

Want to be recognized for your extra-curricular activities, but not sure where to start? Then, let the First Year Experience Track be your guide! Complete and report these 21 experiences in your first year and you will be well on your way to completing the Campus-Wide Co-Curriculum!

To get started, complete the **Pre-Curriculum Reflection**. Then...



- Attend a Brock hosted... (choose any of the 5 options)



- Attend 3 O-week or Frost-Week events
- Attend a Homecoming event
- Attend a Brock Athletics event/competition
- Vote annually in a student government election
- Take a picture of yourself wearing a piece of Brock University or Badger 'branded' clothing
- Engage with any Brock University group on social media



- 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



- Participate in a fundraiser, blood drive, clothing drive or food drive
- Attend an informational fair to learn about off campus volunteer opportunities in the Niagara community



- Attend a program, workshop or event with a focus on accessibility
- Attend a conversation cafe, as a volunteer or participant



- Attend a program, workshop, or event with a focus on cross-cultural and/or cultural awareness



- Attend a program, workshop or event with a focus on mental health OR emotional health
- Commit to 30 minutes of physical activity 3 times/week for an academic term
- Complete a detailed personal budget
- Participate in intramurals



- Attend an A-Z Learning Skills workshop
- Participate in a Brock Mentorship program as a mentee
- Try something new

We also recommend:

- Become a member of a Brock club
- Complete 15-20 hours of community service and volunteer at a University-facilitated day of service
- Attend a fitness or wellness class at the Zone
- Attend the Student Leadership Summit and take a Bronze level Foundations in Leadership course.

Visit experiencebu.brock.ca to get started!