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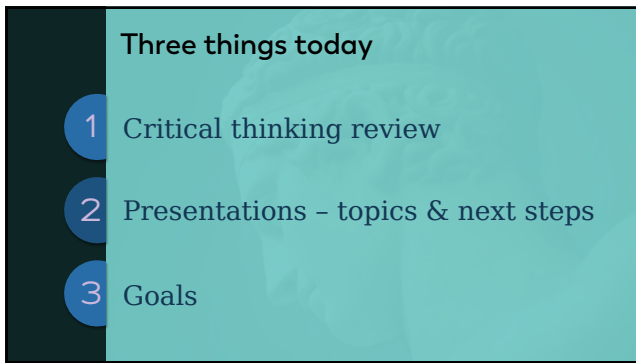
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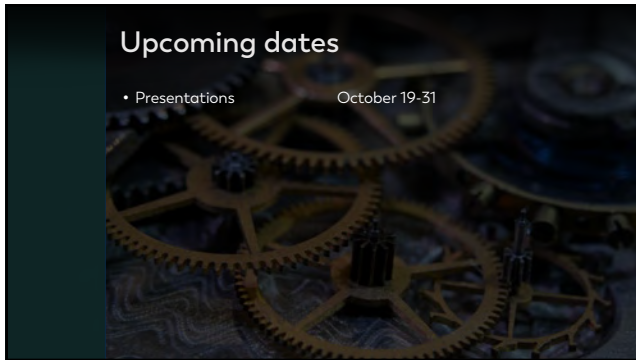
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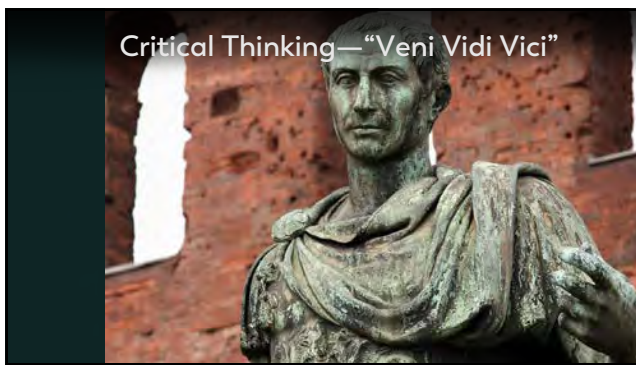
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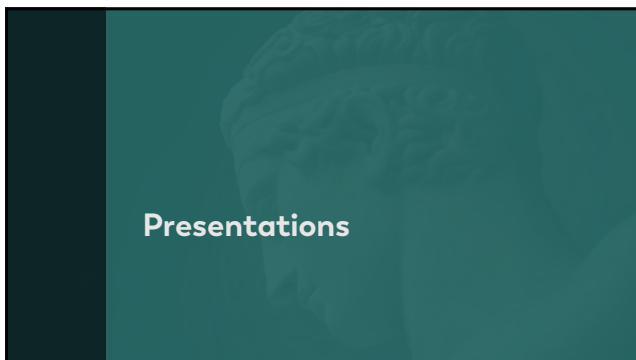
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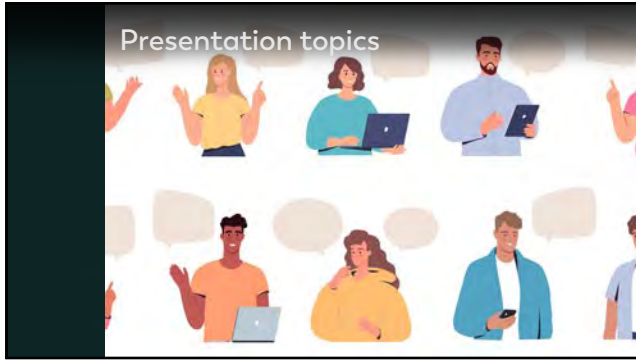
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### Topic brainstorming

