The Sophomore Year Experience Program presents

Sophomore Advance
Academic Advising

Question, explore, and re-think

Now that you have navigated the first year, it is time to start planning for the rest of your college career. Sophomore year is for questioning, exploring and re-thinking your personal and career goals. It is also important to develop a plan on how to achieve those and there are a variety of campus resources that are there to assist you.

Questions to consider:
* Am I on track to graduate on time and how can my academic advisor help to make sure the classes I take will help me reach my career goals?
* Am I unsure about my current major and want to look at other options?
* What are my academic and personal strengths and how will those relate to finding careers that suit my abilities?
* What programs outside of class do I need to consider?
Academic Advising

Question, explore, and re-think

Discuss and develop a plan with your academic advisor

It is important to meet with an academic advisor to go over your degree plan at least once a year, not only when you have an audit. There might be new class information or changes that you need to be aware of. Also they can help develop a plan for doing study abroad or an internship.

Other questions for the academic advisor:

* Would adding a minor or double major be beneficial for my career path?
* If applicable to your major, what research opportunities are there?
* Does my degree require an internship, study abroad or community service?
* If not which of those would give me skills that are marketable to any career I choose?
Many students question their choice of major after the first year. It may be that it wasn’t what they expected, that once they learned more, realized that it doesn’t fit their interests or skills. Students may also discover a new field that they were unaware of. It is okay to research options and to change to one that is a better fit.

Questions:
* What are my strengths and what majors and careers fit those?
* What can I do to help me decide on the right major and career?
Academic Advising

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Investigate your career options

Another office that is important to clarifying your goals is the University Career Center. As with your academic advisor I recommend meeting with a career consultant at least once a year. They have a variety of services that you will hear about later that can help you learn more about yourself, careers that suit your skills and how to get that career after graduation.

Questions to ask the University Career Center:
* What career options do I have with the major I am pursuing?
* What are my skills and abilities and how do they match particular careers?
* Are there people that are currently working in that career I can talk to for more information?
Another opportunity that UTD offers is study abroad. Being able to learn another language, live and learn in another culture is something that can have an amazing impact on your life and career. However, study abroad is something that you need to prepare for in advance so it important as a Sophomore to start planning now.

Questions to ask:
* What kinds of programs are offered?
* How will I integrate this with my degree plan and what kind of credit will I receive?
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Explore internships

Internships are important in many ways and I encourage students to do more than one. They assist you in seeing if the career suited to your skills and values, allows you to interact with professionals in the field and can lead to a job offer when you graduate.

Questions:
* Timeline—when is the best time to do internships with my degree?
* Which internships will help me clarify careers that meet my goals?
* What types of internships are offered?
For further questions contact

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The Student Leadership Challenge Model-Certification

2 Ways to complete:

- Attend five Virtual Workshops followed by a short reflection after each
- Unlimited time to finish
- Join at any time
- Date & Time Announcements on our socials!

- Sign up to be added to our eLearning page
- Review each session, complete the surveys, and do a discussion post.
- Can be completed anytime before December 13th

Registration Link: https://utdallas.presence.io/form/fall-2020-student-leadership-challenge
Global Leadership Retreat

- Develop your global leadership competencies and learn more about ways that identity and leadership intersect

- Partnership with International Student Programs, the Multicultural Center, Living Learning Communities, and the Galerstein Gender Center

- November 2020 Virtual Cohort

- Applications open Early October
Virtual Leadership Seminars

Student Leadership Programs will be hosting 2 virtual leadership seminars this semester to help build personal leadership qualities and learn from professionals and theory on leadership development!

Be on the lookout in September & October for virtual announcements!!
Student Leadership Programs

Student Leadership Spotlight

• Nominate a student leader at utdallas.edu/leadership
Student Leadership Programs

Student Leadership Advisory Board (S.L.A.B.)

