

The background features a dark blue gradient with a subtle pattern of white dots. On the left side, there are several circular elements: a large scale with numbers from 140 to 260, and several smaller circles with dashed lines and arrows, suggesting a circular path or process.

SOPHOMORE ACADEMIC SESSIONS

OFFICE OF ACADEMIC ADVISING

HOI NING NGAI

MEGAN BURDEN

TOPICS THAT WILL BE COVERED

- What majors/minors/concentrations are most “beneficial” or “useful”?
- How do I decide/choose between majors that I am interested in and/or passionate about and majors that are more “practical”?
- How do I find an advisor? How do I find out about their research interests?
- How do I declare a major? What’s the process?
- Can I go abroad with my major?
- Can I handle a double major? A minor/concentration?
- What else should I be thinking about as a sophomore?

WHAT MAJORS/MINORS/CONCENTRATIONS ARE MOST “BENEFICIAL” OR “USEFUL”?

- How do you define “beneficial” or “useful”?
 - You need to define what “beneficial” or “useful” means for you – AND EXPLAIN WHY.
 - What are you hoping to do after college? What are your short-term and long-term career goals?
 - What kinds of skills are necessary to be successful for what you want to do?
- What can you do to find out more? More about what?
 - Consult with the [Career Development Office \(CDO\)](#) to understand internship/job descriptions.
 - Talk to people in jobs/careers that you’re interested in.
 - Look through departmental websites and course descriptions to see what we offer.
 - Look through the Searchable Schedule and Schedule of Classes for courses of interest.
 - Consult your faculty advisor, course faculty, and department chairs.

HOW DO I DECIDE/CHOOSE BETWEEN MAJORS THAT I AM INTERESTED IN AND PASSIONATE ABOUT AND MAJORS THAT ARE MORE “PRACTICAL”?

- If you don't have a passion that you're dying to follow, you can major in something more “practical” – but you should consider what “practical” means for you. You may discover a passion later in life, but in the meantime, you could increase your odds of finding a job or career that suits your skillset.
- If you do have a passion for something, follow it. There are well-paid people in every field, and life is too short to pass up an opportunity to work at what you love. Consider what skills are tied to your passion.
- Form relationships – with the CDO, your advisor, your instructors, your department. These people are all great resources, and they want you to use them.
- Wait to declare your major and try classes you’re interested in – you may enjoy a class you didn’t think you would, you may not a enjoy a class you thought you would.

HOW DO I FIND AN ADVISOR? HOW DO I FIND OUT ABOUT THEIR RESEARCH INTERESTS?

- You'll need to find an advisor in the department you're majoring in.
 - Consider faculty you've taken classes with. Who do you get along with? Whose research interests you?
 - Meet with faculty one-on-one to see if you'd be a good fit together. Ask about advising style.
 - Consider faculty whom you'd see as potential mentors even after you've left Kenyon.
- Do some research on your own. Take a look at department websites. Consult with upper-class students.
- Reach out to department chairs to see if they have suggestions for an advisor you'd work well with.

EXAMPLE: [William J. Luther, Assistant Professor of Economics](#)

William J. Luther

Assistant Professor of Economics

Downloadable Curriculum Vitae

William J. Luther joined the Department of Economics at Kenyon College in 2012. He is also an adjunct scholar with the Cato Institute's Center for Monetary and Financial Alternatives and a fellow with the Atlas Network's Sound Money Project.

Luther's research focuses primarily on questions of currency acceptance and the role governments play in determining commonly accepted media of exchange. He has written extensively on the monetary regime of Somalia following state collapse in 1991 and the cryptocurrency bitcoin. He has published articles in leading scholarly journals, including *Economic Inquiry*, *Public Choice*, and *Contemporary Economic Policy*. His popular works have appeared in *The Economist*, *Forbes*, and *U.S. News & World Report*. Luther's research has been cited by major media outlets, including NPR, VICE News, *The Christian Science Monitor*, and *New Scientist*.



HOW DO I DECLARE A MAJOR? WHAT'S THE PROCESS?

- Students should declare no sooner than in their first-year spring, but no later than September 30 of their junior fall.
- Students generally declare in their sophomore spring before Spring Break.
- Students who plan to participate in [off-campus study \(OCS\)](#) must declare before submitting their OCS application (in late January).
- To declare, students obtain and file paperwork with the Registrar's Office, after securing the necessary faculty signatures. Students wishing to declare synoptic majors obtain information from the Associate Provosts.
- [The College Curriculum](#)
- [Kenyon College Major/Declaration Change Form](#)

CAN I GO ABROAD WITH MY MAJOR?