- A topic we've talked about or will be covering later
  - (being mindful, building empathy, strategizing time management, managing stress, deciphering professors' expectations)
- Something that's coming up in your other classes
  - (challenges you face in composition, most important things to know about lab work)
- Something related to your field
  - (what I didn't expect about becoming a nurse / physical therapist / kinesiologist)
- Something that you're experiencing or expect to be facing
  - (balancing work and school, changing interactions with family)
- Even something meta
  - (building a presentation, free tools for making a video)

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### Presentation format ideas

#### Blueprint A: Three Pillars

1. Pillar 1
2. Pillar 2
3. Pillar 3

#### Blueprint B: Top Five Things to Know

1. Thing 1
2. Thing 2
3. Thing 3
4. Thing 4
5. Thing 5

#### Blueprint C: Tell a Story

1. Story 1
2. Story 2
3. Story 3

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## Presentations – next steps

1. Make a list of **five specific questions** you want to answer
  - What questions might the students in your audience have?
  - What might your audience be struggling with, concerned about, or curious about?
  - Talk to friends—what might they want to know?
  - What kinds of questions might people not be asking?
2. **Investigate** your topic
  - Explore the course readings that relate to your topic
  - Talk to people who have knowledge or experience
  - Read up on this subject using digital resources
3. Decide **how** you want to do your talk
  - Format: Three pillars? Five things to know? Tell a story?
  - Venue: In person? Slides? Video?
4. **Start writing** your script

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## Goals

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## SMART goals

<b>S</b>	Specific	State what you will do using action words
<b>M</b>	Measurable	Provide a way to measure or evaluate your goal
<b>A</b>	Achievable Attainable	Be sure this goal is possible (but also involves growth and change)
<b>R</b>	Relevant Realistic	Check to see if your goal makes sense within your life and responsibilities
<b>T</b>	Time-bound	Include information on when this goal will be met

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### SMART goals can be

- Behavioral
- Academic
- Social
- Career
- Finance
- Health
- Relationship
- Leisure
- Personal growth
- Spiritual

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### Brainstorming SMART goals

- Go to the gym 1-2x per week
- Set aside one time every week to focus on career development
- Read the news for 20 minutes every morning or evening
- Set a budget for every night you go out to the bars
- This semester, go to two club open meetings
- See a certain play at your campus theatre
- Introduce yourself and meet all of your professors in office hours
- Drink 64 oz. of water every day
- Volunteer twice a month
- Spend one hour every day doing some self-care

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### SMART goal questions

- How can I describe this goal in one sentence?
- How will I be different?
- What can I realistically accomplish?
- Will pursuing this goal get in the way of something potentially more important?
- How much time will it take me to reach my goal?

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### Making SMART goals happen

- Start with some **s**pecific area you want to improve
- Figure out how to **m**easure that improvement
- Decide what could be **a**chievable within your resources
- Look at your life holistically and see is this goal is **r**ealistic
- Set a **t**ime frame to complete your specific, measurable goal
- ...and get started!

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### Strategic plans using SWOT analysis

- Strengths      What do I do well? What skills am I strengthening?
- Weaknesses      What could I be better at? What will I need later?
- Opportunities      What are my resources?
- Threats      What stands in the way of those opportunities?
- Solutions

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### Capital

- Human and intellectual
  - What you know through formal learning and credentials
- Social
  - Who you know and the relationships you have with other people
- Cultural
  - How you know, understand and learn about culture
- Experiential
  - What you've done

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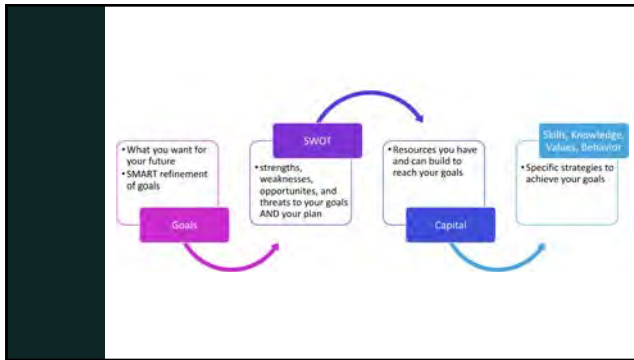
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