

# RAM PLAN EDUCATION PLANS



## WHAT IS A RAM PLAN EDUCATION PLAN?

Ram Plan co-curricular programs are categorized into five focus areas: Career Readiness, Community Engagement, Health & Wellness, Involvement & Leadership, and Social Justice. Each focus area has an education plan that lists all programs and learning goals approved in that area. Students use the education plans to map out what programs they'd like to attend and gain more experience in during their time at WCU.

### Creating Your Co-Curricular Education Plan:

- What focus areas are you looking to enhance your skills in? Career Readiness, Community Engagement, Health & Wellness, Involvement & Leadership, or Social Justice? How about all of them?
- Review the programs on each focus area education plan and mark the ones you are interested in attending.
- Visit the [co-curricular catalog](#) to learn more about the programs you want to attend.
- Create your timeline for participating in the programs by using the semester/year column on each education plan. You can find when programs are generally offered in the co-curricular catalog description.
- Search for programs and register to attend on [RamConnect](#) or other specified sites as listed in the program description in the co-curricular catalog.
- After attending the program, fill out the program learning outcomes assessment to have it listed on your Ram Plan co-curricular transcript.
- In 5-7 business days, you will be notified whether you passed the learning outcomes assessment questions. If you passed, the program will be added to your transcript within a month. If you did not pass, ask the department if you can re-take the assessment.
- At the end of each semester, check your co-curricular transcript to make sure the programs are listed for those you fully completed.
- Save your education plans and review them once a semester to make sure you are still working towards your focus area goals.
- Attend programs to learn how best to communicate your co-curricular experiences with potential employers.

## West Chester University Student Affairs

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## WHAT ARE THE CO-CURRICULAR LEARNING GOALS?

### Civic Engagement

Encompasses actions wherein individuals participate in activities of personal, political, and public concern that are both individually life enriching and socially beneficial to the community.

### Communication

The exchange of information orally, non-verbally, and in writing, with individuals, groups, and external audiences using multiple modes, including technology and related applications.

### Critical Thinking

A habit of mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events before accepting or formulating an opinion or conclusion.

### Integrative Learning

An understanding and disposition that a student builds across their personal, curricular, and co-curricular lives, from making simple connections among ideas and experiences to synthesizing and transferring learning to new and complex situations.

### Intercultural Fluency

Valuing, respecting, and learning from people with diverse backgrounds (e.g., ability, age, culture, economic status, education level, ethnicity, gender, nationality, race, religion, sexual orientation). The individual demonstrates openness, inclusiveness, sensitivity, and the ability to interact respectfully with all people and understand individuals' differences.

### Personal Development

Includes both intra- and inter-personal elements. Intrapersonal development refers to an individual's self-understanding and the extent to which they engage in selecting and living by their values and beliefs. Interpersonal development refers to an individual's ability to build and maintain meaningful and healthy relationships, work collaboratively, and lead others

### Problem Solving

The process of designing, evaluating, and implementing a strategy to answer a question or achieve a desired goal.



# CAREER READINESS

Create Your Co-Curricular Education Plan

Semester/Year	Program Title	Primary Learning Goal
	Connect and Learn Meet Up*	Communication
	Major Match Game*	Critical Thinking
Semester/Year	Program Title	Primary Learning Goal
	Brothers of Excellence Conference	Integrative Learning
	Communications, Marketing, and Sports Meet Up	Integrative Learning
	Finance, Insurance & Real Estate Meet Up	Integrative Learning
	Job and Internship Fair	Integrative Learning
	Interviews and Resume Workshop (U.S. Style)	Integrative Learning
	Meet the Firms	Integrative Learning
	Prepare for the Fair*	Integrative Learning
	Science and Technology Meet Up	Integrative Learning
	Study Abroad Pre-Departure Orientation	Integrative Learning
	Etiquette Dinner*	Intercultural Fluency
Semester/Year	Program Title	Primary Learning Goal
	Athlete Career Panel	Personal Development
	After College Experience	Personal Development
	Exploring Careers in Public Service	Personal Development
	Dub-C Autism Program*	Personal Development
	Meet Your Major Ice Cream Social	Personal Development
	PEERS® Social Curriculum*	Personal Development
	Resume Writing for Varsity Athletes	Personal Development
Semester/Year	Program Title	Primary Learning Goal
	Graduate School Road Map*	Problem Solving
	Study Skills Workshop for Athletes	Problem Solving
	Time Management Workshop for Athletes	Problem Solving

