



# HawkTalk

A Newsletter for Sophomores



Volume 2020 Issue 1

## Sophomore Corner: Our Class Crest

By Ashley Grillo '20  
Chemistry Major

### Need to knows in Hawk talk

- \* Sophomore Corner: The design of the class crest
- \* Alumni Advice to the Class of 2020
- \* Why Attend the Summit
- \* Mark Your Calendars recent updates on events for sophomores

I am very grateful to have been given this exciting opportunity to design the Class of 2020 crest. Every single detail of this design, from color tone to class slogan is significant to Anselmian life. The hawk's wings spread across the top of the crest represent strength as a community. The Saint Anselm College Crest appears as if it were a horizon, emerging behind its wings. As an artist, it was my decision to break barriers and change the Benedictine Shield to add a touch of unique personality. With approval, I was granted a pass to redesign the traditional shield. A new shield for a new generation, a new beginning, and an introduction to the Class of 2020. Of course, it was my intention to preserve the history of Saint Anselm College, so displayed in the center of the shield is a traditional Benedictine cross. Also, Alumni Hall is a crucial part to Saint Anselm's background, so it was my idea to have vines wrapped around the cross. Instead of coloring the vines green, it was my decision to color them an aubergine tone, to emphasize the school's history and sophistication. Intertwining the words "SAC 20" in the vines gives a personal touch to the project. Finally, located on a delicate ribbon is the Class of 2020 slogan "Singularis, Communitas, Deus", or as translated from Latin, "Individual, Community, Deity." It is essential that I highlight the Class of 2020's key characteristics, how each student grows individually, which in turn helps the community thrive, along with spiritual development.



## Making the Most of Our Sophomore Year

By Erin Egan '20, Politics Major

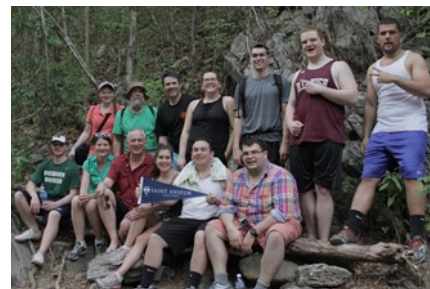
We've done it! We made it through freshman year and soon will be back at school, ready to jump headfirst into our second year. Last year, we were figuring out how college works, but by now we're old pros, maybe? So what do we do now?

First, we should consider registering for the Sophomore Summit on Sept. 15th to kick off our year! The Summit will be a fun way to reconnect with each other and focus on what we want to achieve this year. Another great way to reconnect will be the sophomore BBQ! Keep an eye out for details. You'll be able to win lots of fun 2020 swag!

Next, I plan on avoiding "sophomore slump" by getting more involved! Maybe like me, you joined some clubs last year, but they weren't really for you, or you want to join more clubs because you didn't

want to overcommit yourself before you knew what college would be like. Whatever the case, this year is a great time to connect with groups on campus. Do you like singing? Join "Hint of Lime" or the choir. Are you a history buff? The History Society or Classics Society (or both!), would love to have you. Or, think about applying to be a Passages Leader in the future and lead the trip to Gettysburg or Acadia. The Meelia Center is a great place to go if you want to help the larger community in Manchester by volunteering. Not to mention the great opportunities to make a difference through Campus Ministry. Whatever your interests, find ways to be involved that are meaningful to you. SO, check out the club fair on **Sept. 1** and see what's available.

Another great opportunity ... Study Abroad! Studying abroad has always high on my list of college priorities. This year is a great time to start seriously planning



studying abroad. If, like me, you're interested in studying abroad, make sure to attend an information session. Check out my article on the HawkTalk Blog about the short-term experience I had last year during Spring Break.

Don't worry if you have no idea what you want to do with your life, I've learned there are great resources to assist us in finding our purpose and defining our goals. Sophomore year is the time to begin figuring it out. Focus on staying positive, and don't be afraid to reach out to the Anselmian community! Faculty, staff, upperclassmen and alumni can also be great resources to guide

## Advice from the Class of 2017

"Things are going change. Your friend groups are going to change, majors can change, and you are going to change. Embrace it because you will leave this place a better person than when you first came in. Also, enjoy the ride and make the most of it because these 4 years go by quick."

## Making the Most of Our Sophomore Year (cont.)

us: after all, they've all been where we are now, and can help us figure out how to get where we want to go.

Don't forget to keep an eye out for events sponsored by the Sophomore Leadership Council and future editions of HawkTalk. Check out our blog (and my article) at <http://blogs.anselm.edu/hawk-talk>.

Our goal is to provide programs and information about "SOPHOMORE FRIENDLY" events. Meaning, these are events meant to assist you in achieving your personal goals, whether they are related to academic excellence, major selection, career exploration, leadership, community engagement, spiritual development, and personal and professional development. Let's make it a great year!

## Mark Your Calendars

### Keep An Eye Out for more Information & Details

Sept. 1	Club Fair begins 2:00, Alumni Quad
Sept. 6	Study Abroad Fair, 10:00—1:30 Davison Lobby
Sept. 12 & 13	Study Abroad Info Session 5:30 Dana 1D
Sept. 15	Sophomore Summit begins at 2:30 NHIOP ( <a href="#">register online</a> )
Sept. 16	Sophomore BBQ begins at 11:00 Sophomore Quad
Sept. 18	SBA Applications due
Sept. 22-24	Urban Immersion
Oct 3	Study Abroad Info Session, 5:30 Dana 1D
Oct. 5	Majors/Career Fair, 9-5 Carr
Oct. 14	Multicultural Day, Noon—3:00 Campus Green
Oct 17	Sophomore Dinner, 5:30 LLC
Oct. 19	Post-Grad Service Fair 11:00 Davison
Oct. 30	Sophomore Scoop 11:30—1, Davison
Nov. 10-12	Interval Crossroads Retreat
Nov. 14	Study Abroad Info Session, 5:30
Dec. 1	Intercultural Dinner 5:00



## Conquering College: Attend the Summit

By Chris Canavan '20  
Undeclared

This past school year I have had the honor of being on the committee to plan the Class of 2020's Sophomore Summit. Now that we all

have freshman year behind us, we don't have the pressures of trying to figure out how to survive in college. Now, it's time to step up and figure out how to get the most of our experience at St. A's. The Sophomore Summit is designed to do exactly that: to provide you with a jumping off point to the areas you are interested in - such as studying abroad, doing an internship or research in your major, money management and much more. In this one-half day event, on Sept. 15th, the staff, faculty, and alumni guests will run numerous workshops designed to help us define our goals and learn ways to achieve them, so that we can be more successful, well rounded individuals. This will be a great opportunity to meet one-on-one to discuss things that are on your mind about your sophomore year and beyond. The planning committee has been working diligently to ensure that this year's Summit is catered toward the needs and wants of the class of 2020. Consider this your invitation to the 2020 Sophomore Summit, and I hope to see you there! Register online at [www.anselm.edu/summit](http://www.anselm.edu/summit)

## Have you heard about Hometown Lunches?

This is a great opportunity to meet other students and faculty & staff members for a free lunch and a chance to get to know one another and celebrate all the awesome places you hail from! Keep an eye out from Campus Ministry for more details.

Sept. 22 & 29

## Departmental Open Houses Are SOPHOMORE FRIENDLY.

If you are exploring a major, thinking about a minor, want to hear about opportunities in a major, interested in talking with students in a major, then attend an open house. Contact the department to find out time and location.