

Human Experience year end activity suggestions: Looking back/ Looking forward

Some relevant and timely ideas for the end of the first year experience.

Gratitude Attitude in-class writing assignment:

Following the example of Marcus Aurelius, identify three individuals who did something for you this year that you appreciated. Write each person a thank you note. In the note, explain the situation in enough specific detail that the person will be able to recall the exact event and context, explain the behavior (comment, or whatever it was) that the person did, and the impact that it had on you which you have come to appreciate. (Situation, Behavior, Impact)

In groups of four or five, have each student share one of the experiences that he or she wrote about in the thank you notes. (understanding self/others; individual responsibility)

Capturing growth experiences to date:

Using the on-line Eckerd College Career Services resources, have the students construct a resume including the experiences and new skills acquired this year. If they don't already have one, have the students create a professional LinkedIn profile. They can upload a picture. Maybe you could have the students use their phones to take a picture for the profile.

Imagination task 1: Have students create their resume or LinkedIn page at Graduation in 2018.
List specific education, experiences, skills, competencies

Imagination task 2: International education bucket list. How can you be a global citizen if you've never been any place? Have a "Why travel" conversation? Solicit personal experiences and impacts for your freshmen who have international travel experiences.

Fun read: *Oh, the places you'll go* Dr. Seuss graduation speech

Using and developing our voices in conversation with others:

Teach someone something: e.g., share one thank you note experience and why it was significant, international travel experience and what was gained, or how to create an on-line professional presence.

Mentor someone: What is the skill set for an effective mentor? How could you develop those skills? Why would you want to? Which of these skills do you already possess? What Eckerd resources exist for the development of those competencies and confidence?

Service to someone/something: Eckerd College is proud of its history of producing "competent givers" who make a positive difference in the world. What important concern or problem are you interested in? What ways could you see yourself making a contribution to addressing this concern or problem? What, specifically, is your motivation to energize your effort and commitment to this?

Goal setting for next academic year:

Academic goals: e.g., specific courses, skills, get to know the faculty members in your major (and beyond.) Independent study: If you could design a course or learning experience that isn't offered here as a regular class, what would you invent?

Community involvement goals: e.g., clubs, organizations, leadership opportunities, service learning trips.

Self development goals: e.g., writing, oral communication, or presentation skills, musical, artistic, sailing, dance, poetry, SCUBA, video production,

Resources for success at Eckerd College:

I'm going to have students (as a group) brainstorm resources at Eckerd that will support their goal setting. These can include other students as well as official departments such as the Careers Services, Center for Innovative Learning, Academic Coach, Palmetto Productions, campus media, ECOS, ASPEC.

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