

# Curriculum & Learning Objectives

## Blue Level (Individual):

**Includes:** Workshops, speakers, mentor meetings, end of year summary/reflection & Brightspace

### Consciousness of Self:

- Complete StrengthsQuest and reflection
- Create and Post leadership Goals (discussion board)
- Meditation Activity (checklist)
- Connect with Staff or Peer mentor (checklist)
- Determine and post Values (discussion)
- Attend Workshop and post reflection

### Congruence:

- Chat with Nate (checklist)
- Reflect on Values and everyday living (discussion)
- Attend workshop and post reflection

### Commitment:

- Join a group (preferably an RSO) (discussion)
- Attend workshop and post reflection
- Attend at least 4 Leadership speakers (8 offered throughout the year)

## Silver Level (Group):

**Includes:** Being part of a group within the program, being part of a group outside of the program (RSO preferred, but any), advocating for a cause or leave it on the floor, workshops, Brightspace (discussions and reflections will be huge for this category as they reflect on their part they play within a group), speakers, & end of year summary/reflection

### Collaboration:

- Lead or attend a campus event (checklist)
- Attend Workshop and post a reflection
- Discussion posts about collaboration within Group (RSO)

## **Common Purpose:**

- Volunteer with a local non-profit (checklist)
- Attend at least 4 Speakers (8 offered throughout the year)
- Attend Workshop and post a reflection
- Discussion posts about the common purpose within Group (RSO)

## **Controversy with Civility:**

- Advocate for a Cause (checklist)
- Leave it on the Floor Friday (checklist)
- Attend workshop and post a reflection
- Discussion post about controversy within Group (RSO)

## **Gold Level (Community):**

**Includes:** Speakers (less are required, but all are encouraged), Mentor a Blue Level member (receive orientation/training in the fall), MSL Course, Capstone Project (collaboration with Cara R.), Brightspace, & end of year summary/reflection and/or end of program summary/reflection

## **Citizenship:**

- Capstone Project
  - Could be a Social Justice Research project in the community
  - Related to the Critical Concerns
- 1-month Reflections regarding capstone project
- Mentor Blue level students (checklist)
- Service Trip (domestic or international) (plan, lead, or attend)