

SOPHOMORE SPOTLIGHT



Sophomore
Initiatives

Special Holiday Edition 2012

It's Crunch Time!

It's that dreaded time of year again: THE END OF THE SEMESTER (*dun dun dun*).

You're impatiently awaiting the day you can go home for the holidays, but you have five or six classes worth of projects, papers, and exams to take care of before you can skip off into the snow-filled sunset. Here are some tips to help you get through the infamous college CRUNCH TIME:

1. **Don't stress about being stressed.** It's all normal, but try not to focus on your stress-level. If you're stressed out, admit it and figure out how to handle it.
2. **Catch some Zzzzzzz's.** Your sleep schedule is probably crazy just from being in college, but one good night's rest can give you the energy to get through the stress. If you can't get a full night's sleep,

take a nap whenever possible.

3. **Get some healthy food.** While in college, it is really easy to eat whatever is the easiest to grab (pizza, chips, etc.). Concentrate on fueling your body with brain food: fruits, vegetables, whole grains, and protein!

4. **Quiet time is important.** Find a peaceful place and turn off all of your electronics for just a few moments.

5. **Make time for friends.** You may have spent the last few days locked in your room trying to finish that 15 page English paper, and the words are blurring on the page. Take a break and get some coffee with your friends. Sometimes, laughter and good conversation with your friends is the remedy to stress.

6. **Set some boundaries.** You may

be juggling your own problems and deadlines while trying to help others with their own problems. It is ok to take a step back for a little while in order to focus on what you need to take care of.

7. **Make study time fun.** Are some of your friends taking the same class as you? Get together to work on that final project or compare notes to study for the exam. Make preparation a team effort, and that may lessen your stress.

Sometimes at the end of a semester, it may seem that there aren't enough hours in the day. Be sure to prioritize, but also make time for yourself. Keep your eye on the prize: good grades followed by a nice, well-deserved break!

Best of luck!

Courtney McManus

Let's Talk

Hurricane Sandy has been one of the most powerful natural disasters the East Coast and the Caribbean have experienced in some time. Surviving a natural disaster has to do with much more than getting through the environmental and physical aspects of the disaster. Those aspects are some-

times easier to notice and are oftentimes emphasized more in the news coverage in the media. However, the increased vulnerability that most people experience when they have faced such danger and the loss of their regular ways of life cannot be ignored. Such feelings of vulnerability often lead to high levels of stress. And the effects—

the emotional toll—of that stress can vary from person to person. It is quite normal for people to experience mild stress reactions for several days or weeks after a natural disaster. We are here to help you with any difficulties you have experienced or concerns that you might have about a friend or loved one.

Looking Ahead: Internships

Are you starting to think about summer internships? If so, winter break is a great time to get started. An internship is a great way to gain career related experience in your field of interest. It is also an avenue by which you can determine if the career path you are planning on is in fact the right one for you. Below is a snapshot of the tools available to you as you begin your search:

- ***The Career Center***

- You can meet with a Career Advisor by calling x2232 to discuss strategies for finding opportunities either in the Baltimore area or your hometown.
- Need help with your resume? We offer workshops to help you as you begin drafting your resume. You can also stop by on Wednesdays from 2:00 pm – 4:00 pm for Resume Critique Wednesdays and have a Career Advisor critique your resume.

- ***Online Resources***

- If you are interested in using any of the following resources, visit <http://www.loyola.edu/thecareercenter> and click on online resources. These websites offer an opportunity to search by location, keyword and salary.
 - Hounds4Hire
 - Internmatch.com
 - Internships.com
 - CareerSearch
 - Goinglobal

