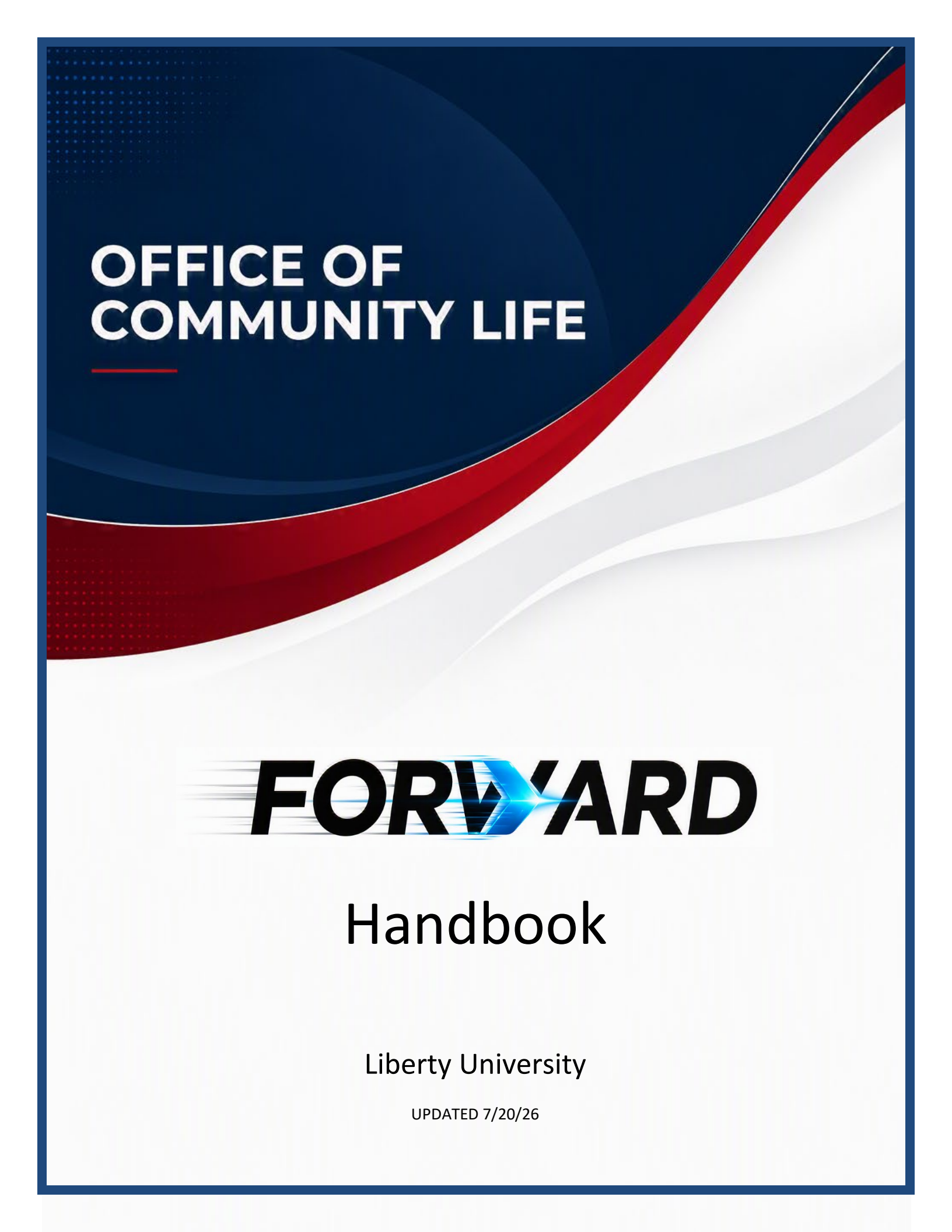




OFFICE OF COMMUNITY LIFE

FORWARD

Handbook

Liberty University

UPDATED 7/20/26

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The Philosophy Behind FORWARD

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 grounded in a personal relationship with Jesus. The educational sanctions presented in this program are meant to be viewed through the lens of biblical precepts. **All assignments must incorporate the Bible and/or 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 are divided into two main categories—Personal Development and Interpersonal Development. Within each category, there are options to build on knowledge, values, and skills related to the learner's understanding and well-being of themselves and their relationship to those they may impact. Each educational opportunity is intentionally designed to cultivate biblically rooted values, life-shaping knowledge, and transformational skills essential for God-honoring relationships—personally, within community, and throughout society. These opportunities allow students space to develop skills for immediate and long-term success in the area of their violation. **All assignments must connect back to the behavior that led to the given violation.**

