



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.

Required Items:

Attend 3 Brock hosted arts events or workshops – Choose 3 of:

Attend a Brock hosted **cinematic** event or workshop

Attend a Brock hosted **music** event or workshop

Attend a Brock hosted **performing arts dance** event or workshop

Attend a Brock hosted **theatre** event or workshop

Attend a Brock hosted **visual or literary arts** event, exhibit, or workshop

Attend a Niagara community arts or culture event, exhibit, lecture, or workshop

Complete the Arts & Culture end of domain reflection

Complete 2 Electives:

Attend an additional community arts event, exhibit, lecture, or workshop

Attend a cultural event or festival in Niagara

Perform in a theatre, dance, film, music, or other arts related event or production

Share your creative writing, poetry or play-writing online, at an event, or in a journal

Share your visual art or photography in an exhibition

Explore the art and beauty of nature at a botanical garden

Explore an art gallery or art museum



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.

Required Items:

Attend 3 Welcome Week or Frost-week events

Attend a Brock Athletics event/competition

Attend a campus spirit event

Take a picture of yourself wearing a piece of Brock University or Badger 'branded' clothing

Vote annually in a student government election

Complete the end of domain reflection

Complete 3 Electives:

Be a member of a Brock recognized club
Attend a summer transition program
Be an orientation week volunteer
Be Boomer the Badger
Participate as a part of a Brock team at a community event
Participate in a community parade with Brock
Be a Brock ambassador at a community engagement event
Volunteer on campus with a Brock department
Engage with any Brock University group on social media
Work on-campus
Participate in intercollegiate (varsity) athletics
Write for a student publication or blog
Attend a Brock student council meeting



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.

Required Items:
Register for Experience Plus
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
Complete a career focused self-assessment related to career options
Complete one interview preparation activity
Complete the end of domain reflection
Complete 3 Electives:
Participate in a workshop related to professionalism or business etiquette
Participate in a workshop targeted at helping you prepare for your next steps to employment and/or post-graduate studies
Participate in a skills translation and/or career exploration workshop
Meet with a Talent Development Specialist regarding post-graduate studies and application process
Attend a Brock facilitated career, employment, networking or post-graduate event
Attend or participate in a career related conference or competition
Conduct an informational interview or discovery meeting with an industry professional



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.

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



Diversity & Inclusion

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

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



Global Awareness

Students will increase their knowledge of global systems and issues (social, cultural, historical, economic, environmental and/or political); explore diverse cultural perspectives; and develop their global self-awareness.

Required Items:
Participate in an intercultural awareness program or workshop
Attend a program, workshop, or event with a focus on global systems and/or global issues
Be a Conversation Partner

Complete the end of domain reflection
Complete 3 Electives:
Participate in an event with a focus on celebrating or learning about another culture(s)
Explore a historical or cultural museum or heritage site
Attend an international mobility event, workshop, or information session to learn about exchange, study abroad or volunteer opportunities
Study or work abroad
Participate in a volunteer or service-learning experience that includes immersion in other countries or cultures
Join and actively participate in a student group with an international/global focus
Attend a program, workshop, or event with a focus on learning about a region's history, economy, religions, and/or languages
Calculate your ecological footprint and implement one change for at least a month



Health & Wellness

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

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



Innovation & Creative Thinking

Students will develop their innovative and creative thinking skills; and will develop an understanding of what it means to be innovative.

Complete 4 Elective Items:

Attend a program, workshop or event with a focus on developing innovative, critical and/or creative thinking skills.

Attend a program or workshop with a focus on developing or improving your problem-solving skills

Attend a program, workshop or event with a focus on social innovation/social change

Attend a program, workshop or event with a focus on new, emerging, innovative, digital or educational technologies

Visit the Library Makerspace to learn about and experiment with new and emerging technologies

Attend a program, workshop or event with a focus on entrepreneurship, business innovation or business start-up and incubation.

Pitch your business idea to a business incubator, at a competition, or to an entrepreneurship-focused group

Design an innovative and creative plan of action to address a problem, gap, or need (social, process, service or product innovation)

Complete the Innovation end of domain reflection



Leadership & Teamwork

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

Required Items:

Attend a training session, workshop, or event focused on leadership

Be a lead organizer for an event or workshop on-campus

Serve in a long-term leadership capacity

Complete the end of domain reflection

Complete 2 Electives:

Participate in a skill based experiential transition program

Lead a group of volunteers in service activity, abroad or locally

Deliver or facilitate a workshop or training session

Serve as a candidate or member of campaign team during an election period

Be an advocate for a campaign or project

Serve on a campus committee, advisory group, board or council

Serve as a lead organizer on a large-scale event



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.

Required Items:

Attend an A-Z Learning Services Workshop

Attend a skill enhancing workshop or event

Complete a personality or learning styles assessment

Complete the end of domain reflection

Complete 3 Electives:

Attend a program, workshop, or event with a focus on expanding your range of interests, activities, and/or knowledge

Participate in a Brock Library workshop

Read a non-required book that provides self-enlightenment

Prepare and deliver a speech or presentation, or be an emcee an event

Investigate your family history

Try something new

Participate in a Brock Mentorship program