

LIBERTY
UNIVERSITY
OFFICE of
COMMUNITY LIFE

Pathways Handbook

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The Philosophy Behind Pathways

As a distinctively Christian university, the biblical principles laid out by God frame all that we do. Though each student's personal beliefs will differ, Liberty believes that the wisdom and knowledge presented in the Bible will provide a firm foundation for all to live by—especially when coupled with a personal relationship with Jesus. The educational sanctions presented in this program are meant to be viewed through the lens of biblical precepts.

The Office of Community Life at Liberty University (LU) works with students who accept responsibility for violating policy by providing a variety of educational opportunities, which allows for a personalized learning experience. The educational opportunities have been grouped into three categories called Pathways. Each Pathway is designed for the student to develop skills for immediate and long-term success.

Each one of the educational opportunities was designed to promote growth in the areas of personal development, interpersonal competence, social responsibility, and/or cognitive and practical skills.

Pathway Plan Descriptions and Learning Outcomes

Understanding Pathway

This Pathway will provide the student with insight to influence good judgment in their future decisions. It will also help students gain a better understanding of certain policies, rules, and philosophies within the LU community. The student will be able to demonstrate an understanding of specific policies, rules, and philosophies and how to make decisions that align with agreed-upon standards. **Biblical precepts and/or scripture should be incorporated into each assignment.**

Perspective Pathway

This Pathway will allow students to reflect on their decision-making, consider other perspectives, and develop an understanding of how their decisions impact their future and/or those around them. The student will be able to demonstrate an understanding of how their decisions may be viewed from various perspectives and/or how their decisions can impact themselves and/or others. **Biblical precepts and/or scripture should be incorporated into each assignment.**

Well-Being Pathway

This Pathway will allow the student to focus on their well-being. This Pathway encourages students to explore resources that focus on healthy lifestyles, positivity, and being productive members of the LU community. The student will be able to identify elements present in their life that contribute to making decisions that align with agreed-upon and/or personal standards and develop strategies to support those elements. **Biblical precepts and/or scripture should be incorporated into each assignment.**

How It Works

1. **Review** the different paths/descriptions on your own.
2. **Determine** with your Associate Director which path best suits your situation.
3. **Choose** 3-5 sanctions that you and your Associate Director agree will benefit you.
4. **Complete** the sanctions within the deadlines provided.
5. **Meet** with your Associate Director to review the completion of your Pathway.

UNDERSTANDING PATHWAY

Autobiography Essay: You will write an autobiographical essay about your life, with a primary focus on your time at LU. This essay will focus on what your life was like prior to attending LU, what your life has become during your time at LU, and how you found yourself in this current situation. Finally, you will write what you have learned from this experience and how you will make a positive contribution to the LU community.

Blood Alcohol Content Essay: You will write an essay explaining the details of what Blood Alcohol Content (BAC) is and how it is calculated. The essay should also include how different levels of BAC can impact different individuals.

Buzzfeed Meme/Gif List or Quiz: You will create a BuzzFeed list or quiz that will provide advice/information to help other students make better decisions while attending college. Examples may include “10 Reasons not to drink underage” or “10 Things to do to avoid violating LU policies.” After completing your list/quiz, you will write a reflection paper on the topic you chose.

Choices: An educational program with three components: classroom time, group discussion, and a final written assignment. The curriculum begins with basics on biblical identity, personal values, and life goals. Participants will then identify the values/convictions that shape their decision-making and help them reach their goals. The curriculum proceeds to focus on boundaries, impact, and restoration; identifying the role each plays in decision-making. The program concludes with a discussion of ethical standards in the contexts specific to the students in attendance.

College Alcohol Statistics Online Fact Finder: You will educate yourself on the use of alcohol among college students and minors by completing an alcohol statistics worksheet. After completing the worksheet, you will select one fact and write a brief reflection on the significance of this fact. This exercise will help you understand trends related to alcohol on college campuses.

Consequences Worksheet: You will complete a worksheet that will help you analyze the potential consequences of being suspended from LU. The worksheet also provides you with an opportunity to set goals and develop strategies for the future.