FORWARD Plan Descriptions and Learning Outcomes

Personal Development

This option should be considered when the behavior being reviewed did not stem from or result in direct impact on others, or where the potential impact on others is likely. This option will provide the student with insight to influence good judgment in their future decisions. It will also help students better understand 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. **The Bible and/or biblical precepts and/or Scripture should be incorporated into each assignment.**

Interpersonal Development

This option should be considered when the behavior being reviewed stemmed from or resulted in direct impact on others, or where the potential impact on others is likely. This option will provide students with the opportunity to reflect on their decision-making and consider the perspective of other impacted or potentially impacted individuals. 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. **The Bible and/or biblical precepts should be incorporated into each assignment.**

How It Works

1. **Review** the personal and interpersonal sections on your own.
2. **Determine** with your Associate Director which section best suits your situation.
3. **Choose** 3-5 educational opportunities that you and your Associate Director agree will benefit you.
4. **Complete** the educational opportunities within the deadlines provided.
5. **Meet** with your Associate Director to review the completion of your educational opportunities.

PERSONAL DEVELOPMENT

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 two weeks and may be required to show proof of participation. Upon completion of your plan, you will write a brief reflection on your experience. This reflection should include Scripture and include how this has/will help you avoid future concerning behaviors.

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. [Counseling and Psychological Services](#) is available for those wishing to remain on campus (availability may be limited). The area of your violation should be at least one focus of these meetings. Using Scripture to support your response, you will provide your Associate Director with a summary of the process and indicate how it impacted your future decision making.

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. The focus should be on how your decisions impact your future and/or those around you. The person you choose could be an LU Shepherd, a member of your hall leadership, a mentor, faculty/staff, or an outside person/group. You will provide your Associate Director with a brief summary of the process and indicate the following: 1) whether or not you feel the process was beneficial to your personal development, 2) what you have learned that will help you to have healthier relationships with yourself and with God, and 3) how accountability can help you avoid future concerning behavior. Your summary should be supported with Scripture.

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. This should include at least three Campus Community sessions. You will provide your Associate Director with a summary of your experience and any applicable lessons you learned—specifically any lessons that connect to the area of your violation and how to avoid such instances in the future. Your summary should be supported with Scripture and include how attending campus community can help or has helped your spiritual development.

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. Using Scripture to support your response, you will provide your Associate Director with a brief summary of the process and indicate how the process has impacted your personal development and provided support for healthier decision making in the future. This should include at least three Community Group/Bible Study 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, incorporating the Bible, you will write what you have learned from this experience and how you will make a positive contribution to the LU community in the area of your violation.

Biblically Based Friendships Essay: You will Reflect on your current friendships and relationships. Consider the areas in which they are pointing you to Christ, or where they are drawing you away from Him—specifically as it relates to your violation. You will write an essay filtering those you allow in your circle through a biblical understanding of friendship. As you write your essay, include at least three different Bible passages regarding friendships. Describe how you plan to utilize that information to detach from harmful relationships or draw close to those who draw you closer to God, thereby reducing the likelihood of making similar negative choices in the future.

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 1) how different levels of BAC can impact different individuals, 2) how alcohol consumption at Liberty can impact you and the community at large, and 3) how this information impacts your personal choices. Use biblical references to support your findings.

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. The final written assignment will be a reflection on what was learned during the Choices program. The student will use the Bible to share how that information can help them avoid future behaviors that conflict with the Liberty Way.

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. Use biblical references to support your findings. This exercise will help you identify scriptural support and understand trends related to alcohol on college campus.

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. Use biblical references to support your position.

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 analysis of biblical passages related to this topic, elements of risk regarding alcohol and/or other drugs, the development of strategic alternatives to consuming alcohol and/or other drugs in social situations, and recognizing 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 on 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 utilize these values to support the agreed-upon standards as a Liberty Student. Use biblical references to support your position.

Digital Footprint Audit: You will complete a guided worksheet as you conduct an audit of your social media and online presence. The worksheet will encourage reflection on how online actions and digital communication can impact your personal relationships, reputation, and future opportunities. You will assess whether your digital presence aligns with your personal values, goals, and biblical principles. Upon completion of the worksheet, you will complete a brief reflection discussing what you learned and identify practical steps you can take to make intentional and responsible decisions online moving forward. Use Scripture to support your position.

