

Class of 2024 Newsletter #2: Connecting to Campus

Office of the Vice Provost for Student Affairs <vpstudentaffairs@stanford.edu>

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To: vpstudentaffairs <vpstudentaffairs@stanford.edu>



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Hello Class of 2024!

There is an endless variety of paths to be taken at Stanford, and no two undergraduate experiences look alike — even students with completely identical academic plans maneuver Stanford differently based on their identities, life goals, and experiences. As you're gearing up to interact with Stanford on campus and in person, the following newsletter features programs intended to help you make the most of your time here. By engaging with resources and student support networks such as these, you can be deliberate in choosing the path that's right for you — even as that path may change throughout the next three years and beyond.

Navigating Stanford

Learning how to effectively leverage your resources, expand your network, and explore your intellectual interests can be tricky, especially when the possibilities are overwhelming. Sophomores face unique challenges in what is often a pivotal time in their undergraduate career as they begin to narrow their academic focus and think about selecting a major. Below are two programs tailored to the unique needs of sophomores.

Sophomore Wayfinders Program

- Focused on the knowledge, skills, and resources you need to get the most out of your undergraduate career
- Matched with a Wayfinding Guide — Stanford faculty or staff mentor
- No formal requirements or obligatory commitments — calibrate participation to suit your needs.
- Includes informational sessions, activities to explore what you want your Stanford experience to be like, and workshops to meet faculty, staff, and alumni with similar interests
- First round sign-ups were due June 30. Second round sign-ups are due **September 30**. For more information and details on how to apply, visit [here](#).



Sophomore 101

A course specifically designed for this sophomore class. In the course students will:

- reflect on being on campus for the first time or when it is full
- talk about living with peers and building community
- discover ways to achieve their goals for the year
- explore the variety of campus resources
- reflect on ways they are finding to thrive in a diverse community

The course will have neighborhood sections, so sophomores will have the opportunity to meet others who live near them.

Enroll through course enrollment in Axess starting **September 1**.

Below are programs and resources to help you pursue your passions and enrich your Stanford experience outside of classes.



Sophomore Scholarships

Chappell Lougee Scholarship

- Provides funding for full-time immersive projects in the humanities, creative arts, or qualitative social sciences for the summer after your sophomore year
- Past projects have included script writing, designing costumes for a play, translating Greek literature, taking photographs in Norway, collecting oral histories of immigrants, examining blackness in Paris, creating original dance choreography, etc.
- Sophomores (students who have completed 3-5 full-time quarters of enrollment by the end of autumn quarter) are eligible to apply regardless of major
- Deadline to apply is **December 1**. For more information, visit [here](#).

Mellon Mays Undergraduate Fellowship Program

- For sophomores who are committed as future professors to address the educational consequences of racial and ethnic disparities in higher education
- Criteria include:
 - Demonstrated commitment to diversity, broadly defined, including race and ethnicity, in relation to underrepresentation in designated fields of study
 - Intention to matriculate into a PhD program
 - Interest in a college or university teaching career
- Benefits include up to \$10,000 in undergraduate loan repayment, term-time stipend for research, support for summer research, faculty mentoring, financial support for graduate school expenses, and more.
- Deadline to apply is the **end of winter quarter**. For more information, visit [here](#).

Student Engagement Fair

- Explore and join clubs, campus organizations, and extracurricular activities
- **September 28-30:** For updates, please visit [here](#).

Cardinal Service Programs

- Sophomore Service Liaison Program
 - Leadership development and outreach program for sophomores
 - Liaisons meet weekly to learn about service opportunities, participate in leadership-building workshops, help plan service events, and engage in critical discussions about service
 - For more information, please reach out to Reza Rezvani (rrezvani@stanford.edu)
- Cardinal Commitment
 - Build leadership skills through engaging with a community to address a problem or need for at least three quarters
 - To find a student or community organization or Stanford program to join or for more information, please visit [here](#)
- Cardinal Quarter
 - Spend a quarter during the summer or academic year building knowledge, skills, and networks while making meaningful contributions to communities across the globe
 - Full-time public service experience with stipend provided to support travel and living costs
 - Over 500 opportunities offered each year through more than 30 campus partners
 - For more information, please visit [here](#)
- Cardinal Courses
 - Enroll in more than 150 classes that apply classroom knowledge to community projects and partnerships that address social or