Consultation with a Substance Abuse Counselor at Student Counseling Services: You will complete a Substance Abuse Subtle Screening Inventory (SASSI) and discuss the recommendation with your Associate Director. Conversation to include: elements of risk regarding alcohol and/or other drugs, develop strategic alternatives to consuming alcohol and/or other drugs in social situations, and recognize high-risk behaviors regarding substance abuse. This item is only available to students who were not required to complete a SASSI prior to a review of their case.

Core Values Paper: This item will allow you to gain a new perspective of how you make decisions by identifying the core values that you desire to live by. You will research and identify your top 5 Core Values. You will then write a reflection paper on what your top 5 Core Values are, why they are important to you and how they influence your daily decisions. You will reflect on how these values may have been impacted by the decision that led to your violation and how you will use these values to support the agreed upon standards as a Liberty Student.

Digital Media Assignment: You will interact with select digital media (text, audio, video, graphics) and write an essay on what you learned from the source material. You will answer the following questions to demonstrate how you can apply concepts from the video to your life: What was the main message presented in the material? What part of the material resonated with you the most? How does the information in the material connect to biblical principles? In what ways do you plan to incorporate the lessons shared in the material into your own life?

Involvement Coaching: You will collaborate with your Associate Director to schedule a meeting with a member of the Office of Community Life's Educational Programming Team to discuss opportunities for engagement with the Liberty University community. To prepare for the meeting, you should consider your interests and goals (personal, spiritual, vocational, etc.) and come prepared to discuss them. The meeting will last approximately 1 hour. You will then write a reflection paper addressing the following: your plan for increased involvement with the Liberty University community (include 1-2 opportunities you plan to pursue), how the decision that led to your violation(s) jeopardized your goals (personal, spiritual, vocational, etc.), and how the opportunities you plan to pursue will help you meet your goals (personal, spiritual, vocational, etc.) and uphold Liberty University's community standards. Your reflection should include scripture or biblical principles to support your learning.

Meeting with a member of the International Student Center: You will collaborate with your Associate Director to schedule a meeting with an International Student Center staff member. <https://www.liberty.edu/casas/international-student-center/event-calendar/>. You will then write a reflection paper which should include: 3 new things you learned from your conversation about cultural differences and how you can use what you have learned to positively impact you moving forward. Lastly, your reflection should include scripture or biblical principles to support your learning.

Mindfulness Reflection Worksheet: You will complete the Mindful Attention Awareness Scale (MAAS) self-assessment. After completing the MAAS Scale and identifying your score, you will answer four questions and complete an exercise where you focus on mindfulness for seven days and reflect on your experience.

Personality Assessment: You and your Associate Director will decide on what assessment you would like to take to better understand your personality, what motivates you, and how you interact with others. After taking the assessment, you will email your results to your Associate Director to review together. You will also write a reflection paper on 3 new things you learned about yourself and how you can use what you have learned to positively impact you moving forward. Three free options are www.Principlesyou.com, www.16personalities.com, and app.cloverleaf.me/take-disc.

Potential Employer/School Conduct Questionnaire: You will complete a questionnaire in order to better prepare you to answer questions about your conduct history to future employers and graduate schools.

Pros and Cons Reflection Essay: You will create a list of the pros and cons regarding the decision you made. Each list should have at least five items. You will also complete a reflection essay on your list. Your reflection should focus on how you made your decision, whether or not it was the correct decision, and how you might make decisions differently in the future.

Read The Liberty Way: You will read *The Liberty Way* in its entirety and come up with five thoughts or questions to discuss with your Associate Director.

Student-Created Exercise: You will be able to create your own assignment. You will work with your Associate Director to develop an innovative task you feel will help you learn from your experience. Your Associate Director will have final approval of this assignment and can adjust the requirements to ensure the proper learning outcomes are met. This exercise should fit within the context of the Pathway selected.

Unfair vs. Unfortunate Reflection Essay: You will write an essay to compare and contrast the definition of unfair and unfortunate. You will also address how these terms may or may not apply to your situation.

Vaping Risk Worksheet: You will view the interactive presentation found at the site [What You Need To Know About Vaping](#) and read the Marijuana Fact Sheet. Then, you will complete the Vaping Risk Worksheet that will help you evaluate the risk and dangers vaping and marijuana pose to one's health. Lastly, as a part of the worksheet you will write a brief reflection. Incorporate a biblical, ethical, or integrity standpoint in your response.

