Co-curricular learning experiences present students opportunities that contribute to acquiring core competencies including adaptability, decision making, problem solving, teamwork, leadership, civic virtue, critical thinking, interpersonal skills and practical competence. The co-curriculum provides a way in which college students begin to express their own goals, values and interests, and prepared for success in their lives after college. Over time, these opportunities expanded to include a wider variety of programs designed to impact student success in terms of retention, graduation and learning positively. Co-curricular learning experiences are widely recognized as purposeful engagement of students in the process of acquiring competencies through specific and deliberate behaviors that are transformative in nature and place the student's reflective process at the center of the learning experience (See Dean 2015, Kuh 2001, Meents-DeCaigny and Sanders 2015, Sterling and Kerr 2015).



### SUPPLEMENTAL INSTRUCTION

Peer-facilitated sessions connected directly to a specific course where students review material in a group setting that provides integrative experiences and promotes deep learning.



#### PEER TUTORING

Small peer-led study groups associated with specific course subjects where students engage in learning activities in a positive environment.



### REGISTERED STUDENT ORGANIZATIONS

Provides quality opportunities that enrich students' academic endeavors and enhance the campus environment. Students and staff collaborate to develop programs and services that encourage students' personal growth, to promote civic responsibility, embrace differences, and connect students to the campus and the community.



#### ALL-KNIGHT STUDY

Provides students opportunities for collaboration, interactive study space and 24-hour access.



## STUDENT GOVERNMENT ASSOCIATION

Students who are elected or appointed in their role are able to learn multiple aspects of group development skills in the process of leading others. Controversy with civility, collaboration, and common purpose elements are all important skills for leaders to gain while supervising and influencing others.



### MENTORING AND ACADEMIC COACHING

One-on-one meetings with a peer coach or mentor to review learning strategies, explore academic resources and elaborate a plan for success.



#### WORK EXPERIENCE

Provides students real-life experience in the global workforce and a means to afford a college education and reduce college debt.



## PERSONAL WELLNESS AND FITNESS ACTIVITIES

Comprehensive programs and highquality facilities that foster healthy lifestyle choices and encourage students to practice lifelong skills, including group fitness, personal training, wellness coaching, stress management and nutrition education.



# ALTERNATIVE BREAK PROGRAMS

Provides students with cultural immersion experiences, both in the region and internationally, that include service and educational growth opportunities.



#### CLUB SPORTS, RECREATION AND INTRAMURALS

Provides students with organized programs including recreational and competitive individual and team sports participation, outdoor adventure pursuits, adaptive recreation activities and aquatics programs.



## STUDENT LEADERSHIP PROGRAMS

Comprehensive programs that provide leadership education to create opportunities that challenge, empower and educate students to become social change agents in a global society.



## SOCIAL JUSTICE AND ADVOCACY

Promotes an equitable campus environment to increase equal access to campus resources and opportunities, while cultivating inclusiveness to the least advantaged members of the campus community.



# COMMUNITY SERVICE AND VOLUNTEERING

Students who engage in integrated service experiences with a reflection component are able to understand how service affects the larger cause and helps individuals become better leaders.



# RESIDENCE LIFE CURRICULUM

Focuses on educating students to become active, engaged and productive global citizens.



### LIVING LEARNING COMMUNITIES

Groups of students placed together on a floor or within a building based on a common major, interest or program. Students in these communities typically experience higher GPAs and retention rates compared to students who do not participate in living learning communities.



# INTERNSHIPS AND ASSISTANTSHIPS

Provide students on-the-job training that will increase core competencies and prepare them for life after graduation.

### TRANSFORMATIVE OPPORTUNITIES PLANNING AND IMPLEMENATION TIMELINE