Digital Media Assignment: You will interact with selected 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 digital media assignment to your life: What was the main message presented in the material? How did the material connect to your personal development? 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?

Do-Over Card: You will reflect on several key moments in your life and using a simple template (provided by your Associate Director), you will list out 3-4 “turning point” moments where you made a positive choice over a negative one and explain what you feel the effects of a negative choice may have been. Then, write down 2-4 “turning point” moments that led to your violation. Identify what went right and what went wrong. What choices would you make if given a “do-over” card? Identify elements present in each of the “turning point” moments that can help you recognize them more readily in the future. Use biblical references to support your position. This practice will help you learn to identify key moments and project potential outcomes in real time, helping you avoid future behaviors that do not align with your values or those of Liberty University.

Goals Worksheet: You and the Associate Director will review the S.M.A.R.T. goal worksheet. You will then complete the worksheet and email 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 path that aligns with Biblical principles and will help you avoid future behaviors that may lead to negative or harmful consequences.

“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. Lastly, you will discuss what you will do differently in the future to practice healthy decisions and avoid behaviors that may lead to negative or harmful consequences. Use biblical references to support your explanation. Possible recipients could include your first-year self; a friend; members of your organization; your future child; your future self (www.futureme.org); a loved one; or a mentor.

Life + Godliness: You will attend a Life + Godliness workshop hosted by the Center for Student Thriving. You will then write a reflection paper summarizing what you learned and address the following questions: 1) How does this learning shape my thinking on the decision that led to my violation(s)? and 2) How does this learning influence my daily decision-making? Your reflection should include Scripture or biblical principles to support your learning. You may access the current Life + Godliness schedule and sign-up form [HERE](#).

List or Quiz: You will create a list or quiz (think *Kahoot Quizizz* or *Blooket Gimkit*, etc.) that will provide advice/information to help other students make better decisions while attending college. Each item on your list should be supported by available research. 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 information you choose to share. Using Scripture or biblical references, discuss how the information in the material connects to biblical principles and how the information you share will encourage you and others to avoid making harmful decisions in the future.

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 three new things you learned from your conversation about cultural differences and how you can use what you have learned to positively impact your perspective and behavior moving forward. 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, incorporating biblical references. You will also complete an exercise where you focus on mindfulness for seven days. Take time to reflect on your experience.

Mission and Vision: For this assignment, you will write three paragraphs: 1) Using Liberty's mission statement, write a response on how your violation has impacted the mission of Liberty University. 2) Using your personal “mission statement” (or personal expectations), how has the incident that led to your violation impacted you personally? 3) Choose one or more Bible verses that will encourage you, discuss how the verse(s) impact your ability to live by your personal mission and the mission of the University, and discuss how it will guide your efforts in avoiding future concerning incidents.

Personal Reflection Essay: You will complete an essay reflecting on the choices made regarding this incident including your decision-making process. Your essay will address the following questions: (1) How do you feel about your actions? (2) Do your actions reflect your morals/values? (3) What will you do in the future to assist you in making healthier decisions? (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. Use Scripture to support your position.

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 three new things you learned about yourself and how you can use what you have learned to positively impact you moving forward. Lastly, choose 1-2 scriptures that reflect what the Bible says about identity and how they support or conflict with what you have learned. Two free options are www.Principlesyou.com and www.16personalities.com.

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. Use biblical reference to support your position and share how considering future opportunities can help you avoid concerning behavior in the future.

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 it was the correct decision, and how you might make decisions differently in the future. Use biblical references to support your position.

Read and Discuss *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. Your Associate Director will use biblical precepts and explain Liberty's position on the selected thoughts/questions to help develop your understanding and to help you understand how to best avoid issues in the selected areas.

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. The focus of this activity should be on your personal development and ways to encourage positive social interactions. This may be a task or service that benefits an individual, the campus, or the community. 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 Personal Development.

Substance Use Education: An educational program with two components: virtual learning and a final written reflection. The curriculum begins with foundational education on substance use. The curriculum focuses on the physiological impact of substances, social responsibility, and decision-making. Upon completion of the selected course, participants will write a reflection that responds to the following: 1) When does substance use become problematic? 2) What part of the material resonated with you the most? 3) How does the information in the material connect to biblical principles? 4) Discuss two lessons you learned from this course and/or the supporting Scripture and how you can incorporate them into your own life to avoid future incidents.

