

Campus-Community Engagement Planning Grid

Awareness	Knowledge	Skill
<p>Competency 1: See What Campus Offers</p> <p>3 Action items/Activities:</p> <ul style="list-style-type: none"> - University union night - Orange after dark events - Participate in my floors events <p>GOAL: Academic/Social/Cross-Cultural/Wellness</p>	<p>Competency 1: Grades</p> <p>3 Action items/Activities:</p> <ul style="list-style-type: none"> - Go to study groups - Writing center - Set up a study plan for myself <p>GOAL: have all A's and B's 2nd semester</p> <p>Academic/Social/Cross-Cultural/Wellness</p>	<p>Competency 1: Punctuality</p> <p>3 Action item/Activities:</p> <ul style="list-style-type: none"> - Make schedule for self - Write down what i have do/ have committed to/ keep an agenda - Set rewards for myself when I complete the task <p>GOAL: Not miss any classes next semester</p> <p>Academic/Social/Cross-Cultural/Wellness</p>
<p>Competency 2: Wellness</p> <p>3 Action items/Activities:</p> <ul style="list-style-type: none"> - Meditation session - Green lakes day hike - Take advantage of the stress release sessions <p>GOAL: Academic/Social/Cross-Cultural/Wellness</p>	<p>Competency 2: Peers</p> <p>3 Action items/Activities:</p> <ol style="list-style-type: none"> 1. Join new clubs 2. Talk to a new person every day 3. Expand past my normal social circle <p>GOAL: Talk to people who are completely different from me and who have different backgrounds</p> <p>Academic/Social/Cross-Cultural/Wellness</p>	<p>Competency 2: Emotional Stability</p> <p>3 Action items/Activities:</p> <ul style="list-style-type: none"> - Journal everyday - Practice positive self-talk - Put my health first <p>GOAL: Not build-up emotional stress next</p> <p>Academic/Social/Cross-Cultural/Wellness</p>

-Campus Community-

-Engagement Plan-

Awareness

1. See What Campus Offers: I am going to attend different talks provided to students once a week.
Activity: *Is Free Speech Killing Democracy* talk on February 18, 2022
2. Health Options Available: I am going to attend this atleast once a week to take full advantage of Syracuse's options for students.
Activity: Mindful Meditation on December 9, 2021
3. Academic Resources: I am going to make an appointment with the writing center everytime I'm assigned a paper.
Activity: Make an Appointment with the Writing Center
4. Learning About Others: I am going to attend this conversation so I can educate myself on Hebrew culture.
Activity: Hebrew Culture and Conversation Table November 18, 2021

Knowledge

1. Help With Classes: I will attend this talk so I can apply these tips to my next writing assignment.
Activity: *Master Thesis Defense: Jessica O'Connell* talk on December 9, 2021
2. Opportunities To Meet Peers: I am going to apply so I have the opportunity to meet more students at SU.
Activity: Orange Success Mentor Application on December 9, 2021
3. Exposure To Different Ways of Life: I am going to attend this talk so I can learn what is going on in the parts of the world I'm not educated on.
Activity: *Javed Younas: Understanding the Woes of Pakistan's Electricity Sector and Possible Solutions* talk on November 11, 2021

4. Ways To Stay Healthy On Campus: I am going to attend this orientation to learn about everything the Barnes Center has to offer.

Activity: Fitness Center Orientation on December 9, 2021

Skills

1. Personal Self-Work: I am going to attend this session before every final season to take care of my physical, mental, and emotional self.

Activity: Decompressing Before Finals Week: Student Wellness Event on December 9, 2021

2. Time Management: I am going to attend this talk so I can improve my habits so my school work can see the benefits.

Activity: Manage Your Stress to Manage Your Life on February 17, 2022

3. Understanding Others: I am going to attend this talk so I can learn about other students of color and minorities I may not be the same to.

Activity: *18th Annual WellsLink Transitions Ceremony and Keynote Speaker: Nic Stone* talk on February 11, 2022,

4. Trying Other Religions: I will attend Bible study to gain the skill of growth through another religion's practice.

Activity: Bible Study every Thursday