

Brock University

Campus-Wide Co-Curriculum

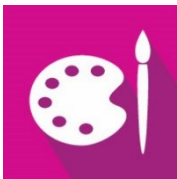
Domains & Key Experiences

Increasing students' engagement in their Brock experience both inside and outside the classroom is central to ensuring our students' success. Students aren't only learning when they're in class; there is also tremendous learning that comes from extra-curricular and co-curricular activities like campus events, club involvement, and volunteerism (as well as many others).

To help students make the most of their experiences beyond the classroom, Brock University developed the Campus-Wide Co-curriculum (CWC), which presents important **opportunities** for students to enhance their understanding of themselves and encourage participation across several important domains.

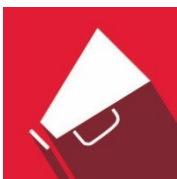
Opportunities represent key experiences, events or activities that we believe will help students to gain and fosters skills in ten different co-curricular domains. They domains chosen because they represent skills that employers increasingly expect from university graduates, and the offer opportunities to enhance students' personal growth.

Arts & Culture: Students will develop their understanding of different aesthetic forms; and have opportunities to participate in or contribute to a variety of artistic experiences.



Students will complete **4 experiences and a reflection**. Experiences include attending a variety of on and off-campus arts events, performing or sharing their own art or modes of creative expression, attending Niagara cultural events and festival and/or visiting local galleries or museums.

Brock Spirit: Students will develop their 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.



Students will complete **8 experiences and a reflection**. Experiences include attending orientation activities, campus spirit events, or varsity athletics games; and becoming involved in campus activities such as clubs, student governance, on-campus employment, and on-campus volunteering.

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



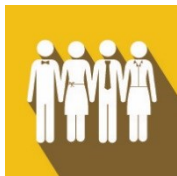
Students will complete **7 experiences and a reflection** – Experiences include working with Career Education professionals on-campus to create polished resume and cover letters; attending workshops to develop effective job search strategies and interview skills; and meeting with mentors or professionals in their chose field.

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



Students will complete **3 experiences and a reflection**. Experiences include completing at least 40 hours of community services and attend a Brock facilitated day of service.

Diversity and Inclusion: Students will recognize and develop their understanding of diverse perspectives; and demonstrate accepting and inclusive attitudes and behaviours.



Students will complete **5 experiences and a reflection**. Experiences include attending workshops focused on issues in diversity and inclusion such as accessibility, sexuality, gender identity, race, and religion.

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.



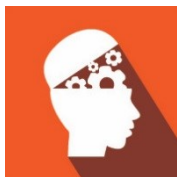
Students will complete **6 experiences and a reflection**. Experiences include attending workshops focused on global issues such as the environment, politics, or economics, as well as cultural awareness. In addition, students are encouraged to have an international experience such as volunteering, working or studying abroad.

Health & Wellness: Students will develop their appreciation for lifestyle choices that promote holistic well-being; and adopt personal strategies for self-care.



Students will complete **6 experiences and a reflection**. Experiences focus on multiple dimensions of health - emotional, mental, sexual, physical, and financial – and encourage students to attend workshops and become physically active.

Innovation: Students will develop their understanding of what it means to be innovative; and investigate, design and implement a new, or improve upon an existing concept, initiative, product or process.



Students will complete **5 experiences and a reflection**. The innovation domain requires students to learn about innovation, goal-setting and/or project management and complete experiences in three phases of the innovation process – Investigation, Design and Implementation.

Leadership & Teamwork: Students will develop their leadership and teamwork skills; apply knowledge through practical experience; and work collaboratively toward shared goals.



Students will complete **5 experiences and a reflection**. Experiences include not only learning about leadership, but leading other students in volunteer experiences or learning opportunities.

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.



Students will complete **6 experiences and a reflection**. Experiences include enhancing their skills through various workshops, learning about themselves through self-assessment and trying new and different things outside their comfort zone.

For more information, you can visit brocku.ca/experiencebu/co-curriculum or contact Amber Scholtens, ascholtens@brocku.ca