Thriving Consultation: *The Thriving Quotient™* is an instrument that was developed to measure the academic, social, and psychological aspects of a student's college experience that are most predictive of academic success, institutional fit, satisfaction with college, and ultimately graduation" ([The Thriving Project, "Student TQ Surveys"](#)). You will take the Thriving Quotient™ [HERE](#) and book a 1-hour meeting with a Center for Student Thriving team member to discuss your results and consider what steps you can take toward thriving. To schedule your appointment, simply follow the instructions included in the follow-up email upon completing the survey. You will then write a reflection paper addressing the following: your plan for increased thriving (include 1-2 actions you plan to take), how the decision that led to your violation(s) jeopardized your thriving, and how the opportunities you plan to pursue will help you thrive. Your reflection should include Scripture or biblical principles to support your learning.

Unfair vs. Unfortunate Reflection Essay: You will write an essay to compare the definitions of unfair and unfortunate. You will also address how these terms may or may not apply to your situation. Use Scripture or biblical principles to support your learning. Also include how any perspective gained from this activity can help you avoid future concerning incidents.

Vaping Risk Worksheet: Using peer-reviewed articles or resources found in the Jerry Falwell Library or other, locate 2-3 books or articles that discuss the risks of vaping THC/marijuana. In 1-2 pages, write a reflection on 1) what you learned from the sources reviewed, 2) Scripture or biblical principles that agree or disagree with the sources reviewed, and 3) methods reviewed or personally considered to help you eliminate future use.

Wellness Journal: This assignment is an opportunity to identify components of wellness that you are struggling with. The act of daily journaling encourages an 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 any improvement impacted your day-to-day health and function and your ability to avoid future concerning behaviors. A template is available as a guide, but it is not required. Use Scripture to support your perspective.

Video Reflection Assignment: You will record a video responding to guided reflection questions related to your conduct case. This assignment is designed to help you demonstrate understanding of your behavior, reflect on your decision-making, and identify specific strategies for future growth in your personal development. Using Scripture to support your position, you will respond to the following questions in a recorded video (minimum 5 minutes): 1. What happened in the situation that led to your violation? 2. What decisions did you make that contributed to the outcome? 3. How do you feel about your actions now? 4. In what ways did your actions reflect or conflict with your personal values? 5. In what ways did your actions conflict with biblical values? 6. Who was affected by your actions, and how were they impacted? 7. What specific steps will you take to avoid similar behavior moving forward? 8. What advice would you give to another student in a similar situation?

Vision Board – Intentional & Purposeful Goal Setting: You will create a Vision Board using photos, images, graphics, words, and quotes to creatively represent your goals and vision. The Vision Board should reflect intentional, realistic, and purposeful goal setting (e.g., SMART, PACT, FAST or CLEAR goals). Your Vision Board should contrast the negative behavior that led to your violation, and present positive, God-honoring visuals that promote healthy living that represent biblical values and align with Liberty's honor code.

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 incorporate Scripture or biblical principles, include a description of any resources(s) you may need, and a plan for utilizing those resources to avoid future concerning behavior.

DIGITAL MEDIA SELECTIONS (Personal Development)

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>Dealing with Anxiety</u>	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 will 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

<u>Do You Have the Guts to Fail?</u>	The idea of changing the world starts with doing small things and doing them well. If life organization is key, how do you organize your life? How can you make sure items help you achieve your goal and help you grow? What helps organize your life and what does not?	Denzel Washington	22
<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>It's About Time: Part 1</u>	In this video, Craig Groeschel discusses using time wisely—your most valuable, nonrenewable resource. He shares four principles of effective time management.	Craig Groeschel	20
<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 who 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
<u>The Lost Virtue of Self Control</u>	Self-control is not about limiting yourself just for the sake of having rules. It is about learning to say no to things that may feel good in the moment but do not last, so you can say yes to what matters most. By choosing God over temporary pleasures, we make room for a deeper, lasting joy that cannot be taken away.	Tilly Dillehay, Ben Lacey, & Jeremy Pierre	27
<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>The Power of Practice: Lessons From 10 Years of Pushups</u>	The speaker introduces the value of having a practice: an ongoing, consistent relationship with repeated action like her pushups. This practice, in the form of habit, routine, and/or ritual, creates space for learning, personal growth, and positively impacting mental & physical health, meaning & purpose, and overcoming challenges. The talk offers five relevant lessons for building a practice of your own.	Emily Saul	15
<u>What's your 200-year plan?</u>	Using your creativity to plan your life.	Raghava KK	11
<u>When The Urge Is Too Strong</u>	Pastor Craig Groeschel speaks on temptation on how we as Christians can best avoid getting caught up in sin.	Pastor Craig Groeschel	35
<u>Why Can't I Stop?</u>	We have 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 is time to decide to change your thinking so God can change your life.	Craig Roeschel	36

