What Is the Sophomore Slump?

Research suggests that during the sophomore year, you may experience a period of confusion and uncertainty. There is a whole new set of stressors sophomores experience when they return to college.

Unlike freshmen, sophomores receive less attention about college life and expectations about how things work. Combined with the push to declare a major, find an internship and decide whether or not to study abroad leads sophomores to fall into the sophomore slump.

Do you find yourself wondering any of the following?

1. What am I doing here at SMC?
2. Why do I have more questions now than when I first got here?
3. Who are these people I hang around with that I thought were my friends?
4. Why am I majoring in this, even if I don't like it?
5. Why am I constantly overwhelmed?
6. Why can't I find time to relax?
7. Why am I not having as much fun as last year?
8. Why do I feel like my parents are constantly pressuring me to know what I want to do with my life?
9. Does everyone have this all figured out but me?

Turn the Sophomore Slump into the Sophomore Jump!

Saint Michael's College has many resources available to help you deal with stress, select your major and get involved.

- Take care of your physical well-being and visit the Student Wellness Center.
- Talk with a Counselor from the Student Wellness Center about achieving emotional well-being.
- Talk to your academic advisor.
- Get involved by joining a student organization.
• Take advantage of **campus events**.
• Visit the **Office of Career Development** to explore your career options.
• Discover the benefits of **studying abroad**.
• Get educational enhancement at **Academic Support Services**.