Hello Class of 2024!

Sophomore year can feel like a strange time in your academic journey. You may not feel fully invested in a major yet (and may not even have an idea of what you want to major in), but you’re no longer a first-year student primarily focused on adjusting to college courses. You have some experiences and skills under your belt, but the next steps can be unclear, and sophomore year can be a perplexing crossroads. It’s normal to wonder “What should I be doing?” The following advising resources can help provide some clarity on how to use the next valuable year to serve your interests and goals.

Sophomore year can be a time to explore new things, change academic plans completely, complete WAYS requirements, get involved in research, check out an off-campus program through BOSP or a civic engagement opportunity through the Haas Center, or just learn more about how you learn best. Often the experiences you have outside of courses are among the most impactful of your college career, opening doors for you that you didn’t realize were there.

This year belongs to you! There is freedom in the “in-between” of sophomore year, and there are so many opportunities that you are now equipped to handle after completing a year of college. Be brave!
This newsletter also features Stanford’s Recreation and Wellness facilities and programs, as well as information on community opportunities with Stanford’s peer mentoring and neurodiversity affinity group.

There are six weeks until Sophomore Welcome, and we are so excited to see you all!

---

**Academic Advising Resources**

Have you checked out the [Advising Resource Toolkit]? The toolkit offers wisdom on reflecting on your Stanford experience, facing challenges or difficulties, developing intellectually and academically, and more. As you prepare for sophomore year, it may serve as a useful guide as you make decisions about how to spend your second year and develop your unique intellectual path.

Some goals you may want to explore this year include:

- Engage with a faculty member through research and/or shared intellectual interests
- Begin to explore post-undergraduate options
- Familiarize yourself with learning resources such as OAE and CTL
- Coordinate your extracurriculars to complement or enhance your classroom learning and post-undergrad goals

The toolkit also features an [interactive worksheet] just for sophomores.

**My Stanford Story**

*My Stanford Story contains dozens of reflections from Stanford undergrads* on how they’ve navigated issues such as major decisions, health and wellness,
finding community, and more. There are even pieces written by Stanford faculty on why teaching is important to them. While you're in the process of authoring your own Stanford story, these kernels of wisdom from current and previous students might be of use!

**Advising Student Handbook**

The Advising Student Handbook offers a wealth of information, including answers to frequently asked questions, such as how to declare majors and minors, how to get started in research, how to connect with faculty, how to research courses, and more. Some of these answers may be familiar, and others may be entirely new! As you continue to refine your skills throughout your Stanford career, the handbook is really worth checking out!

It may also be worthwhile to check out this refresher on Stanford’s academic policy for information on leaves of absences, academic progress, and other information.

And of course, you can always meet with your Undergraduate Advising Director (UAD)!

---

**Stanford Neurodiverse Student Support Program (NSSP) Affinity Group and Peer Mentor Program**

The mission of NSSP is to empower neurodiverse students to build their identity and enhance progress towards individual goals. NSSP is part of a global movement uncovering strengths of neurodiverse individuals and utilizing their talents to enhance leadership, social connection, supportive practices, and flourishing of individuals in society. On campus, it’s focused on developing a culture and community of support for neurodiverse Stanford students through an affinity group and a peer mentor program. The student-run affinity group provides a safe space to explore topics specific to the neurodiverse student experience, in a fun and supportive environment. The focus is on exploring the strengths of neurodiversity and building community support at Stanford now. In the peer mentor program, upperclass peer mentors are paired with mentees for the academic year. Through
individualized and curriculum based weekly meetings, peer mentors support neurodiverse students to pursue their personal goals, such as accessing academic, career preparation, independent living, mental health, and social supports to maximize their learning, growth, and integration into student life. Both programs are free and open to students who identify as neurodiverse, no diagnosis necessary. For more information on how to participate, email christymatta@stanford.edu.

Campus Highlight: Stanford Recreation and Wellness

Recreation and Wellness ignites a culture of belonging and well-being through movement, play, adventure, and learning. They do this through programs - intramurals, club sports, adventure, fitness, non-credit and for-credit physical education classes, and aquatics - and through managing two main recreation centers that offer cardio equipment, weights, basketball, volleyball, squash, rock climbing, and more. There is also an outdoor Olympic-size recreation pool, basketball, tennis, sand volleyball courts, fields, and a fitness court on Arguello Field. The Stanford Red Barn is home to our equestrian club team and is worth a visit to see the historical building and our amazing horses.

The Arrillaga Outdoor Education and Recreation Center

- 14,000 square-foot fitness center
- Latest cardio and strength training equipment
- Indoor studio cycling, 50m pool, outdoor education center, three basketball courts and state-of-the-art climbing wall
- Find it here!

The Arrillaga Center for Sports and Recreation (ACSR)
• 11,000 square-foot fitness center
• Olympic lifting platforms and adaptive equipment
• Three basketball courts, a mat room, seven squash courts
• Across from the Ford Center/Burnham Pavilion, home to the gymnastics center, racquetball courts, volleyball courts, and more.
• Find it [here](#)

Rec and Wellness also offers [virtual fitness programming](#) for those who want to work out in their own privacy or simply want to learn some new skills.

Give Stanford Rec a try to stay healthy and find some community.

---

**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](#).

**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 11-13:** [Neurodiversity Transition Orientation](#): a peer mentoring service for neurodiverse Stanford students

**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

---

**Questions?**

We are here to answer your questions and ensure that your transition to a full on-campus experience is a smooth one. Let us know how we can help you! If you have questions or suggestions on topics we should cover, feel free to drop us a line.