Second Year Checkback Appointment

Summary
The Second Year Checkback appointment is designed for second year students to reflect on their first two years of school and set goals for their remaining two years. This appointment will help students articulate their experiences and strengths, clarify how their experiences and strengths impact their career exploration, and create an action plan for steps that can be taken as a CBS student to achieve their academic, co-curricular, and professional goals.

How to Prepare
To ensure you get the most out of your advising appointment, please complete the following action steps prior to your appointment.

• Complete the pre-appointment survey, which will be sent to you from CBS Student Services
• Reflect on your successes and challenges over the first two years of college
• Consider your short and long term goals and how they have changed over time
• Think about what steps you can take over the next semester or year to achieve your goals
• Write down questions for your advisor

Reflective Questions
Below are reflective questions to consider as you prepare for your advising appointment.

• What are you most proud of from you first two years of college?
• What have you found challenging and how have you overcome those challenges?
• What are you thinking about doing after graduation (career or additional education, for example)? What is your parallel plan?
• What steps have you taken and do you plan to take toward your goals?

Associated Student Development Outcomes
Self-Awareness
Goal Orientation
Responsibility and Accountability
Independence and Interdependence