

CO-CURRICULAR LEARNING EXPERIENCES

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).