<u>Why we all need to practice emotional first aid</u>	We'll see a doctor when we feel flu-ish or have pain. Why not see a health professional for emotional pain—guilt, loss, or loneliness? Too many of us handle issues alone, says Guy Winch. He makes a compelling case for emotional hygiene: caring for our minds like our bodies.	Guy Winch	17
<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

INTERPERSONAL DEVELOPMENT

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. The focus should be on how your decisions impact your future and/or those around you. The person you choose could be an LU Shepherd, a member of your hall leadership, a mentor, faculty/staff, or an outside person/group. You will provide your Associate Director with a brief summary of the process and indicate the following: 1) whether or not you feel the process was beneficial to your interpersonal development, 2) what you have learned that will help you to have healthy relationships with others—specifically those who were or may be impacted by similar decisions, and 3) how accountability can help you avoid future concerning behavior. Your summary should be supported with Scripture.

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. This should include at least three Campus Community sessions. You will provide your Associate Director with a summary of your experience and any applicable lessons you learned—specifically any lessons that connect to the area of your violation and how to avoid such instances in the future. Your summary should include how attending campus community can encourage positive interactions with others and enhance your ability to interact with society in a Christ-honoring way and be supported with Scripture.

Autobiography Essay: You will write an autobiographical essay about your life, with a primary focus on your time at LU. The first part of the 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. The second part of the essay should include 1) what you have learned from this experience and how you will make a positive contribution to the LU community and 2) how this reflection will help you to avoid future concerning behavior. Scripture should be used to support your essay.

Boundaries in Life: This option is currently for female students only. This assignment involves learning what healthy boundaries are, their purpose, and how to incorporate them into 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 three questions: 1) How were boundaries utilized (or not) in the incident reviewed with your Associate Director? 2) What did you learn about boundaries that can be incorporated in your daily decision-making? 3) How will you utilize what you have learned to avoid similar future concerning behavior? Scripture should be used to support your essay.

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. The worksheet will help you reflect on alcohol use at Liberty and steps you can take to avoid use/association with alcohol in the future. Scripture should be used to support your position.

Community Service/Engagement: You will focus on the Christian discipline of selfless service. You will work with your Associate Director to complete your service. Service opportunities can be found on LU Serve's [CSER webpage](https://www.liberty.edu/osd/lu-serve/cser/) (<https://www.liberty.edu/osd/lu-serve/cser/>) or provided by your Associate Director. Your service opportunity should provide insight into the impact your choices had on others, thereby fostering discernment in similar situations in the future. Using Scripture to support your position, you will submit a summary of the process and share how your overall perspective was impacted by the process.

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 assignment will allow you to gain a new perspective on 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, the friends you choose, and how you treat others. You will reflect on how these values may have been impacted by the decision that led to your violation. Using Scripture to support your position, discuss two practical ways you will utilize these core values to avoid similar situations in the future.

Choices: An educational program with three components: classroom time, group discussion, and a final written assignment in which the student will use Scripture to support their learning and plan to avoid future violations of The Liberty Way. 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.

Digital Footprint Audit: You will complete a guided worksheet as you conduct an audit of your social media and online presence. The worksheet will encourage reflection on how online actions and digital communication can impact your personal relationships, reputation, and future opportunities. You will assess whether your digital presence aligns with your personal values, goals, and biblical principles. Upon completion of the worksheet, you will complete a brief reflection discussing what you learned and identify practical steps you can take to make intentional and responsible decisions online moving forward—specifically in your relationship with others. Use Scripture to support your position.

Digital Media Assignment: You will interact with selected 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 digital media assignment to your life: What was the main message presented in the material? How did the material connect to interpersonal development? 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 to avoid behaviors that could lead to future violations? Use Scripture to support your position.

