Transitioning into Second Year Science

Who am I?
What should I major in?
What am I meant to do with my life?
What are the university’s expectations of me?

Accomplishments:
- 1 year of university completed, most 100-level survey/intro courses completed
- Can create an (effective) study schedule (more help? Visit Student Learning Commons)
- Understand registration system
- Began to consciously or unconsciously assess academic likes and dislikes

Needs:
- Scientific experiences
- Understand self
- Opportunity awareness
- Values + interests + academics = career options
- Keep doors open and have at least one parallel plan
- Research
- Plan your future!

Answers:
- Think about potential majors, minors, and certificate programs. Do SFU calendar research. Visit the relevant advisor. Don’t forget you can combine non-Science minors with a Science major.
- Lost in all the potential choices? Start assessing your interests, skills, and values. A qualified academic advisor can help you or visit a Career Services advisor. Take the Transitioning Out of First Year workshop offered at Surrey campus in April following exams.
- Consider graduate school. Start your research on required courses, GPAs, how repeats are considered, what type of reference letters are required, etc. Learn to use Excel or another spreadsheet program to house your database of potential schools.
- Professional programs – same as above, plus find out about their standardized tests (MCAT, DAT, PCAT, GMAT, etc.). When & where to write them, fees, how to study for them, expiry dates…
- NSERC grants – find out how these work in your department. Ask the academic advisor. These are undergraduate research awards.
- Volunteer with a science-based non-profit. See Volunteer Services. Approach a professor about volunteering in their lab or as a research assistant. Set up an Information Interview with someone you know or someone you don’t.
- Network! Talk to instructors, Student Clubs, Student Unions, SCWIST, Department Career Nights, Co-Op Terms… Networking anxiety or persistent general anxiety? Start seeing a personal counselor at SFU, free for current students
- Attend a Cooperative Education information session the Summer between first and second year. If you apply and complete the prep, you will be in a position to apply for positions in January, and go on your first co-cop work term in Summer of second year.

Based on four 2nd year vectors: Achieving Competence, Developing Autonomy, Establishing Identity, Developing Purpose