

Learning Domains

Learning Domains	Description	Skills	Examples
 <p>HEALTH & WELLNESS</p>	<p>Health and wellness are directly related to students' ability to succeed and meet their goals while having a meaningful college experience. Students develop the ability to balance their multiple roles and responsibilities along with using healthy coping mechanisms.</p>	<p>Stress reduction, nutrition, increased awareness of and confidence with recreational activities, coping strategies, sexual health awareness, healthy relationships, healthy sleep habits, alcohol and drug education, personal safety, self-care, work-life balance, connecting choices to goals</p>	<p>Engaging in recreational and fitness opportunities. Participating in programs and workshops on topics such as stress reduction and making healthy choices. Attending events such as Love Your Body Week and Wellness Fair.</p>
 <p>LEADERSHIP</p>	<p>Development of the skills necessary to lead and empower others to successfully accomplish a common task, objective, or goal.</p>	<p>Empowering and inspiring others, directing operations, delegation, time-management, mentoring, establishing positive relationships, motivating others to action, strategic planning, performing acts of service, communication skills, teamwork, coaching, planning, role-modeling, taking initiative</p>	<p>Completing the leadership minor. Being involved in student government, student advisory committees (SAC), clubs and organizations (RHA, UPC, SHAC). Attending events such as the Learning to Lead Conference. Serving as a student director for Alternative Spring Break.</p>
 <p>GLOBAL CITIZENSHIP</p>	<p>The ability to demonstrate perspective and openness to international individuals. Active engagement to understand worldwide experiences. Awareness of interconnectedness between countries, people, and cultures.</p>	<p>Communication with worldwide populations; adaptability, flexibility, and sensitivity to intercultural customs; appreciation of different educational approaches for learning</p>	<p>Participating in programs such as International Ambassadors, study abroad, language exchange, and student clubs (Cross Culture Club, International Student Council). Attending events and lectures such as International Night or celebrations of international holidays.</p>
 <p>DIVERSITY & INCLUSION</p>	<p>Awareness and understanding of the value that diversity brings to the educational setting. Creating an atmosphere where issues of privilege and oppression can be explored. Promotion of social justice.</p>	<p>Awareness of cultures and perspectives other than one's own, recognition of systems of privilege and oppression, self-awareness of own privilege and oppression, overcoming stereotyped thinking, navigating conversations with others with different perspectives, exploration of ways to combat inequities, advocating for social justice</p>	<p>Engaging in diversity-related dialogues. Participating trainings or conferences such as Conference on Social Awareness and Safe Zone Training. Attending events such as Women's Week, Pride Week, and Martin Luther King Jr. celebrations.</p>

 <p>CIVIC ENGAGEMENT & SOCIAL RESPONSIBILITY</p>	<p>Involvement in activities that promote becoming a responsible, engaged citizen who contributes to the community and world. Learning about and taking action on issues such as poverty, homelessness, hunger, and the natural environment.</p>	<p>Learning to work with others to address social inequities, sustainability and environmental justice, initiating or managing programs, ethical decision making, interaction with others different from ourselves, working for a cause larger than one's self, self-reflection</p>	<p>Participating in volunteer and service opportunities that connect campus with the larger community, such as service learning programs through the Bennion Center and Greek Life.</p>
 <p>CAMPUS COMMUNITY</p>	<p>Engage with various academic, co-curricular, service-learning, and involvement areas on campus to learn the value of partnerships, and enhance campus experience through campus community involvement. Sense of belonging among community members.</p>	<p>Interpersonal skills, communication, leadership skills, collaboration, team building, project management, campus awareness, navigating campus, creating and maintaining healthy partnerships, school spirit</p>	<p>Participating in events that focus on building the campus community such as MUSS, Crimson Nights, HRE, Greek Life, and lectures and dialogues.</p>
 <p>ACADEMIC PERSISTENCE & ACHIEVEMENT</p>	<p>Skill acquisition and knowledge which will facilitate continued academic learning and contribute to the completion of a program and graduation of students.</p>	<p>Study skills, professional networking, professional development, research skills, self-exploration, setting educational goals, test taking skills</p>	<p>Engaging in programming that promotes skills to increase academic success, as well as building a supportive network to aid in navigating institutional systems. Participating in tutoring or supplemental instruction. Enrolling in Ed Ps 2600 or UC 1010. Attending events such as Food for Finals & Geek Week.</p>
 <p>PRACTICAL COMPETENCE</p>	<p>The acquisition of knowledge and skills which are transferable to real life scenarios.</p>	<p>Computer literacy, accessing and comprehending information, discerning between useful and irrelevant information, establishing priorities, goal-setting, written and verbal communication, time management/planning</p>	<p>Examples include preparing for events such as career fairs or major exploration programs with questions, resume, understanding of interests etc. Ability to use university systems such as article search databases, work-life skills from campus employment, establishing residency, communicating effectively with others, money management. Utilizing Career Services to prepare for an upcoming career fair. Participating in programs offered through the Personal Money Management Center. Being employed on campus.</p>
 <p>CRITICAL THINKING</p>	<p>The ability to consider different points of view and sources of information to form one's own opinion and apply it appropriately based on the context.</p>	<p>Actively participating in lectures, readings and discussions, Applying academic knowledge to real-world situations, problem-solving</p>	<p>Attending events and programming that promote opportunities for discussion and reflection such as Service Learning Scholars, dialogues, workshops, and conferences (e.g., COSA).</p>