Being a Sophomore

No longer a freshmen, and no longer the least experienced person on campus, you returned to SUNY Potsdam this year having more confidence and less anxiety than you did when you started here. You are looking forward to a great sophomore year!

But after a few weeks, you may start to have some questions, doubts, or hesitations; and, maybe even less confidence and more anxiety. You may find it hard to get into the academic groove, question why you are taking certain courses, wonder who your friends are, and sometimes feel like you are totally on your own.

There is so much going on for you, not only as a sophomore student, but as a maturing individual. You may be questioning your identity, searching for a sense of purpose, trying to develop some autonomy from your parents, and working to achieve your personal goals.

You are at a stage in your life when you are “supposed to be” choosing a life direction, deciding on a career path and picking a major. You are also “supposed to be” finding your role in the campus community, trading high-school friendship ties for new college friendship ones.

Add to this the increased expectations of your professors; as well as the pressure to find a major and choose a career path, and…sophomore year may not seem so great anymore.

Being a sophomore is challenging!

This is why the Student Success Center at SUNY Potsdam has developed the Sophomore Year Experience Program (SYEP). Staff members from several areas of campus are here to provide you with the resources and support to assist you in meeting all the challenges of your sophomore year.

We know from experience and research that the Sophomore Slump is real. We also know that it can be transformed into the Sophomore Success! Based on the following suggestions, the SYEP has developed programs to help you

- achieve your academic and career goals
- social goals
- extracurricular goals
- physical goals
- financial goals
- spiritual goals
SYEP will help you achieve these goals by encouraging you

- to take a leadership position on or off campus, such as in a student organization or student government;
- to apply to become a resident assistant or orientation leader to help establish identity, learn about their institutions and network with faculty and students with similar interests;
- to participate in peer counseling programs and/or utilize the College Counseling Center;
- to utilize the recreational facilities on campus;
- to consider spending a semester studying abroad or at a national exchange campus;
- to go to career services to complete interest inventories,
- to explore internship possibilities or get a part-time job;
- to not schedule too heavy a course load when scheduling classes, and consider taking a class purely for fun or self-expression such as music, art or dance;
- to join a club that relates to interests or career goals, or to explore a new field of interest.
- to talk to faculty if you are having academic problems
- to take advantage of the free tutoring opportunities at SUNY Potsdam.

We look forward to helping you make your sophomore year a SUCCESS!