Vision Board Workbook – Intentional & Purposeful Goal Setting: You will create a Vision Board through intentional and purposeful goal setting. You will utilize a Vision Board workbook to reflect on your goals, accomplishments, inspirations, and improvements. You will then create a Vision Board using photos, images, graphics, words, and quotes to creatively represent your goals and vision.

You Tell Me Paper: In this essay, tell your story. Explain the experiences in which you have engaged that may be negatively impacting your decision-making. Describe the challenges you have encountered and outline the necessary steps to overcome these challenges. Your steps for overcoming your challenges should include a description of any resources(s) you may need and a plan for utilizing those resources.

DIGITAL MEDIA SELECTIONS (Understanding Pathway)

Title	Brief Summary of Video	Presenter(s)	Minutes
<u>Are we in control of our own decisions?</u>	Decision-making can be difficult and complex and sometimes we are pretty irrational when we make decisions. The speaker uses behavioral economics to discuss decision-making. Bottom-line – understand your limitations when you make decisions.	Daniel Ariely	17
<u>Building Integrity</u>	Staying committed to your goals. What happens when you break your promise to yourself? Do you make bad decisions?	Eric Rainey	10
<u>The fringe benefits of failure</u>	Convocation address by J.K. Rowling at Harvard in 2008. She speaks about how she used her failure as an opportunity to succeed.	J.K. Rowling	21
<u>What's your 200-year plan?</u>	Using your creativity to plan your life.	Raghava KK	11
<u>The Power of Honesty, Humility & Honor</u>	Steve Shenbaum explains how honesty, humility, and humor allow us to be the best we can be in life.	Steve Shenbaum	18
<u>How to Gain Control of Your Free Time</u>	There are 168 hours in each week. How do we find time for what matters most? Time management expert Laura Vanderkam studies how busy people spend their lives and offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got."	Laura Vanderkam	12
<u>Do You Have The Guts To fail?</u>	The idea of changing the world starts with doing the small things and doing them well. If life organization is key. How do you organize your life. How can you make sure those items help you achieve your goal and help you grow. What helps to organize your life and what doesn't.	Denzel Washington	22
<u>Why You Should Attend Church Every Week</u>	This focuses on the importance of attending and participating in weekly worship. (Start at 5:50)	Matt Merker	41

PERSPECTIVE PATHWAY

Attend Accountability Meetings: You will attend a determined number of meetings with someone that you and your Associate Director decide will be the best fit to keep you accountable in your area of need, whether it be spiritual, emotional, physical, social, or academic. This could be an LU Shepherd, a member of your hall leadership, a mentor, faculty/staff, or an outside group such as Celebrate Recovery. You will provide your Associate Director with a brief summary about the process and indicate whether or not they feel the process was beneficial to their overall perspective/well-being.

Attend Campus Community: Campus Community is the central gathering place for worship and spiritual growth at Liberty. All spiritual life flows out of this Word-centered worship service. Community groups are held weekly, on Wednesday nights following Campus Community. Centered on prayer, confession, and repentance, gathering in smaller groups allowing you to ask the question, “How does the truth we all heard in Campus Community apply in my life?” You will provide your Associate Director with a brief summary about the process and indicate whether or not they feel the process was beneficial to their overall perspective/well-being. This should include at least three Campus Community sessions.

Autobiography Essay: You will write an autobiographical essay about your life, with a primary focus on your time at LU. This essay will focus on what your life was like prior to attending LU, what your life has become during your time at LU, and how you found yourself in this current situation. Finally, you will write what you have learned from this experience and how you will make a positive contribution to the LU community.

Boundaries in Life: This assignment involves learning what healthy boundaries are, their purpose, and how to incorporate them in your life. You will watch a 45-minute teaching and fill in a worksheet as you view the content on healthy boundaries. Upon viewing the teaching and completing the worksheet, you will write a reflection paper that answers two questions: 1) How were boundaries utilized (or not) in the incident reviewed with your Associate Director? and 2) What did you learn about boundaries that can be incorporated in your daily decision-making?

College Alcohol Statistics Online Fact Finder: You will educate yourself on the use of alcohol among college students and minors by completing an alcohol statistics worksheet. After completing the worksheet, you will select one fact and write a brief reflection on the significance of this fact. This exercise will help you understand trends related to alcohol on college campuses.

