



SOPHOMORE SPOTLIGHT

November 2011



Sophomore
Initiatives

As the newest member of the Office of Sophomore Initiatives, I feel very privileged to be back at Loyola. Being from the Class of 2008, I remember Loyola back when it was just a College... how things have changed since then! One thing that has not changed, however, is how incredible a place Loyola truly is. I sincerely hope you are finding it to be just as amazing as I remember it three short years ago.

My time since graduating from Loyola would be best described as an adventure. I spent two years in Colorado, getting my master's degree in Student Affairs in Higher Education. I then spent this past year out on the West Coast, serving as a Team Leader with the AmeriCorps National Civilian Community Corps ... think SBO, but over the course of 11 months!

My travels have really shown me how true it is that sometimes, you need to lose yourself in order to find yourself. It is in fighting the toughest battles that you realize your strength. It is in experiencing inner conflict that you discover what brings you peace. It is in feeling totally out of place that you find where you belong.

Each and every one of you has a unique set of gifts, talents, joys and passions. The challenge for you is to find how you will use that uniqueness to contribute to the betterment of the world in a way that no one else can. I truly hope that on your journey, you encounter adventures along the way that make you a stronger, wiser, better person.

I look forward to meeting you, so please be sure to stop by our office sometime. You are always welcome here.

Best wishes for an incredible year.

Chris Nicolas



FIND SOPHOMORE INITIATIVES ON FACEBOOK TO STAY CONNECTED AND UP TO DATE ON PROGRAMS & EVENTS! VISIT



www.facebook.com/year2atloyola

OR SEARCH FOR SOPHOMORE INITIATIVES

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LET'S TALK HEALTHY RELATIONSHIPS

Greetings from the Counseling Center!

College can be a great opportunity to meet new people and build strong relationships. Sometimes relationships can be difficult and affect your academic and personal life. Throughout late September and October, the Counseling Center will launch our "Let's Talk Healthy Relationships" campaign.

Our goals are to encourage students to examine their relationship decisions, learn ways to avoid or get out of unhealthy situations, and to promote positive college experiences. The campaign will focus on friendships as well as romantic relation-

ships. Residence halls throughout campus will display informative and thought-provoking bulletin boards.

For more information about healthy relationships, please review our website <http://www.loyola.edu/counselingcenter/concerns/relationships.html> or stop by the Counseling Center to schedule an appointment to speak with a counselor (HU150/410-617-CARE). You might also consider some of the other helpful resources on campus: The Women's Center, Campus Ministry, Student Health and Education Center, Alcohol and Drug Education and Support Services, and Spectrum.

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SOPHOMORE WORKSHOP SERIES

NEED DIRECTION ↗

SAVE THE DATE FOR THE SPRING 2012 WORKSHOPS:

Wednesday, February 1

Tuesday, February 7

Tuesday, February 21

MYSTERY BUS

Are you tired of the same old Friday night and looking for something new and FUN to do? Mystery Bus is a great way to meet new people, get off-campus and explore new places in Baltimore and mix up your typical Friday night, all for just \$5.

The first two trips of the semester featured dinner at Café Hon in Hampden and The Second City improv comedy show at Baltimore Centerstage, and a local corn maze and then a historic ghost tour in Mt. Vernon.

With only a clue to guide you, join 40 other sophomores on the next Mystery Bus in November. For more information visit loyola.edu/mysterybus.

The sophomore year is full of decisions regarding your major, studying abroad, living with your friends/roommates, internships, and much, much more! The **Sophomore Workshop Series** assists sophomores in exploring these topics and answering questions significant to sophomore year. Sessions are facilitated by Loyola's finest faculty, administrators, and student leaders.

Over 120 sophomores participated in at least one of the fall 2011 workshops. Topics of the workshops included the decision to study abroad, choosing a major, com-

munity service and involvement activities on campus, and internships.

To participate in future workshops, RSVP on Facebook at facebook.com/year2at-loyola for the sessions you want to attend. All sessions will begin at 7:00 pm and light refreshments will be provided. The experience is FREE for all sophomores! For more information email sophomore-initiatives@loyola.edu or visit sophomore initiatives at Seton Court 4508 A.

DETAILS FOR THE NEXT TRIP!

When: Friday, Nov. 18, 2011
5:30 p.m. – 10:30 p.m.

Who: 40 sophomores

Cost: \$5 (cash or Eveggreen accepted)

Clever Clue:

*View this tale in a new dimension;
It's a story of friendship and love, did I
mention.*

*Get ready for this happy season;
Don't miss this trip for any reason!*

To Participate: Visit sophomore initiatives in Seton Court 4508 A to sign up!



A ROADTRIP LIKE NO OTHER

Have you heard about a fantastic retreat called RoadTrip from your upperclassmen friends? Have you seen the flyers and signs around campus? Are you ready for a different kind of RoadTrip?

Join us on sophomore RoadTrip, a three day retreat to discover your purpose for your life. The retreat takes place the weekend before the start of the second semester. It is sure to be a fun time and probably one of the most meaningful experiences of your sophomore year.

You will have the opportunity to connect with peers and begin to develop meaningful relationships with faculty and administrators, in addition to stay-

ing at a beautiful countryside resort with a pool, a hot tub and amazing food.

