As a sophomore, you’ve entered a year of exploration and reflection. This is a “menu” designed to connect you with people and experiences, and ultimately to help you reflect upon who you are and what you hope to become. Use this menu to help guide you, take advantage of all that Luther has to offer, and make the most of your sophomore year.

### Exploration Menu

To Savor the Experience:

- Make it a balanced meal - not “all you can eat.”
- Set goals to pick at least one item from each “course” throughout the year. You’ll receive monthly emails from us reminding you of events, providing details on time/location, and letting you know about additional opportunities.
- Do your “courses” in any order, but “dessert” has to come last, or at least alongside another “course.” Experience and reflect.
- Share your dessert with us! Once you have moved through your “meal”, we want to hear how it all went (we’ll let you know how). Those that share your reflection with us will be eligible to be selected to take a mentor of yours out to one of the Center Stage Dinner Series on us!
- Any questions along the way? Contact Rachel Brummel (brumra02@luther.edu) or Andrew Bailey (bailan01@luther.edu); additional menu details can be found by visiting https://www.luther.edu/academics/dean/sophomores/sotc/

**First Course: Exploring Ideas, Connecting with People**

- Attend one of the many awesome public lectures and talks happening on campus this year - we’ll keep you informed when these are happening.
- Go on a walk with Pastor Annie, 2:45-3:15, Wednesdays (meet @CFL)
- Participate in book club at the Center for Ethics & Public Engagement
- Stop by “Popcorn Thursdays” at the Center for Intercultural Engagement and Student Success (CIES)
- Visit the 24-hour Prayer Chapel, an open space for prayer and reflection (if you don’t know where it is, ask around!)
- Go to Community Sing!
- Connect with the FOCUS prayer team, meet in the Chapel around 8:00 or 8:15, services begin Sundays @ 9 pm

**Second Course: Broadening Experiences**

- Hear study-away stories from juniors/seniors (and get a chance to win a scholarship!) at the Sophomore Scholarship Giveaway for Study Away, Oct. 24 from 6-9:30 in Peace Dining room
- Make an appointment at the CGL to explore study-away options
- Participate in a “Sustained Dialogue” group on campus this year
- Run for Student Senate!
- Apply to be an “Endeavor Together” student leader
- Think about work-study as a path to developing your skills
- Explore joining the Catalyze Program to engage in near-peer mentorship. To find out more, contact Michelle Boike at CIES.
- Take a leadership role in a Student Organization
- Volunteer in an organization in the Decorah community
- Join the Ministry Minded Cohort, a group for those exploring theological education, ministry, outdoor ministry, youth ministry, or religiously affiliated year of service. Contact Campus Ministries.
Third Course: Exploring Academics

- Make an appointment with the program/department head or faculty member in a major you are interested in to learn more about opportunities and coursework in the major.
- Go to one of your professor’s office hours…just because.
- Talk with a senior in a major that you are interested in – ask them what you need to know or what they would have done differently.
- Talk to a faculty member about opportunities to do research.
- Take a course that you are interested in, but you don’t “need”.
- Check out opportunities for academic fellowships and scholarships at Luther. Contact Professor Elizabeth Steding for details.
- Look at paper you wrote in your first semester and reflect upon how you’ve grown since then.
- Meet with your academic adviser – outside of registration – to have a conversation about your academic path and interests.
- Make a plan for J-Term – take advantage of this unique time!
- Present at the spring Student Research Symposium.

Fourth Course: Exploring Career

- Attend a career fair (all are held from 10 am – 2 pm in the Union):
  - Graduate and Professional School Fair – Sept. 20
  - Career Fair – Oct. 4
  - Non-Profit Organization Career Fair – Nov. 1
- Go to the Summer Internship Review, Sept. 6 @ 7:30 pm in Valders 206.
- Attend a Resume Workshop – watch for announcements or make an appointment on your own at the Career Center.
- Attend the “Career Fair Prep and Locating Internships Workshop,” Sept. 27 @ 7 pm in Mott Room in the Union.
- Apply for an internship through the J-Term Alumni Internship Program.
- Don’t know where to start? Make an appointment at the Career Center to do any of the above: review your resume, explore careers, connect with Alums, search for internships, or other experiential learning opportunities.

Dessert: Reflecting on Purpose

Reflection is key to your exploration this year – making time for thinking about how your experiences shape how you see yourself and your possible future adds value to any experience. Choose at least one reflection activity and share it with us! Toward the end of the year, we’ll give you an outlet for “sharing your dessert” with us.

- Take some time to reflect upon your path through these four “courses” this year and reflect in the way that works best for you – whether it is writing, art, music – give yourself the space to step back and think about what it all means.
- Decide on a reflective practice – where and how do you find time to reflect? Then do it! Consistently! Share some of the products of your reflection with us.
- Develop and meet with your own “board of advisors” that can reflect and give you advice on life and career choices. Tell us about it and what you learned.
- Select an activity or experience more broadly – athletics, music ensemble, student organization, academic experience, work study – and reflect upon how it has influenced your view of yourself, your future, and how you see your place in the world.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.