Community Service/Engagement: You will focus on the Christian discipline of selfless service. You will partner with civic organizations, non-profits, and/or churches to provide community service through LU’s campus, in the local Lynchburg area, or around the world. Serving others can enhance your educational experience, provide an avenue for career development, foster personal transformation, and promote community engagement. You will provide your Associate Director with a brief summary about the process and indicate whether or not they feel the process was beneficial to your overall perspective.

Consequences Worksheet: You will complete a worksheet that will help you analyze the potential consequences of being suspended from LU. The worksheet also provides you with an opportunity to set goals and develop strategies for the future.

Core Values Paper: This item will allow you to gain a new perspective of how you make decisions by identifying the core values that you desire to live by. You will research and identify your top 5 Core Values. You will then write a reflection paper on what your top 5 Core Values are, why they are important to you and how they influence your daily decisions. You will reflect on how these values may have been impacted by the decision that led to your violation and how you will use these values to support the agreed upon standards as a Liberty Student.

Choices: An educational program with three components: classroom time, group discussion, and a final written assignment. The curriculum begins with basics on biblical identity, personal values, and life goals. Participants will then identify the values/convictions that shape their decision-making and help them reach their goals. The curriculum proceeds to focus on boundaries, impact, and restoration; identifying the role each plays in decision-making. The program concludes with a discussion of ethical standards in the contexts specific to the students in attendance.

Develop a flyer: You will develop a flyer to be posted on your hall bulletin board. You have creative license as long as the poster, in some way, is aimed at educating others on an aspect of your violation and is consistent with Liberty's core values. You will also include a brief explanation (1-2 paragraphs) of how the flyer connects to Liberty's values.

Digital Media Assignment: You will interact with select digital media (text, audio, video, graphics) and write an essay on what you learned from the source material. You will answer the following questions to demonstrate how you can apply concepts from the video to your life: What was the main message presented in the material? What part of the material resonated with you the most? How does the information in the material connect to biblical principles? In what ways do you plan to incorporate the lessons shared in the material into your own life?

Goals Worksheet: You and the Associate Director will review the S.M.A.R.T. goal worksheet. You will then complete the worksheet and e-mail it to your Associate Director who will schedule a time to review the completed worksheet with you. This is an opportunity for you to create a healthy goal that will distract you from unhealthy choices.

Personal Reflection Essay: You will complete an essay reflecting on the choices made regarding this incident including your decision-making process, your understanding of a policy, or the purpose of the policy. Your essay will address the following questions: (1) How you feel about your actions? (2) Do your actions reflect your morals/values? (3) What you will do in the future? (4) What will you refrain from in the future? (5) What advice would you give someone who finds themselves in a similar situation? This paper should not serve to justify your actions or evaluate the actions of others, and it is not an opportunity to debate the validity of the Student Honor Code or Liberty University's Community Standards.

“Letter to” Assignment: You will write a letter to one of the following. The letter should demonstrate a reflection of the choices that led to your violation and explain what you have learned and/or what the recipient may learn from your experience. Possible recipients could include: Your First-Year Self; A Friend; Members of your organization; Your Future Child; Your Future Self; A Loved One; Mentor

Meeting with a member of the International Student Center: You will collaborate with your Associate Director to schedule a meeting with an International Student Center staff member. <https://www.liberty.edu/casas/international-student-center/event-calendar/>. You will then write a reflection paper which should include: 3 new things you learned from your conversation about cultural differences and how you can use what you have learned to positively impact you moving forward. Lastly, your reflection should include scripture or biblical principles to support your learning.

Perspective Interview: You will find a mentor, parent, or other trusted individual who can provide an outside perspective on your behavior. You will need to provide the person with a reason as to why you are interviewing them. You will design and ask the interviewee at least five questions that will allow you to learn why your actions may have been interpreted as hurtful by seeing your actions from another perspective. You will also ask the interviewee what they think can be done to restore the harm. Based on the feedback received, write a reflection sharing what you gained from this perspective.

Personality Assessment: You and your Associate Director will decide on what assessment you would like to take to better understand your personality, what motivates you, and how you interact with others. After taking the assessment, you will email your results to your Associate Director to review together. You will also write a reflection paper on 3 new things you learned about yourself and how you can use what you have learned to positively impact you moving forward. Three free options are www.Principlesyou.com, www.16personalities.com, and app.cloverleaf.me/take-disc.