The Student Leadership Advisory Board is a committee of students who help shape and implement all of the SLP's leadership programming.
Student Leadership Programs

StrengthsQuest

• Free StrengthsFinder assessment for all students – Request a code online today!
• Training for student organizations
• Personalized coaching
Student Leadership Programs

Connect with us

- Facebook.com/UTDleadership
- Twitter: @UTD_Leadership
- Instagram: @UTDLeadership
- utdallas.edu/leadership

Join our e-mail list: https://utdallas.presence.io/form/slp-email-list
Student Leadership Programs

Jeremiah Stinnett
Jeremiah.Stinnett@UTDallas.edu
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Programs and Services

- Career Development & Advising
- Resume and Cover Letter
- Internships and Externships
- Mock interviews
- Seminars and workshops

- Student Employment
- Career Expos
- Networking Events
- Company Information Sessions
The University Career Center utilizes a career services platform called Handshake. This tool, available to all students and alumni, is a fully functioning job/internship board, event database, appointment scheduling tool and more.

**HOW TO GAIN ACCESS**

Handshake is available to all incoming and current students as well as alumni. For incoming students, please be aware that accounts are automatically generated, but only after you will be enrolled at the University. Once you apply for classes, you will be able to log in at utdallas.joinhandshake.com using your NetID and Password.

Alumni must create an account at joinhandshake.com and then choose UT Dallas as their school. Please be sure to include your NetID or UTD-ID in the request. This is used to confirm your alumni status. Once confirmed, your account will be approved and you will be notified.

**COMPLETE YOUR PROFILE**

Your Handshake profile is your way of showing your skills and experience to prospective employers. It is a digital resume and more. Take the time to fill it out so you can give employers a complete view of who you are and what you would bring to their company. Completing profiles are more likely to be viewed by employers, giving you that extra edge in your job search.

**APPOINTMENT SCHEDULING**

The University Career Center offers a variety of different career development appointments. You can quickly and easily schedule these appointments through Handshake. When booking an appointment, you’ll be able to select your college, then choose a list of appointment types to choose from and a description of each. Finally, you’ll be able to select a date and time.

**EVENTS & FAIRS**

There are a number of career-related events throughout the year, but figuring out which ones are right for you can sometimes be a pain. With Handshake, you can search events by type, keyword and more. For the largest events, you can even see detailed information such as expo floors, employer attendees and more.

**JOB/INTERNSHIP SEARCH**

Narrowing down your job search will greatly help you find jobs that align with your skills and interests. The Handshake homepage will provide great recommendations related to you, but the best way to find exactly what you’re looking for is through the filtering and keyword system on the job search page.

**APPLICATION DOCUMENTS**

It is important to upload application documents to your Handshake profile. Most jobs will require at least a resume, while others may ask for a cover letter or other documents. You can upload these in advance, but it’s always a good idea to tailor your documents to the job you are applying to. If you need help creating these documents, talk to an appointment or come by for drop-ins.

**LOG IN TODAY!**

utdallas.joinhandshake.com
Online Resources

The University Career Center has assembled a collection of industry leading resources to assist in your career journey. We have tools to help with major and career exploration, job search, interview prep and more.

Handshake
This powerful career services platform powers all career-related activity here at UT Dallas. It functions as a job and internship board, career-related events calendar, appointment scheduling tool and much more. The best part...current students already have an account. Log in now at utdallas.joinhandshake.com.

Vault
Vault.com provides in-depth intelligence on what it's really like to work in an industry, company or profession—and how to position yourself to land that job. Search current jobs and internships, research a company, school or industry, get the inside scoop on what it's really like, and find the career advice you need to launch your career.

GoinGlobal
GoinGlobal’s career and employment resources include more than 30,000 pages of constantly-updated content on topics such as: job search sources, work permit/visa regulations, resume writing guidelines and examples, employment trends, salary ranges, networking groups, cultural/interviewing advice...and much more!

Focus 2
Interested in exploring how your unique interests, personality and values relate to your possible future career plans? The Focus 2 Career Assessment can help. Once you have completed your Focus 2 assessment, schedule an appointment with your Career Consultant to explore next steps and action planning.

Buzzfile
With detailed information on over 58 million companies and some of the most advanced search and filtering tools, Buzzfile is an excellent resource for finding employers. Buzzfile has mapped dozens of college majors to the specific companies and industries that employ graduates of those majors, making it easier than ever to find the companies looking for students in your major.

Myers-Briggs Type Indicator & Strong Interest Inventory
Career assessments and career guidance resources are used to help you know yourself better and to identify potential career paths. If you would like more information on the benefits of career assessments or would like to take one, please schedule an appointment with your career consultant. They will be able to provide access to these and other assessments. Once complete, schedule an interpretation appointment with your career consultant to review your results.

