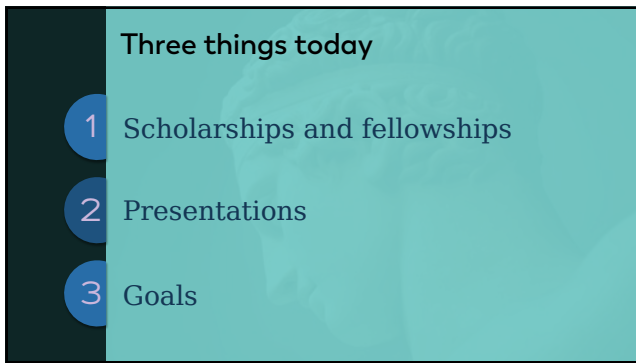




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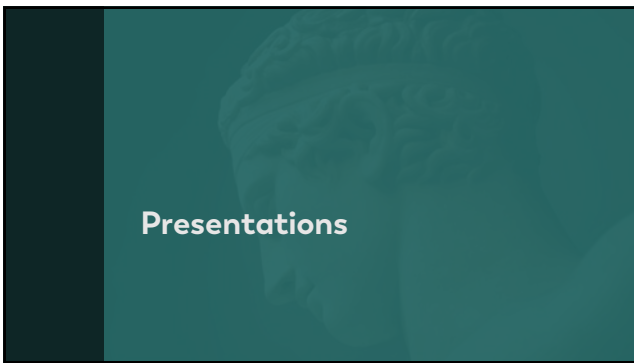
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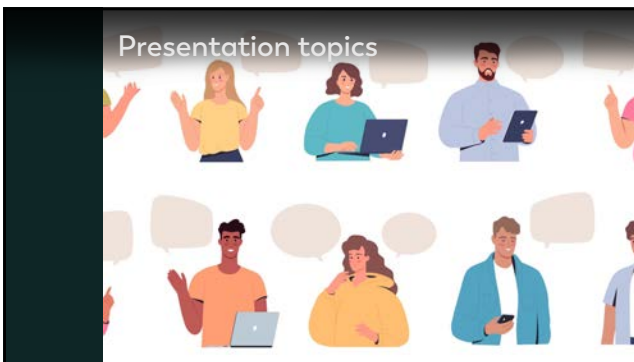
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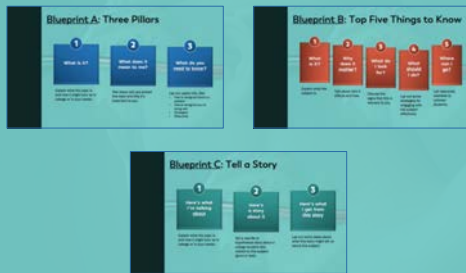
6

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)

7

Presentation format ideas



8

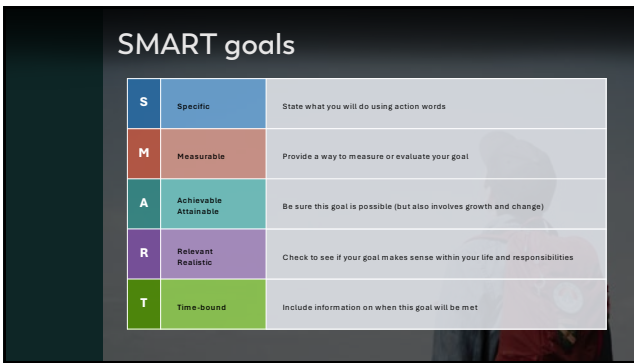
Presentations – next steps

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

9



10



11



12

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 specific area you want to improve
- Figure out how to measure that improvement
- Decide what could be achievable within your resources
- Look at your life holistically and see if this goal is realistic
- Set a time frame to complete your specific, measurable goal
- ...and get started!

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Strategic plans using SWOT analysis

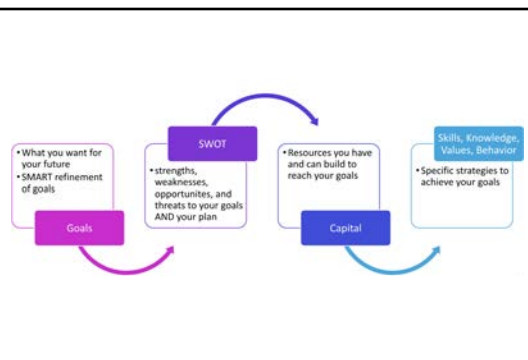
- Strengths What do I do well? What skills am I strengthening?
- Weaknesses What could I be better at? What will I need later?
- Opportunities What are my resources?
- Threats What stands in the way of those opportunities?
- Solutions

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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

17



18



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