

Action and Reflection Prompts

I. First Year Skills Requirement

Action: I will complete my:

Writing I (WR 121): _____

Speech (COMM 111 or 114 or 218) _____

Mathematics (MTH 105 or higher) _____

Yay, I've successfully completed my First Year Skills classes!

Reflection: After you've completed your first year, ask yourself how you see the skills you developed in these three classes contributing to classes you plan to take in the coming years?

II. Know the Tools & the Rules

Action: Master OSU's online resources! Practice using all of the online resources listed in the tools and rules box on Page 2 of the First Year Advising Syllabus. Identify any that are confusing and make note of them for your next meeting with your advisor.

Action: On page 2 of your First Year Advising Syllabus, you'll see several campus resources listed – [Academic Success Center](#), [Career Development Center](#), [The Collaborative Learning Center](#), [the Math Learning Center](#), [The Writing Center](#), [Educational Opportunities Program](#), [Diversity & Cultural Engagement](#), and [Disability Access Services](#). Visit three of campus support offices listed and find out more about how they can support your academic success. If you are finding that specific academic concerns are surfacing for you, write them down so you can discuss them with your advisor.

Reflection: At the end of each term in your first year, rate your overall comfort level with accessing and using OSU resources:

I got this!

I understand most of it, but I'm still confused by _____

I'm confused by most it and could use help from my advisor.

III. Exploration

Action: Use the “What If” function in MyDegrees to explore two other majors that interest you.

Reflection: As you go along, ask yourself some questions about your experiences thus far. Am I finding your course of study fulfilling? Am I excited by what is on horizon for this chosen academic pathway for the upcoming years?

Reflection: Take pause now and again and ask yourself questions like:

- If _____ is currently my *Plan A* in terms of a major(s), why?
- How does my major fit with my current interests and my skills?
- What skills might I need to continue to develop to be successful in my major?
- In the event things change, and I decide my *Plan A* is not the best fit for me, what is my *Plan B* major and why?

IV. Beyond the Classroom

Action: Look for ways in your first term to learn more about activities, clubs or organizations you might want to join.

Action: During your first term, identify three educational experiences *you* want to pursue outside of the classroom.

1. _____
2. _____
3. _____

Reflection: At the end of your first year, think about activities that you were involved with outside the classroom.

- What did you like and why did you like it?
- Do you plan to continue with that activity?
- What involvement activities to you plan to get involved with in the coming years? What do you need to do to make that involvement a reality?

OSU's Learning Goals for Graduates

When you attended START or new student orientation, you were introduced to OSU's overarching goals for undergraduates: The **Learning Goals for Graduates (LGG's)** – See Page 4 of your Advising Syllabus. Regardless of your major, these are aspirational outcomes as you make your way towards your undergraduate degree. These are the type of big picture, transferable skills that potential employers, graduate schools, and professional schools are seeking from OSU undergraduates. At the end of your first year, stop and think about how your first year experiences contributed to these **LGG's**. Here are the **LGG's** and two questions that you can ask yourself.

Competency and Knowledge in Multiple Fields:

- Have you taken any courses outside of the areas you thought you would study this year?
- What new ideas and concepts have you come across this year that you want to explore further?

Critical Thinking:

- Which classes asked you to articulate a position or argue a point of view or provide evidence for your answer to a problem?
- What has been a problem or issue you have come across this year that has required a creative solution? How did you come to that solution?

Pluralism and Cultural Legacies:

- What experiences have you had this year that have challenged an assumption you've held?
- In what ways did you interact with or engage with people from other cultures?

Collaboration:

- What have you accomplished with the help of others this year?
- What did you learn about yourself while working with others on a project, assignment, or task this year?

Social Responsibility and Sustainability:

- How do your educational and life goals align with your personal values?
- How have you given back to a community or how do you plan to give back?

Communication:

- What information have you had to understand for the sake of presenting it to other people, either verbally or in writing?
- Have there been particular situations, circumstances, or audiences that have provided a challenge to presenting your thoughts, opinions, and/or research?

Self-Awareness and Life-Long Learning:

- Describe what you have learned this past year about how to learn?
- In what ways do you hope to continue to grow in the coming years at OSU and after graduation? How do you plan to accomplish that growth?