## Willamette Academic and College Planner
### Sophomore Year – *Clarifying*

<table>
<thead>
<tr>
<th>Action Steps</th>
<th>Explanation</th>
</tr>
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<tbody>
<tr>
<td><strong>Consider the following activities for liberal arts students</strong></td>
<td>Action steps I am or will take:</td>
</tr>
</tbody>
</table>

### CLARIFY ACADEMICS
- [ ] Meet with your [Academic Advisor](#) to discuss major, grad school, career
- [ ] Identify possible major/minor and [research](#) interests, [fellowships](#) and [grants](#)
- [ ] Discuss academic majors with students and alumni. Review your test results from [My Profile](#) and [What Can I Do With This Major?](#)
- [ ] Take a professor to [lunch](#) or visit office hours and confirm your major and discuss research options in your major.
- [ ] Apply for [Study Abroad](#) programs

### CLARIFY INITIAL CAREER GOALS
- [ ] Read about [careers, jobs, industries, and organizations](#). Visit the [Career Center](#) and talk to a counselor about your major
- [ ] Conduct an [informational interview](#) with an alumnus or person you know
- [ ] Create a [LinkedIn profile](#)
- [ ] Meet with [alumni](#) in your area of interest, attend career and industry [events](#)
- [ ] Find a career-related [job, internship](#) or volunteer option for this summer.

### CLARIFY SELF, OTHERS, and your COMMUNITY
- [ ] Volunteer for a [community service](#) ongoing program
- [ ] Attend an event with an [international](#) student or group such as [TIUA](#)
- [ ] Run for office/become an officer or [leader](#) in an organization to which you belong or would like to join.
- [ ] Participate in a [student organization](#), club, performance group, professional association, or team. [Become involved](#) at Willamette.

### DEFINE A HEALTHY LIFESTYLE with INTEGRITY
- [ ] Seek [medical advice](#) or [counseling](#) as needed and practice [good nutrition](#)
- [ ] Create a [schedule](#) for study, sleep, and [exercise](#)
- [ ] Attend some [programs](#) to discuss benefits and world views.
- [ ] Explore personal [plan](#), philosophy, and faith options