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Session 7: Get Involved

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Session 7: Get Involved

To Print/Prepare Before This Class Session

- Review “Enhancing Student Engagement” Handout
- Remind students to bring their completed Time Monitor sheets

Top 3 Content Areas (*try to get to everything, but in case you can't*):

- i. Effective Time Management
- ii. Effective vs. Ineffective Engagement
- iii. Preparation for Effectively Navigating Involvement Fair on Thursday

Materials Needed for This Session:

1. Flip chart paper (or use your dry erase/chalk board) for station rotation activity.
2. They need to bring completed Time Monitor sheets.

Persons responsible for developing this session: **Shelly Mumma & Cristi Burrill**

1. **Session Title:** Get Involved
2. **Session Date:** Tuesday, September 12, 2017
3. **Plenary or Small Group?** Small Group
4. **Learning Outcomes**
 - a. Students will be able to articulate the benefits of involvement/engagement
 - b. Students will identify barriers to involvement and personal commitments to overcome barriers
 - c. Students will understand how they are currently using their time and identify ways that they can ensure they have time to be engaged beyond the classroom
5. **Other Goals**, if applicable (these are goals not directly connected to student learning – e.g. forming group cohesion or identifying which students may be struggling to transition.)
 - a. To prepare students for the Involvement Fair
 - b. To have each student commit to getting involved during their first semester.
6. **Brief Narrative** describing the session (3 – 5 sentences offering the leaders a general sense of what will take place on this date.)

This small group session will cover the importance and benefits of engagement, allow students to reflect on what types of opportunities they may want to seek out, and identify barriers to getting involved and how to overcome those barriers. This session will also cover time management.

7. Lesson Outline

Prior to the lesson	Personal well-being session - hand out time monitor document at the end of the session, ask students to complete Thursday - Tuesday and bring to discuss on Tuesday
10 minutes	Opening question: What is something you were involved with in High School (church group, athletics, student org, job, etc.) that you really enjoyed? Why did you enjoy it? Pair/Share.
10 minutes	Station rotation: Have four stations that students rotate through that cover the different areas of engagement - what are some examples of engagement in that area and what might be some of the benefits? (<i>Stations can be pieces of paper on a desk or taped on the wall for each of these topics.</i>) <ul style="list-style-type: none">○ Academic Engagement○ Engagement with Faculty and Staff○ Engagement in Work○ Engagement with Peers Students will write down their observations/suggestions at each station, leaving the comments for the next group to process and supplement.
10 minutes	Discussion: What are the benefits of involvement? Why should students get involved? What are some of the barriers to engagement? What are some things you think St. Norbert College does that might enhance student engagement in these areas? <ul style="list-style-type: none">○ Facilitator write out benefits & barriers on whiteboard or large paper
15 minutes	Time Management Pull out your time monitors - Did anything surprise you? Why? Do you see any of these barriers in your schedule? <ul style="list-style-type: none">○ Discuss in small groups or pairs (have them group with people they don't know as well, or count off) What might you be willing to commit to adding in or taking out? <ul style="list-style-type: none">○ Write down two or three commitments

Think back to Personal Well-Being session last week. Are you making time for the 8 dimensions of wellness? What dimension(s) would Engagement fall under?

15 minutes

Session wrap-up & prep for Involvement Fair

Watch video of [Involvement Fair](#)

Look at the listing of student organizations and programs (www.snc.edu/studentorgs/, www.snc.edu/trips/, www.snc.edu/emmauscenter/), pick one or two orgs or programs you commit to trying to find at the Involvement Fair (maybe do a whip around!)

8. **Materials Needed** (handouts, markers, any materials needed for experiential elements, etc.)
 - a. Paper/Markers
9. **Background Information** for facilitators, if applicable (short readings, links to relevant websites, videos, etc.)

[Top 10 Things You Can Learn in College Outside the Classroom](#)

[College Extracurricular Activities - Impact on Students, Types of Extracurricular Activities](#)

[Student Involvement: A Developmental Theory for Higher Education](#)

[Enhancing Student Engagement](#)

[The Difference Between Involvement and Engagement](#) (a student perspective)

Videos:

<https://www.youtube.com/watch?v=NR7U2lsChgw>

Benefits of Involvement:

- Making friends/connecting with other students
- Learning outside the classroom/applying class concepts
 - Top skills learned:
 - Project management skills
 - Personal development
 - Working on a team
 - Creativity
 - Productivity

- Civic involvement
- Learning from mistakes
- Communication skills
- Networking
- Leadership
- Fiscal management
- Event planning
- Conflict resolution
- Meeting management
- Students who are involved in extra-curricular activities are more likely to persist, more likely to graduate, and more likely to have a positive college experience (Astin, 1999)
- Students with an on-campus job, working 10-15 hours per week also were retained at higher rates (AAUP & US News)
- Employers are looking to hire students who are involved