Welcome back!

We hope you had an enjoyable summer, and are excited to be back for your sophomore or junior year here at WCU. Remember what your freshman year was like? We sure hope it was an enjoyable one! You probably remembered that you had a lot of support from your friends, faculty, and staff here at WCU when it came to challenges you faced that year. Perhaps you’re still facing some challenges, but don’t have that same level of support now as you did then. That’s why we’re here! The EXTREME S program is designed to make sure your sophomore and junior years are enjoyable. We’re here whenever you need us. In fact, we’re planning activities to help you out along the way. You’ll find a few of them in this newsletter. There’ll be more where these come from, of course. So, make sure you stay connected with us via the links on the left hand side of this page. Your input is always valued; be sure to let us know how we can make your sophomore or junior year a great one!

**THINGS TO KNOW**

**Scholarships**
With all the talk going around about high interest rates on student loans, it’s understandable that you want to get the best bang for your buck while you’re in college. Why not apply for a scholarship? It’s easier than ever; in fact, Western has nearly 300 scholarships available to you! Plus, not all of them require high academic standing; some are need based, just like student loans are. There’s free money waiting for you now at scholarships.wcu.edu. Start applying today!

**Advising**
Now that you’re going into your sophomore or junior year, you’re transitioning away from those liberal studies courses, and into your major courses. Though you’re hopefully enjoying these courses a lot more, careful attention is needed in order to insure you graduate on time! Not all major courses are offered year-round. Some may have prerequisite requirements as well. Fortunately,

**EVENTS AND OPPORTUNITIES**

**Getting involved**
A common misconception among sophomores and juniors is that you can’t get involved in clubs and organizations after your freshman year. Of course, this couldn’t be further from the truth! There are nearly 80 student organizations that enjoy having upperclassmen, just as much as they do freshmen. In fact, there’s one waiting for you! Getting involved is a great way to make friends and to have a support network through college. We can match your interests with a club here. Stop by and see us in the Office of Leadership and Student Involvement. We’ll help you get involved today!

**Sophomore September**
Remember how exciting Valley Ballyhoo was? Maybe you remember all the events PEAKS put on for you as a freshman. Weren’t those some fun times your freshman year? We think so too; while you won’t see the same sort of activities that Peaks does (you’re no longer a freshman, after
your advisor can sort all this out for you. Speaking of your advisor, when was the last time you met with him/her? Regular meetings are essential to insure you’re on the right track to graduation! Schedule a meeting with your advisor today to insure you’ll graduate on time!

**Career Services**
It may seem like an eternity, but the job search will be here soon! Though you may have experience through a part-time job already, you’ll soon be raising the stakes by looking for a career, not just a job! Resumes, phone interviews, and people skills are all essential to land you that dream job. The career center is here to help you with all that. Get your resume critiqued, participate in a mock interview, and find out what jobs await for you in your major! Get started today by visiting careers.wcu.edu.

**New website**
Over the summer, while you were busy working, taking classes, or just enjoying some time off, we were hard at work making the EXTREMES website more useful to you. In fact, we’ve updated it with brand new resource guides specifically for sophomores and juniors. You’ll find a monthly checklist, a list of frequently asked questions, and more. Let us know what’s missing or how we can make it more useful to you! Check it all out at extremes.wcu.edu.

**Office Location**
It’s true... we exist outside of the internet, too! We’re here to help you however we can. If you have a question, or need someone to talk to about your experience at WCU, come see us! We’re located inside the Office of Leadership and Student Involvement, which is on the 3rd floor of the Hinds University Center. We look forward to seeing you soon!

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**What would you like to see in this newsletter?**

Advice? Jokes?
More information on events?

**This newsletter is designed for you; your feedback will help us make it more useful to you!**

E-mail your ideas to
Adam Hughes, EXTREMES Graduate Assistant, at, ahughes@wcu.edu
You can also tweet us @WCUExtremes with your thoughts!

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**Block Party**
You may have heard that Village Palooza has been moved to April. Don’t despair, though... we’ve got something exciting in its place! Mark your calendars for the EXTREMES Block Party. It’s happening Saturday, August 24th, at the Village Commons Area. Enjoy free food, games, and giveaways! We’re partnering up with WCU Fraternity/Sorority Life to make it a great event; all the houses are getting involved too! Look for more information soon.

**Transfer Student Dinners**
We’d like to give a big welcome to our new transfer students this year! We know transferring can be tough. That’s why we’re here to make it easier. We’ll be hosting transfer student dinners in the dining hall periodically. Come eat with us and your fellow transfer students! Look for more dates soon.

**OrgSync**
Did you know there’s a one-stop shop to find out more about student organizations at WCU, and what they’re doing? Make sure you sign up on OrgSync so you can learn about the clubs and organizations here. Find out what events they have upcoming, and how you can join them! It’s never been easier, so sign up and start getting involved today!