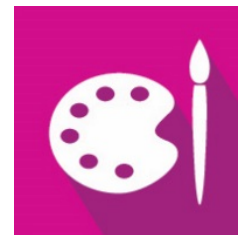


Arts & Culture

Students will develop an understanding of different aesthetic forms; and have opportunities to participate in or contribute to a variety of artistic experiences.

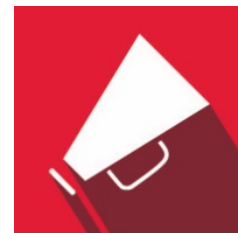


Completion Requirements: 3 core items and at least 2 elective items must be completed

Required Items:	Type
Attend 3 Brock hosted arts events or workshops – Choose 3 of:	
Attend a Brock hosted cinematic event or workshop	Event Attendance
Attend a Brock hosted music event or workshop	Event Attendance
Attend a Brock hosted performing arts dance event or workshop	Event Attendance
Attend a Brock hosted theatre event or workshop	Event Attendance
Attend a Brock hosted visual or literary arts event, exhibit, or workshop	Event Attendance
Attend a Niagara community arts or culture event, exhibit, lecture, or workshop	Event Attendance
Complete the Arts & Culture end of domain reflection	Self-Report
Complete 2 Electives:	
Attend an additional community arts event, exhibit, lecture, or workshop	Self-Report
Attend a cultural event or festival in Niagara	Event Attendance
Perform in a theatre, dance, film, music, or other arts related event or production	Event Attendance
Explore an art gallery or art museum	Event Attendance
Explore the art and beauty of nature at a botanical garden	Event Attendance
Share your creative writing, poetry or play-writing online, at an event, or in a journal	Self-Report
Share your visual art or photography in an exhibition	Event Attendance

Brock Spirit

Students will develop an appreciation of the history, values and culture of Brock University; contribute to on-campus traditions and activities; and identify as proud members of the Brock community.

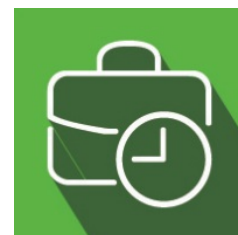


Completion Requirements: 6 core items and at least 3 elective items must be completed

Required Items:	Type
Attend 3 Welcome Week or Frost-week events	Event Attendance
Attend a Brock Athletics event/competition	Event Attendance
Attend a campus spirit event	Event Attendance
Serve on a campus committee, advisory group, board or council	Event Attendance
Take a picture of yourself wearing a piece of Brock University or Badger 'branded' clothing	Self-Report
Vote annually in a student government election	Self-Report
Complete the end of domain reflection	Self-Report
Complete 3 Electives:	
Attend a Brock student council meeting	Event Attendance
Attend a summer transition program	Event Attendance
Be a Brock ambassador at a community engagement event	Event Attendance
Be a member of a Brock recognized club	Organization
Be an orientation week volunteer	Event Attendance
Be Boomer the Badger	Event Attendance
Engage with any Brock University group on social media	Self-Report
Participate as a part of a Brock team at a community event	Event Attendance
Participate in a community parade on behalf of Brock	Event Attendance
Participate in intercollegiate (varsity) athletics	Organization
Volunteer on campus with a Brock department	Event Attendance
Work on-campus	Event Attendance
Write for a student publication or blog	Event Attendance

Career Preparation

Students will develop an understanding of transferable skills and career interests; identify future opportunities; and learn how to prepare for employment and further education.

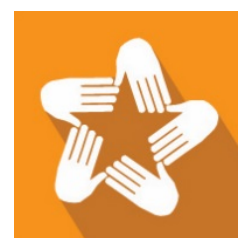


Completion Requirements: 5 core items and at least 3 elective items must be completed

Required Items:	Type
Complete a career focused self-assessment related to career options	Event Attendance
Complete one interview preparation activity	Event Attendance
Register for Experience Plus	Organization
Visit an on-campus career office, and work with staff to explore career options, have your resume/cover letter reviewed , or learn about effective job search strategies	Event Attendance
Complete the end of domain reflection	Self-Report
Complete 3 Electives:	
Attend a Brock facilitated career, employment, networking or post-graduate event	Event Attendance
Attend a career decision making workshop	Event Attendance
Attend or participate in a career related conference or competition	Event Attendance
Complete a workshop targeted at helping you develop effective job search strategies	Event Attendance
Conduct an informational interview or discovery meeting with an industry professional	Event Attendance
Create an online career driven profile and explore social media as a way to promote your professional self	Event Attendance

Community Engagement

Students will develop respect for community involvement; become engaged citizens; and commit to serving and dedicating time to others within Niagara and beyond.

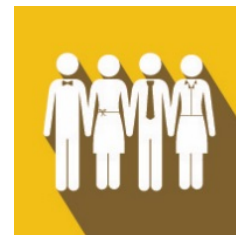


Completion Requirements: 3 core items and at least 1 elective item must be completed

Required Items:	Type
Complete 40 hours of community service	Organization
Volunteer in the community with a Brock department or campus group	Event Attendance
Complete the end of domain reflection	Self-Report
Complete 1 Electives:	
Attend an informational fair to learn about off campus volunteer opportunities in the Niagara community	Event Attendance
Participate in a fundraiser, blood drive, clothing drive, or food drive	Event Attendance

Diversity & Inclusion

Students will recognize and develop an understanding of diverse perspectives; and demonstrate accepting and inclusive attitudes and behaviours.



