

# Curriculum & Learning Objectives

## Blue Level (Individual Values | Reflect):

**Requirements:** Complete the Pre-Assessment, Complete all three workshops and write a short reflection, Attend or watch 3 of the 6 Speaker Series and write a reflection

**Consciousness of Self:** Being aware of who you are

- Strengths & Values Workshop
  - Complete Strengths Quest Quiz
- Leadership Goal Setting
- Meet with a staff or peer mentor

**Congruence:** Aligning your personal beliefs into your daily life and actions

- Mindfulness Workshop
- Reflect on Values & Everyday living

**Commitment:** Exercising your integrity and your innate passion

- Passions & Commitment Workshop
- Join a Group!

## Silver Level (Group Values | Engage):

**Requirements:** Become an active member of a Registered Student Organization (RSO) and post a reflection; volunteer 10 hours in the community that relates to your passions and post a reflection; attend and have an active role in Hot-Lunch-Hot-Topics or advocate for a cause you are passionate about and post a reflection; and attend or watch 3 of 6 Speaker Series and write a reflection

**Collaboration:** Goes beyond just teamwork

- Join a Registered Student Organization (RSO) and reflect on your role in the group

**Common Purpose:** Individuals working in groups with others to achieve shared visions

- Volunteer 10 hours in the community and reflect on your experience

**Controversy with Civility:** Creating a group culture where people feel safe and supported to share and explore diverse perspectives

- Advocating for a Cause (Choose 1):
  - Attend and have an active role in Hot-Lunch-Hot-Topics sponsored by SGA and reflect on your experience
  - Advocate for a cause you are passionate about and reflect on your experience

## **Gold Level (Community Values | Serve):**

**Requirements:** Mentor a Blue Level Student, choose one of the capstone options and post a monthly reflection, complete the post-assessment

### **Citizenship:**

- Capstone Project (Choose 1):
  - Volunteer 50 Hours for a local non-profit organization that you are passionate about
  - Participate in a Social Justice Research Project in the community
  - Lead a service Trip (Domestic or International)
- Reflections each month about your project
- Mentor a Blue level student