

GET THE COURSES YOU NEED	Year One	Year Two	Year Three	Year Four
	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS
128 + 4 Short Terms	<ul style="list-style-type: none"> <li>SOC 110: Introduction to Sociology</li> <li>One 200-level SOC elective</li> </ul>	<ul style="list-style-type: none"> <li>SOC 227: Social Theory</li> <li>GPS 216: Research Methods in Social Science</li> <li>One 200-level SOC elective</li> </ul>	<ul style="list-style-type: none"> <li>Two 300-level SOC electives</li> <li>One 200- or 300-level course from other GPS disciplines</li> </ul>	<ul style="list-style-type: none"> <li>GPS 470: Senior Seminar</li> <li>GPS 480: Senior Thesis, or an internship</li> </ul>
BE INVOLVED AND JOIN DIVERSE COMMUNITIES	<ul style="list-style-type: none"> <li>Attend the sociology major interest meeting at the beginning of the year!</li> <li>Attend guest lectures sponsored by the department.</li> <li>Go to the club fair.</li> <li>Participate in Senate and SGA.</li> <li>Take part in your first Tinker Day!</li> <li>Attend the Hollins Student Conference (SPARC) every year.</li> </ul>	<ul style="list-style-type: none"> <li>Travel to neighboring campuses for lectures and events.</li> <li>Show school spirit and go to sporting events.</li> <li>Attend student readings and other student-led activities.</li> </ul>	<ul style="list-style-type: none"> <li>Take part in traditions, like Ring Night.</li> <li>Consider taking on leadership positions in Orientation Team or SGA.</li> </ul>	<ul style="list-style-type: none"> <li>Mentor a new student.</li> <li>Consider leadership positions such as global ambassadors, career connectors, tutors, International Student Orientation Program, or Early Transition Program mentor.</li> </ul>
EXPAND YOUR INTERCULTURAL AND GLOBAL HORIZONS	<ul style="list-style-type: none"> <li>Consider Model UN, Model Arab League, Black Student Alliance, the Unión de Estudiantes LatinX, the Sexuality and Gender Alliance</li> <li>Attend Cultural &amp; Community Engagement and Office of Inclusivity and Diversity events.</li> <li>Meet with someone in International Programs to discuss abroad possibilities.</li> </ul>	<ul style="list-style-type: none"> <li>Apply to study abroad (Jamaica, Short Term, semester—fall of the senior year) or study away.</li> <li>Take a sustained dialogue class.</li> <li>Participate in the Diversity Monologue Troupe.</li> <li>Consider a J-Term language immersion program.</li> <li>Decide whether to add a minor or second major.</li> </ul>	<ul style="list-style-type: none"> <li>Participate in a COIL project or consider an international internship.</li> <li>Consider study abroad for a semester and/or opportunities such as Fulbright UK Summer Institute and Critical Language Scholarship.</li> </ul>	<ul style="list-style-type: none"> <li>Consider applying for Fulbright, Rhodes, Marshall, Gates Cambridge, or other international scholarships.</li> </ul>
GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION	<ul style="list-style-type: none"> <li>Attend C3.</li> <li>Create LinkedIn and Handshake accounts.</li> <li>Visit the Career Center and meet with a career counselor.</li> <li>Apply for a first-year J-Term internship.</li> <li>Take a leadership course or consider a leadership certificate.</li> </ul>	<ul style="list-style-type: none"> <li>Attend Career Center workshops.</li> <li>Apply for a Signature or independent internship.</li> <li>Talk with your advisor about funding for research projects or attending conferences.</li> </ul>	<ul style="list-style-type: none"> <li>Meet with your advisor about career goals; talk to professors about their research to learn about opportunities.</li> <li>Check out Hollins partnerships with graduate schools.</li> <li>Talk with alums in the field!</li> </ul>	<ul style="list-style-type: none"> <li>Seek a research assistant position.</li> <li>Submit to and/or attend a conference: SSS, SEWSA, NWSA, ASA, etc.</li> <li>Prepare for graduate school admission and tests.</li> <li>Attend a job fair/apply for jobs.</li> <li>Explore nonprofit and/or service career options.</li> <li>Attend the Alumnae Board's pre-professional networking events.</li> </ul>
ADD TOOLS TO YOUR LIFE BELT	<i>Develop a self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, develop time management skills</i>	<i>Hone your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>	<i>Expand your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>	<i>Embrace your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>