Interview Stream
A resource dedicated to helping students and alumni prepare for real-world job interviews. InterviewStream is a simple-to-use program offering simulated interview scenarios to help you develop interviewing skills.

Choices Planner
Choices is an occupational exploration program. Students can easily access information about occupations, conduct exploration searches and take online assessments. Students can also compare salary and outlook information for Texas against other states.

Unless otherwise noted, all of these resources can be found on the University Career Center website or utd.edu/career/resources or through the resources section in Handshake.
University Career Center Internship Program

• Apply what you’ve learned in class
• Academic credit eligible for most majors
• University Career Center assists by:
  • Internship postings
  • Coordinating with academic departments for credit
  • Transcript notation
Explore the WoW

- Short-term, unpaid job shadowing during spring break
- Employer sponsors host students for facility tours, informational interviews, observing client/staff meetings and special projects
- 100+ organizations and 200+ student participants in previous years
- Application opens in January
Student Counseling Center (Virtual) Services

What Do We Offer?

- Healthy Relationships
- Womxn’s
- Personal Growth
- Self-Compassion

- International Student Support
- Asian-American
- Pacific Islander Support

- Women of Color Support
- OUTer Space
- Hue: Black/Latinx Student

- Anxiety Toolbox
- Getting Unstuck (Depression Management)

- Group Therapy
- Therapy Assistance Online (TAO)
- Workshops
- Psychiatric Care
- Crisis services
- Professional Consultation
- Brief individual/couples therapy
- WPATH Assessment
- Sexual Assault Support Services
- Referral Coordination
- Educational programs/outreach
Highlights...

• Short term (up to 6 sessions), goal-focused model
• Initial evaluation will lead to a prescribed treatment plan
• Free for all students registered for classes
• **Confidential;** Title IX exempt
• Crisis services – call or email SCC or contact 972-UTD-TALK if urgent
• No problem “too big” or “too small”
• Affirming of diverse identities and experiences
• Seeking help and support are important!
• **NEW!** Virtual “Comet Chat”
Common Presenting Concerns

- Depression
- Anxiety/Social Anxiety
- Substance use
- Adjustment concerns
- Identity issues
- Academic distress/Time management
- Relationship Concerns
- Sexual assault
- Acculturation concerns
- Autism Spectrum Disorder
How Can Counseling Help?

• Connect with someone, feel heard and understood
• Identify underlying issues
• Process traumas
• Improve relationships
• Find balance in your life
• Learn coping skills for stress, depression, anxiety, relationship issues, and other concerns
• Accept/change thoughts, feelings, and behaviors to feel better
• Gain better understanding of yourself and others
• Decrease mental health symptoms
• Improve overall functioning
Procedures - Virtual Updates!

• Call or email the SCC at 972-883-2575 or counselingcenter@utdallas.edu to initiate services
• Will be asked to complete online initial paperwork and then scheduled for a virtual session with a clinician
• Initial evaluations are 30-45 minutes
• Counseling sessions are 50 minutes
• Group sessions are 60-90 minutes
• Not taking walk-ins at this time in order to minimize potential exposure to COVID-19
• Please call or email if wanting to schedule same-day appointment and/or needing to consult about a student of concern
Student Counseling Center

Hours:
Mon-Wed 8:00am-5:30pm
Thursday 8:00am-7:30pm
Friday 8:00am-5:00pm

Contact Information:
utdallas.edu/counseling
972-883-2575
counselingcenter@utdallas.edu
SSB 4.600
Facebook & Instagram: @utdcounseling

Contacts (all at 972-883-2575):
Dr. Prachi Sharma, Asst. Director of Community Engagement
Dr. Jenna Temkin, Asst. Director of Clinical Services
Dr. Kimberly Burdine, Asst. Director of Training
Laura Smith, Interim Director

24-hour crisis line: 972-UTD-TALK
Questions?
Upcoming Events for the Sophomore Year Experience Program

• **Survive and Thrive the Sophomore Slump**
  • September 15, 2020
  • Noon-1 p.m.

• **Smart Spending**
  • October 13, 2020
  • 5:30-6:30 p.m.
Feedback on Sophomore Advance 2020

Survey is now available!

https://utdallas.qualtrics.com/jfe/form/SV_bOPNeW3KEbQ9n49
The Sophomore Year Experience Program presents

Sophomore Advance

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