\*Will appear on the co-curricular transcript



# COMMUNITY ENGAGEMENT

Create Your Co-Curricular Education Plan

Semester/Year	Program Title	Primary Learning Goal
	Alternative Break Program	Civic Engagement
	America Reads Youth Mentoring Program	Civic Engagement
	MLK Day of Service	Civic Engagement
	National Good Neighbor Day	Civic Engagement
	Nobel Peace Prize Leadership Series	Civic Engagement
	RAMsCare: Homelessness & Hunger in Our Community*	Civic Engagement
	The Power of Speech: The First Amendment and College Campuses*	Civic Engagement
	Volunteer Fair	Civic Engagement
	Volunteering 101: A Student Leader's Guide to Meaningful Service*	Civic Engagement
	Voter Engagement and Education Programs	Civic Engagement
Semester/Year	Program Title	Primary Learning Goal
	Women of Color Day	Communication
	Rams Weekly Discourse	Critical Thinking
	Resource Pantry Cooking Demonstrations	Integrative Learning
	University Hearing Board Experience*	Integrative Learning
	Gender Justice Conference	Intercultural Fluency
	Global Leadership Series	Intercultural Fluency
	How To Self-Advocate When Signing a Lease*	Personal Development
	Sykes Union Building Tour*	Personal Development
Semester/Year	Program Title	Primary Learning Goal
	Event Planning 102*	Problem Solving
	Living Off Campus Certificate Course*	Problem Solving
	Off-Campus Housing Fair	Problem Solving
	Off Campus Life: Real Scenarios*	Problem Solving
	Renting Off Campus: Leases and Finding Housing*	Problem Solving
	Event Planning 101*	Problem Solving
	Olympus Leadership Series*	Problem Solving

\*Will appear on the co-curricular transcript



# HEALTH & WELLNESS

Create Your Co-Curricular Education Plan

Semester/Year	Program Title	Primary Learning Goal
	Ram's Step Up*	Civic Engagement
	Intramural Sports Program	Communication
	New Student Orientation Programs	Communication
	Sport Clubs	Communication
	Hazing Awareness for Fraternities and Sororities	Critical Thinking
	Introduction to Camping*	Critical Thinking
	Rock Climbing Fundamentals: WCU Belay Certification*	Critical Thinking
	Resource Pantry Cooking Demonstrations	Integrative Learning
	Study Abroad Pre-Departure Orientation	Integrative Learning
	Discovering Well Being*	Integrative Learning
Semester/Year	Program Title	Primary Learning Goal
	All About Anxiety*	Personal Development
	Balancing Alcohol and Substances to Improve College Success	Personal Development
	Check Up from the Neck Up	Personal Development
	Choices About Cannabis*	Personal Development
	Decisions About Drinking*	Personal Development
	De-Stress Fest	Personal Development
	Dog Therapy Extravaganza	Personal Development
	Dub-C Autism Program*	Personal Development
	Fresh Check Day	Personal Development
	Interactive Screening Program	Personal Development
	Nurturing Relationships*	Personal Development
	Nutrition Cooking Class for Athletes	Personal Development
	Sexy Bingo*	Personal Development
	Shift Happens: Understanding Social Norms and Substance Use*	Personal Development
	Sport Club Leadership Seminar*	Personal Development
	Sports Official Certification*	Personal Development
	Student Flu Shots	Personal Development
	Tuberculosis Testing Clinics	Personal Development
	Wellness Coaching	Personal Development
	What's Next: Life After Athletics*	Personal Development
	Fraternity and Sorority Intramural Sports Division	Personal Development
	Health and Wellness Keynote	Personal Development
	Introduction to Standup Paddleboarding*	Personal Development
	Stress Management for Athletes	Personal Development
	PEERS® Social Curriculum*	Personal Development
Semester/Year	Program Title	Primary Learning Goal
	Alcohol Education for Fraternity and Sorority Members*	Problem Solving
	American Red Cross CPR/AED First Aid Certification*	Problem Solving
	Any Ram Can: Bystander Intervention*	Problem Solving
	Introduction to Hiking*	Problem Solving
	Refresh Program: Strategies to Achieve Better Sleep*	Problem Solving
	Microwaves and Mini-Fridges: Eating Nutritiously on the Go*	Problem Solving
	Rock Climbing Advanced: Lead Climbing*	Problem Solving



