idea where to start? What are those experiences you can have, when you don't even know all there is out there. There are so many emails .... In this session, we'll explore your goals and you can begin to think about what you want to get out of college. You'll be introduced to the Sophomore Challenge to help get you started in achieving your goals and creating an unforgettable Anselmian Experience.

### Call Me Maybe? Professional Communication in the Digital World

Prof. Jonathan Lupo will provide students with an understanding about their social media presence and professional development. Students will learn about communication challenges for millennials in the workplace, professional communication strategies, and social media opportunities and hazards.

### Exploring Other Peaks: Study Abroad Opportunities

Are you interested in having a personal cultural experience like no other? Have you been thinking about studying abroad? Have you been to an information session, but still aren't sure? Have you signed up and are ready to go? Whether you are considering studying abroad or are ready to pack your bags this session is for you. Come have conversations with students who have studied abroad and are eager to share their experiences with you.

### Planning Your Climb: Allocating Resources and Financial Management for a Successful Journey

97% of Saint Anselm students receive some type of financial aid to pay for their education. Are you interested in learning about all things related to loans, loan repayment, and how much your education is actually costs? Or, are you interested in learning about topics related to basic budgeting, credit scores, credit cards, or paying back student loans? Your areas of interests around money management will guide this session. *Please make sure to complete the registration form indicating topics you are most interested in exploring.*

[www.anselm.edu/summit](http://www.anselm.edu/summit)

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### Doing your job as a student = employable (real world) skills

This session engages students in a discussion about the habits of successful students and job related skills. Being a competitive and conscientious student translates into success in the workplace. How? Arriving on time for class (it means you are punctual) and submitting papers when they due (you have the ability to meet deadlines). Sending professional emails (this is written communication). Participating in class (oral communication). Resolving a conflict with a classmate (discretion and diplomacy). Meeting with your faculty members and asking for help (networking). Requesting a course authorization (being a self-starter). Managing the workload of 4 courses (project management and the ability to prioritize). These are all marketable skills. Learn how to identify, develop, and market these skills for an internship or a job. Students will be encouraged to ask questions and share their own academic, personal, and job related experiences.

### Leading the Way: Involvement and Leadership

This student panel will share with you their sophomore experiences of involvement and engagement and how their involvement led to other opportunities and student leadership.

**Exploring Possible Pathways: Got skills, interests, and values? Learn how all three can help you identify your career pathway!** “What is your major?” and “What are you going to do with that?” can be difficult questions if you do not know the answers! This session will help you begin to identify your individualized career pathway by providing information on major selection and possible career fields. Learn how to navigate your skills, interests, and values through conversations and interactive activities!

### How to Make Connections and Promote Yourself

Promoting yourself the right way is essential to begin creating your network that will aid in opening up opportunities for you after college. Learn some tips and tricks on how to network with others and create your personal elevator pitch.

### Exploring Other Peaks: Graduate School

Considering graduate school? This session will cover a general overview of graduate school, the variety of degrees available, your options to attain them, as well as selection factors. This session will cover a general overview of graduate school, the variety of degrees available, your options to attain them, as well as selection factors. This session will include the opportunity for you to ask your questions to a panel of young alumni who completed or are currently enrolled in graduate school.

### Mapping Your Trail:

This time is open for you to sit down with someone, one-on-one to continue the discussion on creating your Pathway Plan and/or to set up your *Handshake* account with a Career Counselor.

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### Tentative Schedule

Registration & Check-In begins at 2:30			
Welcome: Finding Your True Colors			
Making the Most of Your College Experience: Creating your Anselmian Pathway Plan and The Sophomore Challenge			
Mapping Your Trail	Employable Skills of Being a Student		Professional Communication in the Digital World
Mapping Your Trail	Allocating Resources: Money Management	Exploring Other Peaks: Studying Abroad	Exploring Career Pathways: How to Get Started
Mapping Your Trail	Exploring Other Peaks: Graduate School	Making Connection and Promoting Yourself	Leading the Way: Involvement & Leadership
Reaching the Summit: Making the Most of Your Experience Dinner with Alumni and Seniors			