**Text

Description automatically generated with low confidence**

**WHAT IS A RAM PLAN EDUCATION PLAN?**

Ram Plan co-curricular programs are categorized into five focus areas: Career Readiness, Community Engagement, Health & Wellness, Involvement & Leadership, and Social Justice. Each focus area has an education plan that lists all programs and learning goals approved in that area. Students use the education plans to map out what programs they’d like to attend and gain more experience in during their time at WCU.

**Creating Your Co-Curricular Education Plan:**

* What focus areas are you looking to enhance your skills in? Career Readiness, Community Engagement, Health & Wellness, Involvement & Leadership, or Social Justice? How about all of them?
* Review the programs on each focus area education plan and mark the ones you are interested in attending.
* Visit the [co-curricular catalog](https://www.wcupa.edu/_services/stu/coCurricularPlanning/forms/coCurricularCatalog/) to learn more about the programs you want to attend.
* Create your timeline for participating in the programs by using the semester/year column on each education plan. You can find when programs are generally offered in the co-curricular catalog description.
* Search for programs and register to attend on [RamConnect](https://ramconnect.wcupa.edu/home_login) or other specified sites as listed in the program description in the co-curricular catalog.
* After attending the program, fill out the program learning outcomes assessment to have it listed on your Ram Plan co-curricular transcript.
* In 5-7 business days, you will be notified whether you passed the learning outcomes assessment questions. If you passed, the program will be added to your transcript within a month. If you did not pass, ask the department if you can re-take the assessment.
* At the end of each semester, check your co-curricular transcript to make sure the programs are listed for those you fully completed.
* Save your education plans and review them once a semester to make sure you are still working towards your focus area goals.
* Attend programs to learn how best to communicate your co-curricular experiences with potential employers.

**Text

Description automatically generated with low confidence**

**WHAT ARE THE CO-CURRICULAR LEARNING GOALS?**

**Civic Engagement**

Encompasses actions wherein individuals participate in activities of personal, political, and public concern that are both individually life enriching and socially beneficial to the community.

**Communication**

The exchange of information orally, non-verbally, and in writing, with individuals, groups, and external audiences using multiple modes, including technology and related applications.

**Critical Thinking**

A habit of mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events before accepting or formulating an opinion or conclusion.

**Integrative Learning**

An understanding and disposition that a student builds across their personal, curricular, and co-curricular lives, from making simple connections among ideas and experiences to synthesizing and transferring learning to new and complex situations.

**Intercultural Fluency**

Valuing, respecting, and learning from people with diverse backgrounds (e.g., ability, age, culture, economic status, education level, ethnicity, gender, nationality, race, religion, sexual orientation). The individual demonstrates openness, inclusiveness, sensitivity, and the ability to interact respectfully with all people and understand individuals’ differences.

**Personal Development**

Includes both intra- and inter-personal elements. Intrapersonal development refers to an individual’s self-understanding and the extent to which they engage in selecting and living by their values and beliefs. Interpersonal development refers to an individual’s ability to build and maintain meaningful and healthy relationships, work collaboratively, and lead others

**Problem Solving**

The process of designing, evaluating, and implementing a strategy to answer a question or achieve a desired goal.