# INVOLVEMENT & LEADERSHIP

Create Your Co-Curricular Education Plan

Semester/Year	Program Title	Primary Learning Goal
	Nobel Peace Prize Leadership Series	Civic Engagement
	The Power of Speech: The First Amendment and College Campuses*	Civic Engagement
	New Student Orientation Programs	Communication
	Volunteer Fair	Communication
	Women of Color Day Celebration	Communication
	Introduction to Camping*	Critical Thinking
	Rock Climbing Fundamentals: WCU Belay Certification*	Critical Thinking
Semester/Year	Program Title	Primary Learning Goal
	Brothers of Excellence Conference	Integrative Learning
	Club and Organization Executive Board Training*	Integrative Learning
	Fall Involvement Fair	Integrative Learning
	Spring Organization Fair	Integrative Learning
	Student Leadership Summit	Integrative Learning
	Dowdy Multicultural Center Peer Mentoring Program*	Integrative Learning
	University Hearing Board Experience*	Integrative Learning
	Global Leadership Series	Intercultural Fluency
Semester/Year	Program Title	Primary Learning Goal
	Dub-C Autism Program*	Personal Development
	Emerging Leader Program	Personal Development
	Explore Leadership Series Tier 1*	Personal Development
	Fraternity and Sorority Potential New Member Orientation*	Personal Development
	Ruby Jones Conference on Race, Social Justice and Civic Leadership*	Personal Development
	Sport Club Leadership Seminar*	Personal Development
	Sports Official Certification*	Personal Development
	Women's Leadership Conference	Personal Development
	Explore Leadership Series Tier 2*	Personal Development
	Fraternity and Sorority Intramural Sports Division	Personal Development
	Michael Horrocks Leadership Institute: Emerging Leaders Conference	Personal Development
	Introduction to Standup Paddleboarding*	Personal Development
	Personal Best Leadership Series	Personal Development
	Michael Horrocks Leadership Institute: Captains Leadership Advancement Series	Personal Development
	PEERS® Social Curriculum*	Personal Development
Semester/Year	Program Title	Primary Learning Goal
	Event Planning 102*	Problem Solving
	Collegiate Leadership Competition*	Problem Solving
	Event Planning 101*	Problem Solving
	Introduction to Hiking*	Problem Solving
	Olympus Leadership Series*	Problem Solving
	Rock Climbing Advanced: Lead Climbing*	Problem Solving

\*Will appear on the co-curricular transcript



# SOCIAL JUSTICE

Create Your Co-Curricular Education Plan

Semester/Year	Program Title	Primary Learning Goal
	EqualiTea Series*	Civic Engagement
	MLK Day of Service	Civic Engagement
	RAMsCare: Homelessness & Hunger in Our Community*	Civic Engagement
	America Reads Youth Mentoring Program	Civic Engagement
	Voter Engagement and Education Programs	Civic Engagement
	Alternative Break Program	Civic Engagement
	Nobel Peace Prize Leadership Series	Civic Engagement
Semester/Year	Program Title	Primary Learning Goal
	Women of Color Day Celebration	Communication
	Rams Weekly Discourse	Critical Thinking
	Brothers of Excellence Conference	Integrative Learning
	Queer Media from the Margins	Integrative Learning
	Resource Pantry Cooking Demonstrations	Integrative Learning
	Ruby Jones Conference on Race, Social Justice and Civic Leadership*	Integrative Learning
Semester/Year	Program Title	Primary Learning Goal
	From Allyship to Advocacy*	Intercultural Fluency
	Gender Justice Conference	Intercultural Fluency
	OUTober @ WCU: Coming Out Week Celebration	Intercultural Fluency
	RAM I AM Program Series	Intercultural Fluency
	Trans Advocacy*	Intercultural Fluency
	Global Leadership Series	Intercultural Fluency
Semester/Year	Program Title	Primary Learning Goal
	How To Self-Advocate When Signing a Lease*	Personal Development
	Olympus Leadership Series*	Problem Solving

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