If you have any questions about off-campus study (OCS), consult:

[Center for Global Engagement \(CGE\)](#)

Hoehn-Saric House
207 Chase Avenue
Kenyon College
Gambier, Ohio 43022

(740) 427-5637
ausecm@kenyon.edu

Don't just assume you can or can't!

Ask the question!

CAN I HANDLE A DOUBLE MAJOR? A MINOR/CONCENTRATION?

- WHY are you pursuing these areas of study?
- HOW do these areas of study relate to each other?
- HOW many classes do you need to take to complete these areas of study?
- HOW long will it take you to complete all necessary classes for these areas of study?
- WHAT'S the potential impact on the rest of your academic and personal pursuits?

IMPORTANT CONSULTATION

- Talk to your faculty advisor and course faculty about the potential workload.
- Talk to other students who've taken on the same (or similar) areas of study.
- Know that completing more than one major will not necessarily improve your chances for admission to a graduate program or for achievement of your career goals, especially if taking on more highly structured coursework negatively affects your academic performance. Furthermore, attempting to complete more than one major will likely reduce opportunities to explore more diverse coursework and areas of personal interest.

WHAT ELSE?



HOW TO BALANCE ACADEMIC & NON-ACADEMIC ACTIVITIES

- Define your academic and extracurricular priorities. *What will you regret not doing?*
- Consider the necessary time commitment to all activities. *Be realistic. Seriously.*
- Consider the benefits/challenges of all activities. *Are they worth it? What are they worth?*
- Remember and activate time management skills. *Do you know what those are? If not, find out.*
 - Define “known time” such as time in classes, activities, meetings, etc. to gauge what time is left over.
 - Put together a weekly schedule at the start of the week – include assessments and deadlines.
 - Avoid procrastination (which will ruin a carefully balanced schedule), but include breaks as rewards.
- Communicate regularly with faculty, staff, and other students. *Take responsibility for your time.*
- Watch for warning signs of problematic behavior. *Are you MIA and/or avoiding work/responsibilities?*
- Utilize campus resources to address time management, particularly *ERIN SALVA* at [Student Accessibility & Support Services \(SASS\):\(740\) 427-5453, *salvae@kenyon.edu*, Olin Library 129](#)

THINKING AHEAD

SHORT-TERM:

- What are you doing/exploring/pursuing next semester? Classes/activities/leadership?
- What are your summer plans? Classes? Internships/jobs? Volunteer work?
- What have you done to get started? Who should you consult? [Registrar](#), [CDO](#)

LONG-TERM:

- What are you doing/exploring/pursuing next year and beyond (graduation)?
- What about fellowships/scholarships? (Know that some of them are meant for non-seniors!)
- What have you done to get started? Who should you consult? [Fellowships & Scholarships](#)

FELLOWSHIPS & SCHOLARSHIPS

AS SOPHOMORES YOU CAN APPLY THIS YEAR FOR:

- Boren Scholarship (funding for study abroad) DEADLINE in January
- Critical Language Study Award (funding for intensive language study abroad) DEADLINE in November
- Gilman International Scholarship (funding for study abroad) DEADLINES in October and March
- Humanity in Action Fellowships (funding for international summer programs) DEADLINE in January
- Udall Undergraduate Fellowship (funding & mentoring for careers in specific fields) DEADLINE in February

LOOKING TOWARDS JUNIOR YEAR

- Check with the Fellowships & Scholarships Office about the Truman Scholarship (funding for graduate school for public service careers) and the Beinecke Scholarship (funding for graduate school in the arts, humanities, and social sciences).

HOW CAN YOU PREPARE FOR APPLICATIONS?

- Get to know your professors. Use your summers. Know in advance what scholarships you're looking for.
- Contact the Fellowships & Scholarships Office. Consult consult consult.

WHAT'S YOUR STORY?

- HOW WOULD YOU RESPOND TO THE FOLLOWING PROMPT? *TELL ME ABOUT YOURSELF.*
- Your story draws from your academic, co-curricular, extra-curricular, and professional development while at Kenyon. Defining your story can help you make important decisions and chart your progress over time. It can also help you better describe your time on the Hill as you move through your academic career and consider post-graduate opportunities.
- Stories define us – who we are, what we care about, why we care. To know someone well is to know their story. Your story is your opportunity to know yourself, to make a connection, to market yourself. Your story is invaluable when thinking about your next steps, building new relationships, seeking new opportunities.
- Your story helps you articulate: Strengths/weaknesses, interests/passions, personal/professional goals, life-challenging/-changing events, beliefs/values, past experiences, etc.
- [What's Your Story](#)

OTHER QUESTIONS?

