



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

#### Me, in 2021?

- 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 favourite 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: Hippopotamus

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 2023, and click, "+ Add a future message"
4. The final screen will show you your scheduled future message!