Pros and Cons Reflection Essay: You will create a list of the pros and cons regarding the decision you made. Each list should have at least five items. You will also complete a reflection essay on your list. Your reflection should focus on how you made your decision, whether or not it was the correct decision, and how you might make decisions differently in the future.

Potential Employer/School Conduct Questionnaire: You will complete a questionnaire in order to better prepare you to answer questions about your conduct history to future employers and graduate schools.

Student-Created Exercise: You will be able to create your own assignment. You will work with your Associate Director to develop an innovative task you feel will help you learn from your experience. Your Associate Director will have final approval of this assignment and can adjust the requirements to ensure the proper learning outcomes are met. This exercise should fit within the context of the Pathway selected.

Sum it Up Paper: You will sum up the result of your incident in one word. You will explain why this is the word you chose to summarize your incident, your feelings regarding the incident, and how you can avoid future incidents.

Vision Board Workbook – Intentional & Purposeful Goal Setting: You will create a Vision Board through intentional and purposeful goal setting. You will utilize a Vision Board workbook to reflect on your goals, accomplishments, inspirations, and improvements. You will then create a Vision Board using photos, images, graphics, words, and quotes to creatively represent your goals and vision.

DIGITAL MEDIA SELECTIONS (Perspective Pathway)

Title	Brief Summary of Video	Presenter(s)	Minutes
<u>Building Integrity</u>	Staying committed to your goals. What happens when you break your promise to yourself? Do you make bad decisions?	Eric Rainey	10
<u>The fringe benefits of failure</u>	Convocation address by J.K. Rowling at Harvard in 2008. She speaks about how she used her failure as an opportunity to succeed.	J.K. Rowling	21
<u>What's your 200-year plan?</u>	Using your creativity to plan your life.	Raghava KK	11
<u>It's never too late to remove people out of your life</u>	When you see that they, friends/acquaintances, need to go... Then so be it... Not everyone should be in your life or is supposed to stay in your life. Choose your circle friends wisely and that may include family members. If you are looking to for a different outcome than it's time to make some changes.	Priscilla Shirer	10
<u>Dangers of a Single Story</u>	Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice -- and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.	Chimamanda Adichie	18
<u>Pornography vs. Purity: What's At Stake?</u>	The panel discusses the dangers of pornography and gives helpful ideas on how to get the victory in one's life over this sin. This video is more of a conversation that helps engage those that are caught up in the trap of pornography. (Panel was held at the 2021 Cross Conference aimed at college students).	Jeremy Pierre and Jonathan Morgan	36

WELL-BEING PATHWAY

Active Living Plan: You will develop an Active Living Plan centered on physical activity and share the plan with your Associate Director. You will implement your plan over the course of 2 weeks and may be required to show proof of participation. Upon completion of your plan, you will write a brief reflection on your experience.

Attend Accountability Meetings: You will attend a determined number of meetings with someone that you and your Associate Director decide will be the best fit to keep you accountable in your area of need, whether it be spiritual, emotional, physical, social, or academic. This could be an LU Shepherd, a member of your hall leadership, a mentor, faculty/staff, or an outside group such as Celebrate Recovery. You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to their overall perspective/well-being.

Attend Campus Community: Campus Community is the central gathering place for worship and spiritual growth at Liberty. All spiritual life flows out of this Word-centered worship service. Community groups are held weekly, on Wednesday nights following Campus Community. Centered on prayer, confession, and repentance, gathering in smaller groups allowing you to ask the question, “How does the truth we all heard in Campus Community apply in my life?” You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to their overall perspective/well-being. This should include at least three Campus Community sessions.

Attend Community Group/Bible Study sessions: Bible study sessions are viewed as being a part of a local church or Bible-based organization. This is separate from Community Groups with the same hope of building a healthy community and a solid foundation in biblical truths. You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to your overall well-being. This should include at least three Community Group/Bible Study sessions.

Attend a set number of sessions of personal or group counseling: You will meet with a credentialed counselor or therapist. This can be either individual or group counseling. [Student Counseling Services](#) is available for those wishing to remain on campus. A focus in these meetings should be regarding the area of your violation. You will provide your Associate Director with a brief summary about the process and indicate whether or not you feel the process was beneficial to your overall well-being.