- environmental challenges
 - Courses are offered across disciplines—from education and health, to environmental sustainability and public interest technology and engineering
 - For more information, please visit [here](#)
 - Cardinal Careers
 - Get a jump start on exploring public service careers and ways to integrate service into any career
 - Get support through prestigious Stanford and national fellowships, high-impact networking events, and coaching tailored to your goals and interests.
 - For more information, please visit [here](#)
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Introductory Seminars (IntroSems)

Want to be part of a small community of peers who share similar interests while working with world-renowned faculty to engage in creative and research-based projects? Then you should take an [IntroSem](#)!

We offer more than [80 Introsems designed for sophomores](#) (transfers receive sophomore preference) on an array of topics ranging from data science to the politics of ballet to genomics to climate change and sustainability to Thomas Jefferson to global health. Introductory Seminars are an excellent way to try out a potential major or to explore something entirely new.

For many undergrads, the question is often not “Which IntroSem should I take?” but “How many can I take?” (Answer: As many as your schedule allows. As a sophomore, you receive priority and may request early enrollment for up to three per quarter.)

How to Sign-up for IntroSems

STEP 1: Review the [IntroSems Course Catalog](#), ExploreIntroSems. Use the [“My Annual Seminar Plan”](#) tool to help you track the IntroSems you are most interested in taking.

STEP 2: Sign up for priority enrollment in up to three IntroSems on a quarterly

basis in the [IntroSems' VCA](#). For autumn quarter, complete your sign up requests by Friday, August 27. See the [full schedule of month-long sign-up windows for the entire academic year online](#).

STEP 3: Learn which priority-enrollment IntroSems are on your autumn study list by September 15. You may change your study list starting September 16 and add IntroSems with space available through self-enrollment in Axess.

Questions?

If you have additional questions, email the IntroSems staff at introsems@stanford.edu.

Academic Help Resources

While you will encounter academic challenges throughout your undergraduate career, sophomore year can be a particularly challenging time as you transition out of introductory courses, explore your major more deeply, and become more integrated as an upper-class student. Thankfully, you don't have to navigate these challenges alone! Learning to seek support is a skill that will serve you throughout your life. The following are academic support resources to help you reach your goals.



CTL and Student Learning Programs

- Services include academic skills coaching, subject tutoring, language conversation partners, study halls, and more. For more information, please visit [here](#).

Mark Your Calendars

Past Due

June 30: Deadline to request OAE accommodations for undergraduate housing. If you missed this deadline, please apply as soon as possible. [For details, please visit this site.](#)

July 23: Deadline to upload your COVID vaccination

documentation to the Vaden patient portal. Our thanks to all students who met the deadline. If you did not meet the deadline, Vaden Health Services will place a hold on your Axess account that will prevent you from registering for fall quarter classes. [Submit questions specific to your circumstances here.](#)



Important deadlines

August 2 - August 27 (8 a.m Pacific Time): [Sign-up](#) for priority enrollment in up to three [Autumn introsems](#).

August 18 - September 1 (5 p.m. Pacific Time): [Enroll in PWR2](#) for fall quarter.

September 30: Deadline for [second round sign-ups](#) for the Sophomore Wayfinders program.

Community Events

September 18: Cardinal Service Fair

September 18: Football Game Watch Party

September 19: Sophomore Welcome Event

September 25: [First home Football Game, Stanford vs. UCLA](#)

September 28-30: Student Engagement Fair

More coming soon on a sophomore scavenger hunt, Cardinal Nights evening activities and a Class Field Day.

Class Enrollment

September 1: Enrollment opens

September 20: Preliminary study list deadline; First day of the quarter

October 8 (5 p.m.): Final study list deadline