Guide for Mentors: Student Topic By Class Year		
Class Year	Academic	Professional
First Year A student's first year is an opportunity to discover their skills, interests, values, identity and goals. Through exploring the curricular, co-curricular, extracurricular, and social life, students begin to develop a sense of belonging and to integrate themselves into the Furman community. The hope is that the student begins to discover the "why to do" behind the "what to do."	• Exploring different classes and begin thinking about a major • Thinking about what their college career may look like in terms of study away, internships, and research	• Begin exploring career paths and professions
Sophomore Year Sophomore year is often characterized as a time in which the newness of college and thrill of being away from home fades. It is replaced by pressure to declare a major, choose a career, decide whether to study away, complete research or an internship, and find a group of friends. It can be a time of uncertainty, growth, and lack of motivation. Without the structure of the first year, sophomores may feel lost, stressed, and relationships may feel complicated. By the end of their sophomore year, students will be asked to make a decision about a major course (or courses) of study. This involves finding a major that would not only help the student meet life and career goals, but that the student also finds appealing and fulfilling. More responsibility is taken on by the student in terms of making decisions about personal and academic choices, including investigating study away, internship, and research opportunities.	• Declaring a major • Deciding whether to study away • Increased challenge in classes • Deciding whether to conduct summer research • Deciding whether to complete an internship	• Connecting interests to experiences • Changing/Challenging values • Exploring careers • Attending career & employer information sessions • Writing first resume • Writing cover letters • Searching for an internship or summer job • Learning how to network with professionals • Developing interview skills
Junior Year In the junior year, students begin to focus their study in a major. It is also a time for students to take the initiative to seek out opportunities where they are able to apply their developing knowledge and skills to meet real-world challenges, through opportunities such as internships, community engagement projects, or research experiences. Students will also begin to think about what lies beyond Furman and explore potential graduate/professional programs or careers of interest. Many students choose to study away during all or part of their junior year. As a result, juniors	• Study Away • Looking for internships • Looking for research opportunities	• Leadership – definition, styles, examples • Deciding on grad school and preprofessional paths • Entrance exams • Requesting recommendations and/or references • On-Campus Recruiting & internship search • Pre-health and pre-law students prepare for entrance exams • Students going to grad school complete GRE and applications

may find that their core group of friends is away from campus. Those who are abroad may experience culture shock and homesickness.		
Senior Year Seniors approaching graduation have many obvious stressors such as completing his or her course work, after graduation plans, and overall anxiety around leaving and entering the "real world". Some seniors will also struggle with other issues such as negotiating salary, securing housing, family responsibility, and managing personal finances.	• Completing course work • Graduation	• Grad school • Job search • Professional behavior • Establishing credibility