Blood Alcohol Content Essay: You will write an essay explaining the details of what Blood Alcohol Content (BAC) is and how it is calculated. The essay should also include how different levels of BAC can impact different individuals.

Boundaries in Life: This assignment involves learning what healthy boundaries are, their purpose, and how to incorporate them in your life. You will watch a 45-minute teaching and fill in a worksheet as you view the content on healthy boundaries. Upon viewing the teaching and completing the worksheet, you will write a reflection paper that answers two questions: 1) How were boundaries utilized (or not) in the incident reviewed with your Associate Director? and 2) What did you learn about boundaries that can be incorporated in your daily decision-making?

College Alcohol Statistics Online Fact Finder: You will educate yourself on the use of alcohol among college students and minors by completing an alcohol statistics worksheet. After completing the worksheet, you will select one fact and write a brief reflection on the significance of this fact. This exercise will help you understand trends related to alcohol on college campuses.

Digital Media Assignment: You will interact with select digital media (text, audio, video, graphics) and write an essay on what you learned from the source material. You will answer the following questions to demonstrate how you can apply concepts from the video to your life: What was the main message presented in the material? What part of the material resonated with you the most? How does the information in the material connect to biblical principles? In what ways do you plan to incorporate the lessons shared in the material into your own life?

Involvement Coaching: You will collaborate with your Associate Director to schedule a meeting with a member of the Office of Community Life's Educational Programming Team to discuss opportunities for engagement with the Liberty University community. To prepare for the meeting, you should consider your interests and goals (personal, spiritual, vocational, etc.) and come prepared to discuss them. The meeting will last approximately 1 hour. You will then write a reflection paper addressing the following: your plan for increased involvement with the Liberty University community (include 1-2 opportunities you plan to pursue), how the decision that led to your violation(s) jeopardized your goals (personal, spiritual, vocational, etc.), and how the opportunities you plan to pursue will help you meet your goals (personal, spiritual, vocational, etc.) and uphold Liberty University's community standards. Your reflection should include scripture or biblical principles to support your learning.

Letter to Future Self: You will write a letter addressed to your "future self" using the website www.futureme.org. The letter should aim to remind your future self about values, feelings, lessons learned, hopes for the future, and/or wanted change.

Mindfulness Reflection Worksheet: You will complete the Mindful Attention Awareness Scale (MAAS) self-assessment. After completing the MAAS Scale and identifying your score, you will answer four questions and complete an exercise where you focus on mindfulness for seven days and reflect on your experience.

Personal Reflection Essay: You will complete an essay reflecting on the choices made regarding this incident and including your decision-making process, your understanding of a policy, or the purpose of the policy.

Your essay will address the following questions: (1) How you feel about your actions? (2) Do your actions reflect your morals/values? (3) What you will do in the future? (4) What will you refrain from in the future? (5) What advice would you give someone who finds themselves in a similar situation? This paper should not serve to justify your actions or evaluate the actions of others, and it is not an opportunity to debate the validity of the Student Honor Code or Liberty University's Community Standards.

Personality Assessment: You and your Associate Director will decide on what assessment you would like to take to better understand your personality, what motivates you, and how you interact with others. After taking the assessment, you will email your results to your Associate Director to review together. You will also write a reflection paper on 3 new things you learned about yourself and how you can use what you have learned to positively impact you moving forward. Three free options are www.Principlesyou.com, www.16personalities.com, and app.cloverleaf.me/take-disc.

Potential Employer/School Conduct Questionnaire: You will complete a questionnaire in order to better prepare you to answer questions about your conduct history to future employers and graduate schools.

Professor Interview: Coping with stress in unhealthy ways can lead to violations and impact your future. This item will allow you an opportunity to connect with one of the professors who has worked in the profession you are pursuing. This item will allow you to learn about the stressors involved in that profession and healthy ways to cope with those stressors. For this item you will schedule an interview with one of your professors who has worked in the profession that you are seeking. You will identify at least 5 questions to ask your professor that will help you gain a better picture of what the profession entails (i.e. stress of the job, healthy coping skills for stress, impact of job on family life, etc.). You will write a reflection paper identifying what you learned from your interview and what healthy coping skills you learned that you can begin applying to your life today.