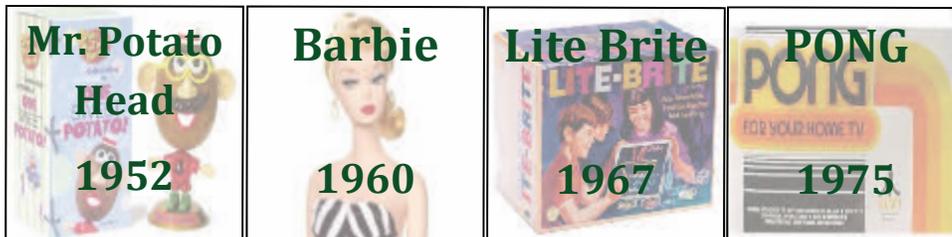
- ***Your network***

- While you are home, talk with family and friends about your internship interests and learn about opportunities that may be available.
- Attend networking events, employer site visits and career fairs. For a list of events and programs happening over the winter break, please visit The Career Center website.
- Join The Career Center group on LinkedIn and follow us on Twitter and Facebook. We will continue to keep you posted over the break about upcoming events and exciting new internship positions.

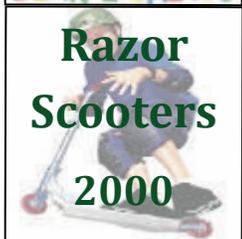
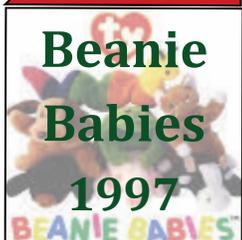
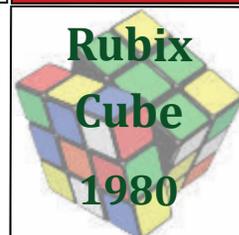
It is never too early to start your search and The Career Center is available to help you along the way!

What's on Your Wish List?

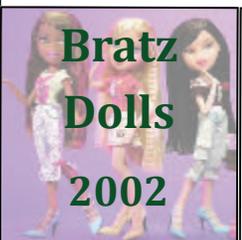
Christmas is fast approaching, and we'll probably hear at least one story on the news about parents scrambling for the "must-have" item for their child this year. In honor of this seasonal ritual, here's a look at some of the most popular Christmas toys of all time:



During the 1960s and 1970s, toy manufacturers were marketing certain toys to boys and girls. For example, Barbie and the Easy Bake Oven were extremely popular for girls while G.I. Joe and Action Man were popular gifts for boys. In 1976, the first computer game was introduced—PONG.



The 1980s saw an increase in popularity with puzzle toys such as the Rubix Cube and electronic toys such as the Speak-and-Spell. In the 1990s, the Game Boy was the must-have item. There was also a trend that toys reflected popular television shows of the time, such as the Teenage Mutant Ninja Turtles, the Power Rangers, and Pokemon. By the 2000s, popular toys were the PS3 and Wii. Video games based on popular TV shows and movies were also in high demand.



Upcoming Events-Spring 2013

January

11-13 **RoadTrip**

14 Spring Semester begins

21 MLK Holiday

25 **Mystery Bus!**

26 Men's Leadership Conference

28 **Sophomore Workshop Series**

February

13 **Sophomore Workshop Series**

22 **Mystery Bus!**

March

4-10 CCSJ: Spring Break Outreach trip

15 BSA Fashion Show

16 Relay for Life

20 Class of 2015 Registration

21 CCSJ: Encounter El Salvador's Fiesta

22 **Mystery Bus!**

23 Women's Leadership Conference

28 Easter Break begins

April

2 Return from Easter Break

10 CCSJ: Celebration of Service

15-16 Blood Drive

28 Loyolapooza

29 Spring Semester ends

May

1 Final Exams begin

1-19 CCSJ: Good Stuff Campaign

9 Final Exams end

11-17 Discovery

Sophomores:
Sign up for the
Christmas Basketball Classic!

The Classic is a Loyola student basketball game,
and each class year has
one male and one female team.

Sunday, December 9
2-6 PM

Special Guest appearances by
The Belles
The Chimes
Dance Team
Dance Company

Sign up in Student Activities

REFLECTION CORNER

"Christmas is not a time nor a season,
but a state of mind. To cherish peace
and goodwill, to be plenteous in mer-
cy, is to have the real spirit of Christ-
mas." —Calvin Coolidge

*From the Office of Student
Engagement, we wish you and you families
a happy and healthy holiday!*