RoadTrip Details

WHY: To discover your personal vocation

WHEN: January 13-15, 2012

WHERE: Willow Valley Resort
www.willowvalley.com

WHO: up to 45 sophomores

COST: \$75

REGISTER: Visit sophomore initiatives at Seton Court 4508 A before December 1, 2011.



DISCOVERY

May 11-17, 2012 - Virginia Beach, VA

Discovery your personal direction through the outdoors!

The DISCOVERY program challenges sophomores to seek and discover their personal direction through experiential learning, adventure programming and reflection. In partnership with the De-



partment of Recreational Sports: OAE (Outdoor Adventure Experience), sophomore initiatives presents this week-long excursion.

The week includes kayaking, camping and other adventure activities. Participants must apply and interview to participate, as the experience is limited to just nine sophomores. The cost of the experience is \$25, due at the time of your commitment.

Here is what some past participants, from the Class of 2013 said about DISCOVERY:

"Awesome trip, I made new friends and learned a lot about myself, thanks to the leaders for an unforgettable experience."

"It's allowed me to sit and reflect on where my life is calling me to act and be. It made most of us realize that what we love doesn't have to be what we do in life, like biology, but that whatever you do should be your joy."

"Thanks for an awesome, thought-provoking reflective, adventurous week! I am blessed to be at a school like Loyola that has opportunities like Discovery!"

DISCOVERY APPLICATION TIMELINE

- **Complete Application:** Available now! Pick one up in Seton Court 4508 A, OAE Basecamp (located on the 2nd floor of the FAC) or download from the web: www.loyola.edu/sophomoreinitiatives/programs/discovery
- **Turn in Application:** Due on ~~Monday, Nov. 7,~~ **Friday, Nov. 11, 2011** by 4 p.m. Applications can be submitted to Sophomore Initiatives (Seton Court 4508 A) or OAE Basecamp (FAC 2nd floor by racquetball courts).
- **Interviews with Administrators:** Thirty minute interview between Nov. 14-18, 2011. Sign-up for an interview when you turn in your application.
- **Decisions for Participation:** Space is limited for this particular excursion. Students will be notified by Tuesday, Nov. 22 via e-mail regarding the status of their participation.

For more details visit loyola.edu/sophomoreinitiatives or contact Kim Becker at kabecker1@loyola.edu.



AROUND THE WORLD

Over 300 sophomores attended the annual study abroad fair, co-sponsored by Student Life and International Pro-



grams. Students had the opportunity to walk around McGuire Hall and talk with Loyola seniors about their study abroad experience with Loyola's study abroad programs.

Did you miss the fair? Here is a checklist of things to do before applying to study abroad.

- Reflect on your decision to go abroad.
- Attend a study abroad informa-

tion session. For the schedule visit loyola.edu/internationalprograms

- Look at the course booklet in International Programs to make sure the program you are considering can support you academically.
- Discuss your choice with your advisor and your parents.
- Attend the Last Chance Study Abroad Q&A on Monday, Nov. 28 from 2-4 p.m. in the 4th Floor Program Room.



Office of Sophomore Initiatives
Seton Court 4508A
410-617-5696
sophomoreinitiatives@loyola.edu

www.loyola.edu/sophomoreinitiatives

MARK YOUR CALENDAR: FALL 2011

NOVEMBER

- 2 Sophomore Workshop Series (4)**
Class of 2014-Spring Class Registration
- 3 The Career Center: Walk-in
Career Advising Day
- 4 International Festival
- 6 OAE: Sophomore Adventures-Caving
- 7 Discovery Applications Due**
Fr. James Martin, S.J. Lecture
Non-Profit/Service Career Fair
- 11 Last Day to Withdraw from Class with
a grade of W for the fall
- 11-13 Sophomore Retreat (Campus Min)
- 17 Project Mexico Auction
- 18 Mystery Bus**

- 19 OPTIONS
- 23-27 Thanksgiving Break

DECEMBER

- 1 RoadTrip Registration Deadline**
Study Abroad Applications Due
(for 2012-2013 school year)
- 3 OPTIONS
- 9 Lessons & Carols
OPTIONS
- 12-20 Final Exams
- 21 Residence Halls Close @ noon for
Winter Break

Visit us online at
loyola.edu/sophomoreinitiatives
for a complete calendar and details about
the latest sophomore events!

***REV. JAMES
MARTIN, S.J.
LECTURE**
Monday, Nov. 7, 7p.m.
McGuire Hall
loyola.edu/joinus/jesuitguide

SNAPSHOTS FROM FALL SEMESTER



Sophomore Initiatives Open House during
Sophomore Week in September



October Mystery Bus -
Fun before and after
the corn maze!



Study Abroad Sophomore Workshop
Series during Sophomore Week



REFLECTION CORNER

REFLECTION

“A proper concern about the preservation of one’s health and bodily strength for the Divine service is praiseworthy, and all should exercise it.”

St. Ignatius of Loyola wrote these stated words to celebrate human nature and its grand capacities. He cherished the line in the book of Genesis that states “men and women are created in the Image and Likeness of God.”

Therefore, we each have a natural inclination and a responsibility to nurture our bodies for something greater than just our pleasure.

As sophomores, you can now further engage your Loyola experience by nurturing your minds, your bodies, and your spirits.

Thank the Lord for the friendships, for the spiritual, physical and mental accomplishments, for the energy, and for all the commitments, the insights and the lessons learned.

I challenge you my friends: continue that growth; infuse Loyola with that knowledge and grace that God places before you.