|  |  |  |
| --- | --- | --- |
| Text, logo  Description automatically generated**CAREER READINESS**  Create Your Co-Curricular Education Plan | | |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Connect and Learn Meet Up\* | Communication |
|  | Major Match Game\* | Critical Thinking |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Brothers of Excellence Conference | Integrative Learning |
|  | Communications, Marketing, and Sports Meet Up | Integrative Learning |
|  | Finance, Insurance & Real Estate Meet Up | Integrative Learning |
|  | Job and Internship Fair | Integrative Learning |
|  | Interviews and Resume Workshop (U.S. Style) | Integrative Learning |
|  | Meet the Firms | Integrative Learning |
|  | Prepare for the Fair\* | Integrative Learning |
|  | Science and Technology Meet Up | Integrative Learning |
|  | Study Abroad Pre-Departure Orientation | Integrative Learning |
|  | Etiquette Dinner\* | Intercultural Fluency |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Athlete Career Panel | Personal Development |
|  | After College Experience | Personal Development |
|  | Careers in Public Service Panel | Personal Development |
|  | Dub-C Autism Program\* | Personal Development |
|  | Meet Your Major Ice Cream Social | Personal Development |
|  | PEERS® Social Curriculum\* | Personal Development |
|  | Resume Writing for Varsity Athletes | Personal Development |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Graduate School Road Map\* | Problem Solving |
|  | Study Skills Workshop for Athletes | Problem Solving |
|  | Time Management Workshop for Athletes | Problem Solving |
| \*Will appear on the co-curricular transcript | | |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| Text, logo  Description automatically generated**COMMUNITY ENGAGEMENT**  Create Your Co-Curricular Education Plan | | |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Alternative Break Program | Civic Engagement |
|  | America Reads Youth Mentoring Program | Civic Engagement |
|  | MLK Day of Service | Civic Engagement |
|  | National Good Neighbor Day | Civic Engagement |
|  | RAMsCare: Homelessness & Hunger in Our Community\* | Civic Engagement |
|  | The Power of Speech: The First Amendment and College Campuses\* | Civic Engagement |
|  | Volunteer Fair | Civic Engagement |
|  | Volunteering 101: A Student Leader's Guide to Meaningful Service\* | Civic Engagement |
|  | Voter Engagement and Education Programs | Civic Engagement |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Women of Color Day | Communication |
|  | Rams Weekly Discourse | Critical Thinking |
|  | Resource Pantry Cooking Demonstrations | Integrative Learning |
|  | University Hearing Board Experience\* | Integrative Learning |
|  | Gender Justice Conference | Intercultural Fluency |
|  | Global Leadership Series | Intercultural Fluency |
|  | Careers in Public Service Panel | Personal Development |
|  | How To Self-Advocate When Signing a Lease\* | Personal Development |
|  | Sykes Union Building Tour\* | Personal Development |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Event Planning 102\* | Problem Solving |
|  | Living Off Campus Certificate Course\* | Problem Solving |
|  | Off-Campus Housing Fair | Problem Solving |
|  | Off Campus Life: Real Scenarios\* | Problem Solving |
|  | Renting Off Campus: Leases and Finding Housing\* | Problem Solving |
|  | Event Planning 101\* | Problem Solving |
|  | Olympus Leadership Series\* | Problem Solving |
| \*Will appear on the co-curricular transcript | | |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Text, logo  Description automatically generatedHEALTH & WELLNESS**  Create Your Co-Curricular Education Plan | | |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Ram's Step Up\* | Civic Engagement |
|  | Intramural Sports Program | Communication |
|  | New Student Orientation Programs | Communication |
|  | Sport Clubs | Communication |
|  | Hazing Awareness for Fraternities and Sororities | Critical Thinking |
|  | Introduction to Camping\* | Critical Thinking |
|  | Rock Climbing Fundamentals: WCU Belay Certification\* | Critical Thinking |
|  | Resource Pantry Cooking Demonstrations | Integrative Learning |
|  | Study Abroad Pre-Departure Orientation | Integrative Learning |
|  | Discovering Well Being\* | Integrative Learning |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | All About Anxiety\* | Personal Development |
|  | Balancing Alcohol and Substances to Improve College Success | Personal Development |
|  | Check Up from the Neck Up | Personal Development |
|  | De-Stress Fest | Personal Development |
|  | Dog Therapy Extravaganza | Personal Development |
|  | Dub-C Autism Program\* | Personal Development |
|  | Fresh Check Day | Personal Development |
|  | Interactive Screening Program | Personal Development |
|  | Nurturing Relationships\* | Personal Development |
|  | Nutrition Cooking Class for Athletes | Personal Development |
|  | Sexy Bingo\* | Personal Development |
|  | Shift Happens: Understanding Social Norms and Substance Use\* | Personal Development |
|  | Sport Club Leadership Seminar\* | Personal Development |
|  | Sports Official Certification\* | Personal Development |
|  | Student Flu Shots | Personal Development |
|  | Tuberculosis Testing Clinics | Personal Development |
|  | Wellness Coaching | Personal Development |
|  | What's Next: Life After Athletics\* | Personal Development |
|  | Fraternity and Sorority Intramural Sports Division | Personal Development |
|  | Health and Wellness Keynote | Personal Development |
|  | Introduction to Standup Paddleboarding\* | Personal Development |
|  | Stress Management for Athletes | Personal Development |
|  | PEERS® Social Curriculum\* | Personal Development |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Alcohol Education for Fraternity and Sorority Members\* | Problem Solving |
|  | American Red Cross CPR/AED First Aid Certification\* | Problem Solving |
|  | Any Ram Can: Bystander Intervention\* | Problem Solving |
|  | Introduction to Hiking\* | Problem Solving |
|  | Microwaves and Mini-Fridges: Eating Nutritiously on the Go\* | Problem Solving |
|  | Rock Climbing Advanced: Lead Climbing\* | Problem Solving |

