**FYE Assignment: “Mapping Your Co-Curricular Experience”**

This assignment is intended to help you think critically and intentionally about the out-of-class experiences that you seek to engage in during your undergraduate years at UC San Diego.

Begin by reviewing the UC San Diego Student Affairs Student Learning Outcomes and completing the **Student Learning Outcomes Self-Assessment**. Then, consider the four categories:

Health & Wellbeing

Improving the World: Social Justice, Community Engagement, Responsible Citizenship

Social / Fun

Career-related

 After completing the Self-Assessment, complete this assignment as follows:

1. Using the FYE course materials, lectures, your personal reflections, and your aspirations for college, identify **1-2 interests for each co-curricular category**. Think intentionally about what you hope to accomplish. For each interest, identify steps/goals that can be completed either at the end of your first year, your second year, and/or before you graduate from UC San Diego (3 steps).

2. Identify the resources (e.g., campus offices, websites, etc.) you will need to access in order to complete your goals, people you may need to contact (e.g., faculty, staff, student leaders), and the specific steps you will need to take to achieve each goal. In your answer, include info on when you want to accomplish this goal, and how you will know that you have accomplished this goal (this might be obvious, but if it’s not, then answer it). A list of Resources for Campus Involvement and Engagement is available on the class web site to assist you in this process. We encourage you to consider the following questions:

In what ways do you hope to measure success for your undergraduate experience?

What specific skills or experiences are you seeking?

What kind of goals do you want to set for yourself?

How will you know when you have achieved your goals?

How can your out-of-class experiences help you get to where you want to be?

**HEELL-BEI**

Also, somewhere in the process of completing this assignment, you need to:

* Visit the onestop.ucsd.edu listing of 600+ student orgs
* Visit the UC San Diego Recreation web site
* Get information from talking to another freshman
* Get information from talking to someone who is not a freshman

**Example:** Category = career-related

Interest 1 = Learn about autonomous vehicles

Step 1 (freshman year) = Join IEEE, visit at least one meeting of teams for the micromouse competition, quadcopter competition, Robomagellan, Grand PrIEEE competition. Help needed: need to read web site materials + talk to people on those teams. Specific people are listed on the IEEE web site that is accessed through onestop.ucsd.edu

Step 2 (sophomore year) = be a regular participant on one of those teams

Step 3 (junior/senior year) = have a leadership position on one of those teams (e.g., President, VP, treasurer, technical lead) and go to at least a regional competition

Sample Goals & Strategies for Achieving Them

Manage the stress of being a college student: learn more about biofeedback at The Zone, sign up for a rec class at Campus Recreation, attend the “Mindfulness for Daily Living” drop-in group at CAPS, create a team and join the Walk UCSD Team Challenge, talk with your RA or HA about scheduling the Student Health Advocates to do a “Life in the Stress Lane” workshop for your floor or building

Become more socially competent: join a student organization to practice your social skills, sign up for an interpersonal relationships seminar at the Center for Student Involvement, apply to be a member of your college council, take part in a weekend backpacking or kayaking trip through Outback Adventures

Increase your understanding of social justice issues: attend a training or workshop offered by the Cross Cultural Center’s Social Justice Educators, participate in the Alternative Breaks @UCSD program, take part in a “Tritons for Equity, Diversity, and Inclusion” seminar offered by the Center for Student Involvement, apply to be the Social Justice and Peer Education Intern in the UCSD Women’s Center

Become a more effective leader: take part in the Center for Student Involvement’s iLead Program, study abroad, apply to be an orientation leader, volunteer to take on a leadership role in a campus student organization, get involved in the Triton International Leaders mentoring program, write your own personal mission statement with your values identified and articulated

Explore possible career options: enroll in the Career Development & Exploration course offered by the Career Services Center, complete an online career assessment, explore on- and off-campus research and internship opportunities via the UCSD Undergraduate Research Portal, take advantage of the Dine With A Prof program to take a faculty member to lunch and learn more about their career path