

## GENERAL ACADEMIC LIFE

- Write an academic mission statement for yourself. Integrate your core values, such as a leaving the world better than you found it, curing AIDS, ending violence, or affirming the dignity of each human being.
- Discover ways to weave your core values into routine classroom assignments. Write and speak about topics directly related to your beliefs.
- Read about individuals who stood up for their convictions in the face of resistance. Determine who inspired these people to dedicate their lives to great and noble causes.
- Debate an issue like: "Money is the true source of happiness." Argue for and against this proposition. Ask yourself, "How was my position strengthened when I could incorporate my beliefs into the argument? How was my position weakened when I had to defend the opposing point of view?"

## STUDY TECHNIQUES

- List your top three to five beliefs on a piece of paper you can use as a bookmark. Filter whatever you are reading and hearing through the lenses of these core values.
- Assess whether you are allocating enough time to classes, projects, and assignments that add meaning to your life.
- Suggest alternative topics for reading and research to your professors. Match your preferred assignments to one or more of your core values.
- Form a study group of individuals with whom you share one or more important belief. Ask each member to describe how these core values contribute to his or her success as a student.

## RELATIONSHIPS

- Tell your classmates and professors about the ideas, causes, and projects you are most passionate about.
- Encourage others to tell you when your intensity inspires them and when it overwhelms them. Maintain an ongoing dialogue to ensure that they understand you.
- State what you believe is right and wrong. Help others grasp what you value and why you value it.
- Notice instances when you willingly inconvenienced yourself to come to the aid of a specific person or group. Ask, "Which of my core values drove this behavior?"

## CLASS SELECTION

- Enroll in ethics classes. Learn to evaluate the rightness of decisions in fields such as science, medicine, business, government, religion, and environmental protection.
- Risk advocating your beliefs in class discussions as well as conversations with classmates and instructors.
- Choose courses taught by professors known for their strong beliefs, even when their values clash with yours. Realize that considering the values of others can help you refine your own.
- Select classes that challenge you to clarify, reinforce, defend, and live out the guiding principles of your life.

## EXTRACURRICULAR ACTIVITIES

- Figure out ways to spend quality time with your family. Make a point of going home or calling to show you are thinking of them on birthdays and special holidays.
- Consider running for a campus office. Build your campaign platform on values-oriented issues that matter greatly to you. Inform potential voters about what you stand for and why.
- Practice speaking a foreign language by helping a refugee family adapt to their new country and its customs.
- Serve meals at a local homeless shelter. Deliver Meals on Wheels<sup>®</sup>. Take time to visit with each shut-in.