Student-Created Exercise: You will be able to create your own assignment. You will work with your Associate Director to develop an innovative task you feel will help you learn from your experience. Your Associate Director will have final approval of this assignment and can adjust the requirements to ensure the proper learning outcomes are met. This exercise should fit within the context of the Pathway selected.

Vaping Risk Worksheet: You will view the interactive presentation found at the site [What You Need To Know About Vaping](#) and read the Marijuana Fact Sheet. Then, you will complete the Vaping Risk Worksheet that will help you evaluate the risk and dangers vaping and marijuana pose to one's health. Lastly, as a part of the worksheet you will write a brief reflection. Incorporate a biblical, ethical, or integrity standpoint in your response.

Vision Board Workbook-Intentional & Purposeful Goal Setting: You will create a Vision Board through intentional and purposeful goal setting. You will utilize a Vision Board workbook to reflect on your goals, accomplishments, inspirations, and improvements. You will then create a Vision Board using photos, images, graphics, words, and quotes to creatively represent your goals and vision.

Wellness Journal: This assignment is an opportunity to identify components of wellness that you are struggling with. The act of daily journaling encourages intentional focus on improving these areas as well as identifying their impact on your daily health and function. You will decide with your Associate Director which wellness components you want to track and how many weeks you will track them for (1-4 weeks) using a form provided to you. When completed, you will write a reflection paper on whether you improved in the areas you tracked and describe how improvement (if it occurred) impacted your day to day health and function. A template is available as a guide but it is not required.

DIGITAL MEDIA SELECTIONS (Understanding Pathway)

Title	Brief Summary of Video	Presenter(s)	Minutes
<u>How to Gain Control of Your Free Time</u>	There are 168 hours in each week. How do we find time for what matters most? Time management expert Laura Vanderkam studies how busy people spend their lives and offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got."	Laura Vanderkam	12
<u>Why we all need to practice emotional first aid.</u>	We'll go to the doctor when we feel flu-ish or have a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological- health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.	Guy Winch	17
<u>All it takes is 10 mindful minutes</u>	When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking, or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)	Andy Puddicombe	9
<u>How to Gain Control of Your Free Time</u>	There are 168 hours in each week. How do we find time for what matters most? Time management expert Laura Vanderkam studies how busy people spend their lives and offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got."	Laura Vanderkam	12

Biblical Love	Dr. Voddie Baucham redefines love from the Scriptures. He talks about how we have adopted a worldly, unbiblical view of love and romance from the culture and explains this 'love', and then goes on to define true love from as the Bible defines it. Strength in your relationship begins with knowing the biblical definition.	Dr. Voddie Baucham	15
The Power of Practice: Lessons From 10 Years of Pushups	The speaker introduces the value of having a practice: an ongoing and consistent relationship with a repeated action, like she has through pushups. This practice, in the form of habit, routine, and/or ritual creates a space for learning, for developing personal growth, and for positively impacting mental & physical health, meaning & purpose, and ability to overcome challenge. The talk offers five of the most relevant and applicable lessons for building a practice of your own.	Emily Saul	15
It's never too late to remove people out of your life	When you see that they, friends/acquaintances, need to go... Then so be it... Not everyone should be in your life or is supposed to stay in your life. Choose your circle friends wisely and that may include family members. If you are looking to for a different outcome than it's time to make some changes.	Priscilla Shirer	10
Dealing with Anxiety	Melissa Taylor has encountered her own battles and has continued to put the C.A.L.M. acronym, based on Philippians 4:4-8, to use in her everyday life. You'll discover how to easily memorize the C.A.L.M. acronym and put it to use the next time anxiety starts to creep in. The presence of anxiety is unavoidable, but the prison of anxiety is optional.	Melissa Taylor	41
Pornography vs. Purity: What's At Stake?	The panel discusses the dangers of pornography and gives helpful ideas on how to get the victory in one's life over this sin. This video is more of a conversation that helps engage those that are caught up in the trap of pornography. (Panel was held at the 2021 Cross Conference aimed at college students).	Jeremy Pierre and Jonathan Morgan	36
Why Can't I Stop?	We've all tried to think our way out of bad habits and unhealthy thought patterns, only to find ourselves stuck with an out-of-control mind and off-track daily life. But God has something better for your life than your old ways of thinking. It's time to decide to change your thinking so God can change your life.	Craig Roeschel	36