



Sophomore Time Capsule How To Guide

The Sophomore Time Capsule is an opportunity for sophomores to reflect on the memories they have made, a place to store all of their hopes and dreams and where they can send a message to their future selves. These memories will be saved within the program [Memories](https://memories.net/) (<https://memories.net/>) and can be scheduled to be sent back to Sophomores the day of your Graduation.

How to Use the Sophomore Time Capsule

We recommend Sophomores think about a message and memories they would like to send to themselves during their senior year/ right before graduation! Below we have listed some prompts or memories for you to use!

Letter/ Video Message to Myself

What do you think your life will be like in the future? How do you expect to have changed by the time you open your time-capsule? What do you want to tell your future self? What is one advice you would give to your future self?

Photos to Consider

- My favorite GW photo
- My current phone wallpaper
- Dorm room/ Campus photo
- Class from home photo

Me, in 2022?

- What's my anthem at the moment?
- My ultimate comfort food is _____
- What's an item that tells my story?
- What makes me laugh?
- One thing that always makes me tear up: _____
- I spend most of my days _____
- I'm so proud of myself for: _____
- Who/What do I miss the most about GW?
- My friends think I am: _____
- My favorite class is: _____
- In the next two years, I'm so excited to _____
- When I graduate, I hope to _____
- My favorite GW event _____



- Three goals I would like to accomplish in the next 2 years _____
- My #onlyatGW moment _____
- My favorite place to eat on campus _____
- What I appreciate the most at the moment _____
- When I go back to campus I will _____
- My best friends are _____

Sample Time Capsule

Name: Hippo

Dear Future Self,

Congratulations on making it to graduation! These 4 years surely went by fast and it must be interesting to look back upon it all. Right now I am sitting outside Lisner Auditorium... aren't I always? This has been a prime spot for me though. One time Kanye West walked right by me! I cannot even make that up. That was for sure my #onlyatGW moment. Aside from catching glimpses of many of GW's famous guests, I have made many other memories here already as students love to stop by and offer me all sorts of foods. I must admit that GW Deli is my favorite restaurant on campus. Anyway, I must get going as my good pal Georgie is coming to visit me. Best of luck my future self! You made it! Raise High!

How to Use Memories

Once you have determined your messaging it is time to schedule your message!

1. To begin, go to the [Memories \(https://memories.net/\)](https://memories.net/) website or download the application. Once you are logged in or have created an account you will see the option to create a future message. Click on "Future Messages".
2. From there, you will see "Schedule a Future Message" with an option to "+ Add a Future Message", choose this option to continue.
3. Next, you will have options to "Add a photo or video" and to type out a message to your future self, as well as where to send it! In finish be sure to schedule the message for May 2024, and click, "+ Add a future message"
4. The final screen will show you your scheduled future message!

