About Student Engagement

• The Office of Student Engagement’s mission is to encourage students to engage in learning without limits both within and beyond the classroom.

• Focus Areas
  – Service-Learning
  – Domestic Study Away
  – Research and Initiatives
    • Peer Leadership
    • Engagement Planning
    • Sophomore Initiatives!
Food for Thought

What do YOU remember about your sophomore year of college?

If you have had older children who have gone through college, what do you remember about their sophomore year?

What are your current sophomores saying about their sophomore year?
Sophomore Slump

Defined as a period of developmental confusion that results from student’s struggles with achieving competence, desiring autonomy, establishing identity and developing purpose.

- Lemons and Richmond, 1987
What is a Sophomore?

At USC a sophomore is a first time, full time student who has progressed into their second academic year of college.
Has Your Student Asked...

- What am I doing here at USC?
- Why do I have more questions now than when I was a freshmen?
- Are the people I hang around with really my friends?
- Why am I majoring in this, if I don’t even like it?
- Why do I feel constantly overwhelmed?
- Why am I so confused about my future?
- Why am I not having as much fun as last year?
- Why do I feel like my parents are pressuring me to know what I want to do with my life?
- Does everyone have life figured out but me?
- Why am I so unmotivated?
What We Know

• Students in the second year of college tend to have concerns revolving around:
  – Their major (selecting or moving into major classes)
  – Finances
  – Solidifying their friend group/ Social Life
  – Time Management
  – Focus on the Future
How We Are Trying to Help

• Communication
• Making Student Feel Welcomes
• Sophomore September
• Providing Resources
• Working with Campus Partners to provide a focus on Sophomores
How YOU can help

• **Tip 1- Focus on their major**
  – Encourage your student to really think about their major and what they may do with it.
  – Have them meet with their academic advisor or cross campus advising to talk about their major.
  – Direct them to the Career Center to explore job shadow opportunity or an interest assessment.
How YOU can help

• **Tip 2- Encourage Academic Support Resources**
  – Supplemental Instruction
  – Group and one on one tutoring
  – ACE Coaching
  – Out to Lunch
  – Going to Office Hours
  – ASK for help
How YOU can help

• **Tip 3- Direct to High Impact Practices**
  – Domestic Study Away/ International Study Abroad
  – Undergraduate Research
  – Internships
  – Peer Leadership
  – Service-Learning
How YOU can help

• **Tip 4- Talk About Living Situations**
  – How to be a good neighbor
  – What is the difference between living on and off campus
  – Communicating with roommates
  – Make use of Off-Campus Student Services to know their rights as a tenant
How YOU can help

• Tip 5- Encourage them to be healthy
  – Make use of 12 free sessions at the Counseling and Human Development Center.
  – Help them identify stressors and look for ways to combat them.
  – Visit the Student Health Center when starting to feel sick.
  – Work out regularly- make use of the Strom or Blatt Fitness Centers, take walks on the Horseshoe, or a group exercise class.
  – Get enough sleep!
How YOU can help

• Tip 6- Have healthy conversations about finances
  – If receiving financial aid, encourage them to ask question of their financial aid counselor and keep in touch with them
  – Have a one on one session with a financial literacy counselor in the Student Success Center
  – Set up a budget with them
  – Discourage wracking up credit card debt
  – Encourage them to look for on-campus jobs
Questions?

How to contact us:

• [www.sc.edu/studentengagement](http://www.sc.edu/studentengagement)
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