“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 include steps to help you (or the reader) avoid concerning behaviors in the future. You will also discuss how the situation affected your personal relationships 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, or a mentor. Use Scripture to support your position.

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: three new things you learned from your conversation about cultural differences and how you can use what you have learned to avoid future negative behaviors and positively impact you and others moving forward. Your reflection should include scripture to support your learning.

Perspective Interview: You will find a mentor, parent, professor, 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, how you can use that perspective to avoid future concerning behaviors. Use Scripture to support your position.

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 three new things you learned about yourself and how you can use what you have learned to positively impact your future decisions—specifically regarding how your recent behavior impacted your relationships. Lastly, choose 1-2 scriptures that reflect what the Bible says about identity and how they relate to what you have learned. Two free options are www.Principlesyou.com and www.16personalities.com.

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 it was the correct decision, who your decisions impacted, and how you might make decisions differently in the future. Use Scripture to support your position.

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. This assignment will require the use of Scripture and ask that you share how to avoid future concerning behavior.

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. The focus of this activity should be on your personal development and ways to encourage positive social interactions. This may be a task or service that benefits an individual, the campus, or the community. 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 Interpersonal Development.

Substance Use Education: An educational program with two components: virtual learning and a final written reflection. The curriculum begins with foundational education on substance use. The curriculum focuses on the physiological impact of substances, social responsibility, and decision-making. Upon completion of the selected course, participants will write a biblically support reflection that responds to the following:

1) When does substance use become problematic? 2) Discuss two lessons you learned from this course and how you can incorporate them into your own life to avoid future incidents. 3) How will you use the information learned to inform your interactions with others? 4) How does the information in the material connect to biblical principles?

Sum it Up Paper: You will sum up the result of your incident in one word. Explain why this is the word you chose to summarize your incident and share your feelings regarding the incident as well as how you can avoid future incidents. Lastly, choose one or more Bible verses that will encourage you and discuss how it will guide your efforts in avoiding future incidents.

Video Reflection Assignment: You will record a video responding to guided reflection questions related to your conduct case. This assignment is designed to help you demonstrate understanding of your behavior, reflect on your decision-making, and identify specific strategies for future growth in your interpersonal development. Using Scripture to support your position, you will respond to the following questions in a recorded video (minimum 5 minutes): 1. What happened in the situation that led to your violation? 2. What decisions did you make that contributed to the outcome? 3. How do you feel about your actions now? 4. In what ways did your actions reflect or conflict with your personal values? 5. In what ways did your actions conflict with biblical values? 6. Who was affected by your actions, and how were they impacted? 7. What specific steps will you take to avoid similar behavior moving forward? 8. What advice would you give to another student in a similar situation?

Vision Board – Intentional & Purposeful Goal Setting: You will create a Vision Board using photos, images, graphics, words, and quotes to creatively represent your goals and vision. The Vision Board should reflect intentional, realistic, and purposeful goal setting (e.g., SMART, PACT, FAST or CLEAR goals). Your Vision Board should contrast the negative behavior that led to your violation, and present positive, God-honoring visuals that promote healthy living that represent biblical values and align with Liberty's honor code.

DIGITAL MEDIA SELECTIONS (Interpersonal Development)

Title	Brief Summary of Video	Presenter(s)	Minutes
<u>8 BIG Lies About Sex</u>	Many non-married Christians feel that it is impossible to abide by the sexual boundaries of the Bible because of the common beliefs and pressures of our culture. Sean McDowell & John Stonestreet address eight common lies that young adults believe about sex and why these lies lead to harmful consequences. Sean and John also address what a healthy, biblical worldview of sexuality is.	Sean McDowell & John Stonestreet	69
<u>Biblical Love</u>	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 as the Bible defines it. Strength in your relationship begins with knowing the biblical definition.	Dr. Voddie Baucham	15
<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>Dangers of a Single Story</u>	Our lives, and 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 who 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

The Fringe Benefits of Failure	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
The Lost Virtue of Self Control	Self-control is not about limiting yourself just for the sake of having rules. It is about learning to say no to things that may feel good in the moment but do not last, so you can say yes to what matters most. By choosing God over temporary pleasures, we make room for a deeper, lasting joy that cannot be taken away.	Tilly Dillehay, Ben Lacey, & Jeremy Pierre	27
What's Your 200-Year Plan?	Using your creativity to plan your life.	Raghava KK	11