

New Student Experience

Co-Curricular Session Summary 2014

Tell your story, imagine your future, and start living your future...GOBE

Ben & Jerry's Meet 'n Greet

Overview:

We know that college students that feel a 'connection' to a faculty or staff member on their campus report a greater satisfaction with their college experience and frequently have higher grades. The objectives are to guide students to initiate connection with people —build community, introduce importance of "networking," manners, and valuable internship opportunities.

Outcomes:

- Increase awareness of the functions networking: initiate, connect,
- Gain experience in being proactive and confident in relationships rather than reactive
- Engage in a discussion on purpose/passion in a novel way

Key Words: Networking, Manners, Internship, Conversation Starters, Body Language, Cultural Differences

Polar Bears, Paws and Pathways

Overview:

Mini-discussion of the strengths a Polar Bear uses to thrive/survive. Activity continues to "go deeper" with students understanding of their own strengths, values, experiences and implications for their journey to date and in the future.

Use of TOMS shoe template; students have read "Start Something that Matters" in class. Author is CEO of TOMS shoes.

Outcomes:

- Develop their understanding of personal strengths
- Analyze past in reference to strength themes and future potential

Key Words: Strengths, Thriving, Surviving, Foundation, Purpose, Values, Future Journey

Get Real

Overview:

Knowing and understanding our values in relation to decision making is important in developing students to experience academic success, career success, personal and relationship success. Brief dialogue on decisions, values clarification activity and reflection to aid in defining purpose.

Outcomes:

- Students will clarify their personal values
- Students will build their knowledge base on values related to decision making

Key Words: Values, Decision Making

Ten Years Later Letter

Overview:

Students write a letter to fellow classmates as if the year were 2024. Students are asked to imagine, in detail, what their life will be like in ten years and then complete a letter describing their life using preset prompts. Discuss letter writing/addressing envelope. Coordinator mails letter at a later time.

Outcomes:

- Students will communicate in letter form a desired future

Key Words: Desired Future, Planning, Career Resources

Window into You

Overview:

Students often struggle to find their purpose. This activity helps students look favorite things (movies, songs, quotes, etc.) that may offer insight or perhaps a common thread that helps them to realize their purpose and/or values.

Outcomes:

- Students will identify sources of inspiration/motivation / expression of self by identifying quotes, sayings, song titles, movies., that speak to them.
- Students will analyze notations, looking for a common thread that may weave through their selections, giving insight into life purpose/values, etc.

Key Words/phrase: What's your one thing? Values, Common Thread, Inspiration, Motivation

Civility

Overview:

Promotion of civility, with attention to building campus civility and personal responsibility. Explore of aspects of civility and the impact of civil behaviors.

Outcomes:

- Describe a vision for campus/community civility
- Build interpersonal skills through sharing knowledge of diverse ideas, values and perspectives

Key Words: Civility, Values, Perspectives, Respect, Manners, Uncivil Behavior, Courtesy