

Dear Sophomore Advisers,

We are writing with information and advice about majors, course loads, co-curricular credits, and wellness credits.

**DECLARING THE MAJOR:** Students don't have to wait for the **March 29 deadline** to declare their major—they can do so anytime before that. To declare, they should contact the department chair. It's usually a good idea to do so well in advance of the deadline, so they have time to get an adviser in their department before moving into preregistration (you will no longer be their adviser once they declare). If they want a second major, they have up through the first semester of their senior year to declare it.

**COURSE LOAD AND DESIGNING THE PLUS:** Most first-year and first-semester sophomores take four classes per semester, which keeps them on track for their required 32 academic credits. (*Please note: If they are repeating a course, it will not count toward the minimum of 4 credits.*) As you know, **the Trinity Plus Curriculum requires a total of 35 credits**, of which three can be co-curricular credits. The fourth semester is a good time for students to begin thinking, if they haven't, about what their Plus will look like, and how they will supplement their 4-course load. Here are some questions to consider as they design a Plus that works for their own particular interests:

- **Will it involve getting an Experiential Certificate?** If so, [they might begin planning soon](#), making sure that their total credits build toward the graduation requirement of 35
- **Will it involve an internship**, either during a semester and/or over the summer? For co-curricular credit internships, they should [get on Handshake](#) to look for opportunities, and be in touch with [the Center for Career and Life Design](#).
- **Will it involve being a TA and/or doing research?** This might happen in their junior and/or senior year, but it's useful to begin thinking about how it might work for them and their potential major.
- **Will it involve taking three more academic credits?** If so, they might consider a fifth course now, or a .5-credit course, to build toward the total. If they have AP credit, or have been taking labs, they might be moving toward 35 credits already.
- **Will it involve a combination of any three credits (academic and/or co-curricular) beyond their required 32?** If so, they should know that there's no rush, but that planning is important as they move toward their junior year.

**THE WELLNESS REQUIREMENT:** Students are required to take a total two experiences, ideally before the end of their second year.

- These are **unrelated to co-curricular credits**—they are considered “experiences,” and are listed as “required” or “completed” on the advising transcript

- Students can find potential Wellness experiences on the **Course Schedule under Wellness**.
- Students can enroll in some experiences prior to the start (as in the case of WELL 105 to WELL 152). For others, they register by contacting the coordinator listed in the course description, and participation will be recognized upon completion (as in the case of WELL 160 to WELL 184). Students can also satisfy a wellness requirement for their participation in a **NESCAC sport** or in a club sport with a staff coach.
- A few academic courses count for Wellness in addition to their academic credit, as indicated in their Distribution code on the Schedule of Classes.