

Career Readiness

Create Your Co-Curricular Education Plan

Semester/Year	Level 1	Primary Learning Goal
	Brothers of Excellence Conference	Integrative Learning
	Etiquette Dinner	Intercultural Fluency
	Financial Literacy for Athletes	Personal Development
	How to Be a Ram Workshop	Communication
	Meet Your Major Ice Cream Social	Personal Development
	Major Match Game	Critical Thinking
	Study Skills Workshop for Athletes	Problem Solving
	Time Management Workshop for Athletes	Problem Solving
Semester/Year	Level 2	Primary Learning Goal
	Careers in Public Service Panel	Integrative Learning
	Connect and Learn Meet Up	Communication
	Finance, Insurance & Real Estate Meet Up	Communication
	Marketing and Communications Meet Up	Communication
	Meet the Accounting Firms	Communication
	Prepare for the Fair Day	Integrative Learning
	Science and Technology Meet Up	Communication
	Study Abroad Pre-Departure Orientation	Integrative Learning
Semester/Year	Level 3	Primary Learning Goal
	Athlete Career Panel	Personal Development
	Interviews and Resume Workshop (U.S. Style)	Integrative Learning
	Job and Internship Fair	Integrative Learning
	PEERS® Social Curriculum	Personal Development
	Resume Writing for Varsity Athletes	Personal Development
	Road Map to Graduate School	Problem Solving
Semester/Year	Level 4	Primary Learning Goal
	After College Experience	Personal Development
	Athlete Etiquette Dinner	Communication

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Community Engagement

Create Your Co-Curricular Education Plan

Semester/Year	Level	Primary Learning Goal
	Level 1	
	Living Off Campus Certificate Course	Problem Solving
	MLK Day of Service	Civic Engagement
	Off-Campus Housing Fair	Personal Development
	Off Campus Life: Real Scenarios	Problem Solving
	RAMsCare: Homelessness & Hunger in Our Community	Civic Engagement
	Renting Off Campus: Leases and Finding Housing	Problem Solving
	Resource Pantry Cooking Demonstrations	Integrative Learning
	Sykes Union Building Tour	Personal Development
	Volunteer Fair	Communication
	Level 2	Primary Learning Goal
	America Reads Youth Mentoring Program	Civic Engagement
	National Good Neighbor Day	Civic Engagement
	Service Together in the Neighborhoods	Integrative Learning
	Voter Engagement and Education Programs	Civic Engagement
	University Hearing Board Experience	Integrative Learning
	Volunteering 101: A Student Leader's Guide to Meaningful Service	Civic Engagement
	Level 3	Primary Learning Goal
	Alternative Break Program	Civic Engagement
	Global Leadership Series	Intercultural Fluency
	Level 4	Primary Learning Goal



Health and Wellness

Create Your Co-Curricular Education Plan

Semester/Year	Level 1	Primary Learning Goal
	Alcohol Education for Fraternity and Sorority Members	Problem Solving
	Balancing Alcohol and Substances to Improve College Success	Personal Development
	Check Up from the Neck Up	Personal Development
	Sexy Bingo	Personal Development
	De-Stress Fest	Personal Development
	Dog Therapy Extravaganza	Personal Development
	Drug and Alcohol Workshop for Athletes	Personal Development
	Fraternity and Sorority Potential New Member Info Sessions	Personal Development
	Hazing Awareness Program	Critical Thinking
	Intramural Sports Program	Communication
	Interactive Screening Program	Communication
	New Student Orientation Programs	Communication
	Nurturing Relationships	Personal Development
	Nutrition Cooking Class for Athletes	Personal Development
	Ram's Step Up	Civic Engagement
	Resource Pantry Cooking Demonstrations	Integrative Learning
	Sport Club Leadership Seminar	Personal Development
	Sport Clubs	Communication
	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
Semester/Year	Level 2	Primary Learning Goal
	American Red Cross CPR/AED First Aid Certification	Problem Solving
	Any Ram Can	Problem Solving
	Fraternity and Sorority Intramural Sports Division	Personal Development
	Group Fitness Instructor Preparation Course	Personal Development
	Health and Wellness Keynote	Personal Development
	Introduction to Hiking	Problem Solving
	Introduction to Camping	Critical Thinking
	Introduction to Standup Paddleboarding	Personal Development
	Microwaves and Mini-Fridges: Eating Nutritiously on the Go	Problem Solving
	Rock Climbing Fundamentals: WCU Belay Certification	Critical Thinking
	Stress Management for Athletes	Personal Development
	Study Abroad Pre-Departure Orientation	Integrative Learning
	You Got a Friend in Me	Problem Solving
Semester/Year	Level 3	Primary Learning Goal
	PEERS® Social Curriculum	Personal Development
	President and Executive Board Training for Fraternity and Sorority Life	Personal Development
	Rock Climbing Advanced: Lead Climbing	Problem Solving
Semester/Year	Level 4	Primary Learning Goal
	After College Experience	Personal Development