Completion Requirements: 5 core items and at least 1 elective item must be completed

Required Items:	Type
Attend a program, workshop, or event with a focus on accessibility	Event Attendance
Attend a program, workshop, or event with a focus on other issues related to diversity & inclusion (other than the topics mentioned)	Event Attendance
Attend a program, workshop, or event with a focus on race, ethnicity and/or religion	Event Attendance
Attend a program, workshop, or event with a focus on sexuality, sexual and/or gender identity or healthy relationships	Event Attendance
Complete the end of domain reflection	Self-Report
Complete 1 Electives:	
Attend a conversation cafe, as a volunteer or participant	Event Attendance
Attend a religious or spiritual service, ceremony or practice other than your own	Event Attendance
Attend an additional program, workshop, or event with a focus on diversity and/or inclusion	Self-Report

Global Awareness

Students will increase their global and cultural awareness; explore environmental, social justice, and political issues; and develop an understanding of interconnectedness in the world.



Completion Requirements: 5 core items and at least 2 elective items must be completed

Required Items:	Type
Attend a program, workshop, or event with a focus on cross-cultural and/or cultural awareness	Event Attendance
Attend a program, workshop, or event with a focus on environmental issues	Event Attendance
Attend a program, workshop, or event with a focus on global issues	Event Attendance
Attend a program, workshop, or event with a focus on history, politics or economics	Event Attendance
Complete the end of domain reflection	Self-Report
Complete 2 Electives:	
Attend an informational session to learn about exchange, study abroad or volunteer opportunities overseas	Event Attendance
Be a Conversation Partner	Organization
Calculate your ecological footprint and implement one change for at least a month	Self-Report
Explore a museum or historical site	Event Attendance
Participate in an exchange, overseas course, study tour, or study abroad program	Event Attendance
Participate in an international symposium, conference, or competition	Event Attendance
Participate in an international volunteer or service program	Event Attendance
Serve as an interpreter or translator	Self-Report
Work in a country that is not your own	Self-Report

Health & Wellness

Students will develop an appreciation for lifestyle choices that promote holistic well-being; and adopt personal strategies for self-care.

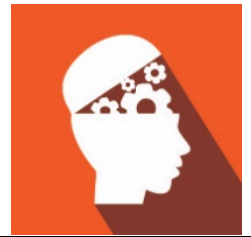


Completion Requirements: 5 core items and at least 2 elective items must be completed

Required Items:	Type
Attend a program, workshop or event with a focus on emotional health	Event Attendance
Attend a program, workshop or event with a focus on mental health	Event Attendance
Commit to 30 minutes of physical activity 3 times/week for an academic term	Self-Report
Complete a detailed personal budget	Self-Report
Complete the end of domain reflection	Self-Report
Complete 2 Electives:	
Attend a financial literacy program or workshop	Event Attendance
Attend a fitness or wellness class	Event Attendance
Attend a program, workshop or event with a focus on sexual health	Event Attendance
Attend an additional workshop or event with a health and wellness focus	Event Attendance
Complete a first aid, CPR or Automated External Defibrillator (AED) training	Event Attendance
Meet with a financial advisor	Self-Report
Participate in a physical activity sponsored by a campus organization	Event Attendance
Participate in intramural sports	Event Attendance
Work with a Personal Trainer to create a personalized exercise program	Self-Report

Innovation & Creativity

Currently under renovation – to be released in June 2019

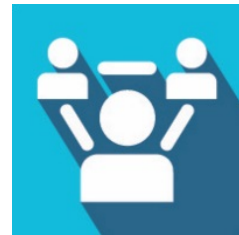


Elective Items:	Type
Complete the end of domain reflection	Self-Report

Leadership & Teamwork

Students will develop leadership and teamwork skills; apply knowledge through practical experience; and work collaboratively toward shared goals.

Completion Requirements: 4 core items and at least 2 elective items must be completed



Required Items:	Type
Attend a training session, workshop, or event focused on leadership	Event Attendance
Be a lead organizer for an event or workshop on-campus	Event Attendance
Serve in a long-term leadership capacity	Event Attendance
Complete the end of domain reflection	Self-Report
Complete 2 Electives:	
Be an advocate for a campaign or project	Event Attendance
Deliver or facilitate a workshop or training session	Event Attendance
Lead a group of volunteers in service activity, abroad or locally	Organization
Participate in a skill based experiential transition program	Event Attendance
Serve as a candidate or member of campaign team during an election period	Self-Report
Serve as a lead organizer on a large-scale event	Event Attendance

Personal Growth

Students will explore their strengths, talents and tendencies; recognize the need for self-awareness and continuous learning; and challenge themselves in new ways.

Completion Requirements: 4 core items and at least 3 elective items must be completed



Required Items:	Type
Attend a skill enhancing workshop or event	Event Attendance
Attend an A-Z Learning Services Workshop	Event Attendance
Complete a personality or learning styles assessment	Event Attendance
Complete the end of domain reflection	Self-Report
Complete 3 Electives:	
Attend a program, workshop, or event with a focus on expanding your range of interests, activities, and/or knowledge	Event Attendance
Investigate your family history	Self-Report
Participate in a Brock Library workshop	Event Attendance
Participate in a Brock Mentorship program	Organization
Prepare and deliver a speech or presentation, or be an emcee an event	Self-Report
Read a non-required book that provides self-enlightenment	Self-Report
Try something new	Self-Report