

The Department of Exercise and Sport Science

What I Should Do As A: Sophomore

A handy guide to navigating the University system as a sophomore.

What Classes Should I Be Taking?

- ★ Finishing remaining General Education Requirements (Gen Eds)
- ★ Start on the ESS courses, if prerequisites (prereqs) are met.
 - ESS 2500 – Exploration of Movement Science (stats course prior or concurrently)
 - BIOL 2325 – Human Anatomy (BIOL 1210 prereq)
 - H EDU 1950 – Emergency First Aid and Care
 - ESS 2600 – Sport in American Society
 - ESS 3340 – Sport Psychology

What Should I Be Doing?

- ★ Getting involved on campus.
 - The Bennion Center** in the Union offers a plentitude of opportunities to get involved campus-wide and the community.
 - The **ASUU student groups** page on the main web page allows you to browse all the student groups on the campus that you might want to join and participate in. ASUU student group page: <http://www.asuu.utah.edu/groups>
 - The **ESS department** also has resources to get involved in the Department. Join SAC, start helping with faculty research, or join UFit. For more information see the ESS homepage at: <http://www.health.utah.edu/ess/>.
- ★ Applying to the Athletic Training program in the Fall of your sophomore year, if applicable.
- ★ Checking your Umail on a regular basis. Or set up Umail to forward to your personal email.
- ★ Checking your DARS report to know which classes you've completed and how many gen eds and major classes you have remaining.
- ★ Applying for Department and College scholarships.
- ★ Reviewing your CIS page for updating personal information, updating campus alert, viewing registration dates, and viewing any holds.
- ★ Checking the academic calendar for important dates, like closure days, classes starting and ending, last day to add, drop and withdrawal.
- ★ Checking the class schedule prior to your registration date to make sure you know what classes will work for the semester.

Who Should I Be Meeting?

- ★ Meet with the ESS departmental advisor to declare the major and plan out a 4 year schedule of classes. Call the department to schedule an appointment, 801-581-7558, HPER N 247
- ★ Meet with University College Advising (581-8146, SSB 450) for general information about gen eds and the university or Preprofessional advising (801-581-5744, BLD 44 Rm 206) for information on law school, med school, dental school, etc.
- ★ Meet with any of the advisors on campus if you ever have any questions about classes or the University as a whole.
- ★ Meet with financial aid (SSB 150, 801-581-6211) to see if you meet the requirements for financial aid or scholarships.

What Sites Should I Still Be Visiting?

- ★ Become familiar with the University of Utah Web site, www.utah.edu.
- ★ Learn to use the A to Z index to look up departments, colleges, and organizations information and web sites,
<http://www.utah.edu/portal/site/uuhome/menuitem.4694b7a3dd66f40516df1210d1e916b9/?vgnextoid=8ee892d315bb3110VgnVCM1000001c9e619bRCRD>.
- ★ Learn to use the directory to look up faculty and staff contact information,
<http://www.acs.utah.edu/prod/hrbin/campus-directory>.
- ★ Learn how to find information on the Registrar's Web page, <http://www.sa.utah.edu/regist/>
- ★ Learn to access the class schedule,
<http://www.utah.edu/portal/site/uuhome/menuitem.ddac5bbd6efcaf8ab123b610c1e916b9/?vgnextoid=1223584d6f665110VgnVCM1000001c9e619bRCRD>
- ★ Learn to access the academic calendar which lists all the important dates for the U, like closure days, classes starting and ending, last day to add, drop and withdrawal,
<http://www.sa.utah.edu/regist/pages/Deadlines.htm>
- ★ Learn to access Umail by logging in to My Utah, <https://my.utah.edu/portal/site/myutah>.
- ★ Learn to access Campus Information Systems (CIS),
https://gate.acs.utah.edu/psp/plpr/EMPLOYEE/EMPL/h/?tab=PAPP_GUEST
- ★ Learn to properly use CIS: view registration dates, add and drop classes, how to access a DARS report, how to read a DARS report, updating personal information, view grades, view holds and tuition payment and financial aid can all be accessed on CIS.
- ★ Become familiar with the ESS web site, www.health.utah.edu/ess
- ★ Become familiar with the College of Health web site, www.health.utah.edu