Involvement and Leadership

Create Your Co-Curricular Education Plan

Semester/Year	Level 1	Primary Learning Goal
	Athletics Leadership Workshop	Critical Thinking
	Brothers of Excellence Conference	Integrative Learning
	Club and Organization Executive Board Training	Integrative Learning
	Emerging Leader Program	Personal Development
	Explore Leadership Series Tier I	Personal Development
	Fall Involvement Fair	Integrative Learning
	Fraternity and Sorority Potential New Member Info Sessions	Personal Development
	New Student Orientation Programs	Communication
	Nobel Peace Prize Leadership Series	Critical Thinking
	Ruby Jones Conference on Race, Social Justice and Civic Leadership	Personal Development
	Sankofa Conference	Integrative Learning
	Sport Club Leadership Seminar	Personal Development
	Sports Official Certification	Personal Development
	Spring Organization Fair	Integrative Learning
	Student Leadership Summit	Integrative Learning
	Volunteer Fair	Communication
	Women's Leadership Conference	Personal Development
Semester/Year	Level 2	Primary Learning Goal
	Collegiate Leadership Competition	Problem Solving
	Dowdy Multicultural Center Peer Mentoring Program	Integrative Learning
	Fraternity and Sorority Intramural Sports Division	Personal Development
	Group Fitness Instructor Preparation Course	Personal Development
	Horrocks Emerging Leaders Institute for Varsity Athletes	Personal Development
	Introduction to Hiking	Problem Solving
	Introduction to Standup Paddleboarding	Personal Development
	Leadership Challenge Series	Personal Development
	Olympus Leadership Series	Personal Development
	Outdoor Skills 1: Intro to Camping	Critical Thinking
	Rock Climbing Fundamentals: WCU Belay Certification	Critical Thinking
	University Hearing Board Experience	Integrative Learning
	Women of Color Day Celebration	Communication
Semester/Year	Level 3	Primary Learning Goal
	Captains Leadership Advancement Series	Personal Development
	Global Leadership Series	Intercultural Fluency
	PEERS® Social Curriculum	Personal Development
	President and Executive Board Training for Fraternity and Sorority Life	Personal Development
	Rock Climbing Advanced: Lead Climbing	Problem Solving
Semester/Year	Level 4	Primary Learning Goal

Social Justice

Create Your Co-Curricular Education Plan

Semester/Year	Level 1	Primary Learning Goal
	Brothers of Excellence Conference	Integrative Learning
	EqualiTea Series	Civic Engagement
	From Allyship to Advocacy	Intercultural Fluency
	MLK Day of Service	Civic Engagement
	Nobel Peace Prize Leadership Series	Critical Thinking
	OUTober @ WCU: Coming Out Week Celebration	Intercultural Fluency
	Queer Media from the Margins	Integrative Learning
	RAM I AM Program Series	Intercultural Fluency
	RAMsCare: Homelessness & Hunger in Our Community	Civic Engagement
	Resource Pantry Cooking Demonstrations	Integrative Learning
	Ruby Jones Conference on Race, Social Justice and Civic Leadership	Integrative Learning
	Sankofa Conference	Integrative Learning
	Trans Advocacy	Intercultural Fluency
	Gender Justice Conference	Personal Development
Semester/Year	Level 2	Primary Learning Goal
	America Reads Youth Mentoring Program	Civic Engagement
	Olympus Leadership Series	Personal Development
	Voter Engagement and Education Programs	Civic Engagement
	Women of Color Day Celebration	Communication
Semester/Year	Level 3	Primary Learning Goal
	Alternative Break Program	Civic Engagement
	Global Leadership Series	Intercultural Fluency
Semester/Year	Level 4	Primary Learning Goal



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 personal 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.