

## Student Developmental Stages

Based on your advisee's student status, these are the phases they may be moving through. These can be used to promote discussion and help assure that the student is progressing to graduation with the skills and abilities to persevere in life.

	Academic	Career	Student Life	Interpersonal
<b>Freshman</b>	<ul style="list-style-type: none"> <li>*Participate in First Year Seminar (LA 101)</li> <li>* Acclimate to collegiate environment &amp; expectations</li> <li>* Read College catalog</li> <li>* Explore general graduation requirements (modes, categories, divisions, units)</li> </ul>	<ul style="list-style-type: none"> <li>* Begin career exploration process (what do they want their major to be?)</li> <li>* Attend career based seminars, lectures &amp; workshops</li> </ul>	<ul style="list-style-type: none"> <li>* Meet many new people</li> <li>* Join club, sports, or campus organizations</li> <li>* Engage in student life activities around campus</li> </ul>	<ul style="list-style-type: none"> <li>* Become aware of campus resources</li> <li>*Adjust to increased independence</li> <li>* Discover life away from home</li> <li>* Learn to manage money and time</li> <li>*Develop new support network (friends)</li> </ul>
<b>Sophomore</b>	<ul style="list-style-type: none"> <li>* Identify a major</li> <li>* Choose an advisor in the major area</li> <li>* Explore off campus experience opportunities</li> <li>* Establish a GPA and GPA goals</li> <li>* Set up a plan to get to graduation</li> </ul>	<ul style="list-style-type: none"> <li>* Explore internship opportunities</li> <li>* Talk with faculty and upper level students in their major</li> <li>* Explore job information based on major</li> </ul>	<ul style="list-style-type: none"> <li>* Find opportunities to volunteer on campus</li> <li>* Expand network of friends</li> <li>* Regular participation with campus activities</li> </ul>	<ul style="list-style-type: none"> <li>* Begin formation of adult habits (responsibility &amp; accountability)</li> <li>* Grow confident with independence</li> <li>* Redefine role with parents</li> </ul>
<b>Junior</b>	<ul style="list-style-type: none"> <li>* Begin focus on major courses</li> <li>* Wrap up general graduation requirements</li> <li>* Meet with Registrar's Office to get a degree audit done</li> </ul>	<ul style="list-style-type: none"> <li>* Explore graduate school options</li> <li>* Start resume</li> <li>* Begin to narrow career direction</li> <li>* Practice interviewing</li> <li>* Take LSAT, GRE, GMAT</li> <li>* Begin building portfolio</li> <li>* Begin formulating strong network</li> </ul>	<ul style="list-style-type: none"> <li>* Go off campus, do internship, run for student government, become RA</li> <li>* Find opportunities for leadership growth</li> <li>* Volunteer in greater campus community</li> <li>*Become involved in planning campus activities</li> </ul>	<ul style="list-style-type: none"> <li>* Strengthen problem solving skills</li> <li>* Explore life, goals, expectations and plans</li> <li>* Develop autonomy</li> <li>* Strengthen independence</li> </ul>
<b>Senior</b>	<ul style="list-style-type: none"> <li>* Do senior project or thesis</li> <li>* Get senior audit</li> <li>* Finish all course work</li> <li>*Discuss life long learning responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>* Define career goals</li> <li>* Apply for graduate school</li> <li>* Send out resumes</li> <li>* Start calling those in network</li> <li>* Join professional organizations</li> </ul>	<ul style="list-style-type: none"> <li>* Find opportunities to mentor new students</li> <li>*Take advantage of tutoring opportunities</li> <li>*Expand participation in campus events (outside comfort zone)</li> <li>* Explore alumni organization</li> </ul>	<ul style="list-style-type: none"> <li>* Prepare for life beyond college</li> <li>* Explore housing options</li> <li>*Firm up relationships, discuss post college connections</li> </ul>