|  |  |  |
| --- | --- | --- |
| **Text, logo  Description automatically generatedINVOLVEMENT & LEADERSHIP**  Create Your Co-Curricular Education Plan | | |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Nobel Peace Prize Leadership Series | Civic Engagement |
|  | The Power of Speech: The First Amendment and College Campuses\* | Civic Engagement |
|  | New Student Orientation Programs | Communication |
|  | Volunteer Fair | Communication |
|  | Women of Color Day Celebration | Communication |
|  | Introduction to Camping\* | Critical Thinking |
|  | Rock Climbing Fundamentals: WCU Belay Certification\* | Critical Thinking |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Brothers of Excellence Conference | Integrative Learning |
|  | Club and Organization Executive Board Training\* | Integrative Learning |
|  | Fall Involvement Fair | Integrative Learning |
|  | Spring Organization Fair | Integrative Learning |
|  | Student Leadership Summit | Integrative Learning |
|  | Dowdy Multicultural Center Peer Mentoring Program\* | Integrative Learning |
|  | University Hearing Board Experience\* | Integrative Learning |
|  | Global Leadership Series | Intercultural Fluency |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Dub-C Autism Program\* | Personal Development |
|  | Emerging Leader Program | Personal Development |
|  | Explore Leadership Series Tier I\* | Personal Development |
|  | Fraternity and Sorority Potential New Member Orientation\* | Personal Development |
|  | Ruby Jones Conference on Race, Social Justice and Civic Leadership\* | Personal Development |
|  | Sport Club Leadership Seminar\* | Personal Development |
|  | Sports Official Certification\* | Personal Development |
|  | Women's Leadership Conference | Personal Development |
|  | Explore Leadership Series Tier 2\* | Personal Development |
|  | Fraternity and Sorority Intramural Sports Division | Personal Development |
|  | Michael Horrocks Leadership Institute: Emerging Leaders Conference | Personal Development |
|  | Introduction to Standup Paddleboarding\* | Personal Development |
|  | Personal Best Leadership Series | Personal Development |
|  | Michael Horrocks Leadership Institute: Captains Leadership Advancement Series | Personal Development |
|  | PEERS® Social Curriculum\* | Personal Development |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Event Planning 102\* | Problem Solving |
|  | Collegiate Leadership Competition\* | Problem Solving |
|  | Event Planning 101\* | Problem Solving |
|  | Introduction to Hiking\* | Problem Solving |
|  | Olympus Leadership Series\* | Problem Solving |
|  | Rock Climbing Advanced: Lead Climbing\* | Problem Solving |
| \*Will appear on the co-curricular transcript | | |

**\*Wil\***

**\*Will**

|  |  |  |
| --- | --- | --- |
| **Text, logo  Description automatically generatedSOCIAL JUSTICE**  Create Your Co-Curricular Education Plan | | |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | EqualiTea Series\* | Civic Engagement |
|  | MLK Day of Service | Civic Engagement |
|  | RAMsCare: Homelessness & Hunger in Our Community\* | Civic Engagement |
|  | America Reads Youth Mentoring Program | Civic Engagement |
|  | Voter Engagement and Education Programs | Civic Engagement |
|  | Alternative Break Program | Civic Engagement |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | Women of Color Day Celebration | Communication |
|  | Nobel Peace Prize Leadership Series | Critical Thinking |
|  | Rams Weekly Discourse | Critical Thinking |
|  | Brothers of Excellence Conference | Integrative Learning |
|  | Queer Media from the Margins | Integrative Learning |
|  | Resource Pantry Cooking Demonstrations | Integrative Learning |
|  | Ruby Jones Conference on Race, Social Justice and Civic Leadership\* | Integrative Learning |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | From Allyship to Advocacy\* | Intercultural Fluency |
|  | Gender Justice Conference | Intercultural Fluency |
|  | OUTober @ WCU: Coming Out Week Celebration | Intercultural Fluency |
|  | RAM I AM Program Series | Intercultural Fluency |
|  | Trans Advocacy\* | Intercultural Fluency |
|  | Global Leadership Series | Intercultural Fluency |
| **Semester/Year** | **Program Title** | **Primary Learning Goal** |
|  | How To Self-Advocate When Signing a Lease\* | Personal Development |
|  | Olympus Leadership Series\* | Problem Solving |
| \*Will appear on the co-curricular transcript | | |
|  |  |  |
|  |  |  |