

EXPLORE

FIELD GUIDE



ASPIRATIONS FOR STUDENT LEARNING

This Field Guide belongs to:

My Top Five Strengths

1. _____

2. _____

3. _____

4. _____

5. _____

Discover your strengths at www.dsa.vt.edu/strengths.

If found, please contact:

_____ @vt.edu

ASPIRATIONS

FOR STUDENT LEARNING

-  **Commit to unwavering *CURIOSITY***
Virginia Tech students will be inspired to lead lives of curiosity, embracing a lifelong commitment to intellectual development.
-  **Pursue *SELF-UNDERSTANDING AND INTEGRITY***
Virginia Tech students will form a set of affirmative values and develop the self-understanding to integrate these values into their decision-making.
-  **Practice *CIVILITY***
Virginia Tech students will understand and commit to civility as a way of life in their interactions with others.
-  **Prepare for a life of *COURAGEOUS LEADERSHIP***
Virginia Tech students will be courageous leaders who serve as change agents to make the world more humane and just.
-  **Embrace *UT PROSIM* as a way of life**
Virginia Tech students will enrich their lives through service to others.

THIS IS YOUR VIRGINIA TECH

EXPERIENCE

The Aspirations for Student Learning represent our greatest hopes for Virginia Tech students. Fully exploring them will help you understand what living a life marked by these Aspirations looks like.

Make your time at Virginia Tech really matter. What you are learning comes together with who you are becoming as a person. Connect all of your different experiences—from internships, career fairs, and student organizations, to intramural sports, Gobblerfest, and everything in between—in a meaningful way that prepares you for your future.

By discovering opportunities for involvement in GobblerConnect and intentionally reflecting on your experiences in this Field Guide, you'll be able to make the most of your time as a Hokie.

EXPLORE

The Explore phase of your Virginia Tech Experience is all about getting acquainted with the Aspirations for Student Learning and the numerous opportunities that await you. It's about exploring what is available to you so that you'll feel prepared to make decisions and make the most of your time at Virginia Tech.

How do you get started? **The Explore Field Guide!**

The Explore Field Guide is your chance to take a break from your busy schedule and spend some time reflecting on who you are. Where do you come from? Where are you going? What do you believe? How do you want to change?

Flip through the pages of this guide and find an Aspiration that resonates with you, engage in campus life, ponder the strengths questions and challenges, connect with others, attend an event that interests you, and take stock of what's going on in your life.

By using the Explore Field Guide along with other tools like CliftonStrengths® and GobblerConnect, you'll continue to define yourself as a Hokie and a person.

There is no prescribed timeline for working through this guide. Choose the pace that works best for you!

GLOSSARY OF TERMS

Aspirations Fellows: students who embody the Aspirations for Student Learning as they serve in unique, amazing, and inspiring ways. Fellows have the opportunity to impact the student experience, mentor other students in the early stages of discovering the Aspirations, receive a distinction cord for graduation, and be celebrated at an annual induction ceremony.

Field Guides: these books (or online PDFs if preferred) are intended to spark reflective thought, writing, and conversation about the Aspirations for Student Learning. The Explore Field Guide will kick off your Experience VT journey. From there, a second volume, the Practice Field Guide, will deepen your understanding, application, and commitment to the Aspirations.

GobblerConnect: a central web-based platform housing hundreds of student-led clubs and organizations, their programs and events, and the learning opportunities offered by university departments, colleges, and centers.

Strengths: a personal assessment that helps Virginia Tech students identify and focus on their innate gifts and talents. With free access to the CliftonStrengths® assessment, students begin to know themselves, learn about others, discover their strengths, and understand how their talents align with their goals.

Success Network: Individuals, resources, and communities of people who care and contribute to your success and well-being.

START YOUR JOURNEY

The Explore Field Guide is your starting point to Experience VT. Begin your journey by working through these steps and this guide.

- ❑ Explore GobblerConnect: find three organizations that interest you, and find out when they meet. (pg. 12)
- ❑ Attend a professor's office hours, introduce yourself, and learn a little bit about their story. (pg. 13)
- ❑ Identify the people who challenge you to be better and help you grow. (pg. 14)
- ❑ Attend an event or program that focuses on Curiosity. (pg. 17)
- ❑ Complete the CliftonStrengths® assessment to learn about your unique talents and strengths. (pg. 20)
- ❑ Identify someone with strengths completely different than yours. (pg. 21)
- ❑ Attend an event or program that focuses on Self-Understanding and Integrity. (pg. 25)
- ❑ Learn about the Principles of Community by watching this video: www.dsa.vt.edu/vtpoc-doc (pg. 28)
- ❑ Attend an event or program that focuses on Civility. (pg. 33)
- ❑ Consider how you might make a difference in your community. (pg. 35)
- ❑ Observe and reflect on moments of courage you've witnessed in your local community, nationally, or globally. (pg. 37)
- ❑ Attend an event or program that focuses on Courageous Leadership. (pg. 41)
- ❑ Explore how you will utilize your strengths in service to others. (pg. 42)
- ❑ Identify individuals who served as mentors to you. (pg. 43)
- ❑ Attend an event or program that focuses on *Ut Prosim*. (pg. 49)
- ❑ Write down your wishes for the future. (pg. 50)
- ❑ Envision your next year at Virginia Tech. (pg. 51)
- ❑ Identify your Success Network. (pg. 52)

GETTING STARTED

Explore

Why did you decide to come to Virginia Tech?

What are you most excited about at Virginia Tech this year?

What do you expect your biggest challenges will be?

What do you hope your biggest successes will be?

What do you want to explore this year?

List three things for each aspect of your time at Virginia Tech.

Academic

1.

2.

3.

Community

1.

2.

3.

Personal

1.

2.

3.

Commit to Unwavering **CURIOSITY**

Virginia Tech students will be inspired to lead lives of curiosity, embracing a lifelong commitment to intellectual development.

What does curiosity mean to you? What are you curious about?

 *Delve deeper into the Aspirations for Student Learning at www.dsa.vt.edu/aspirations.*

Learning happens in and out of the classroom.

What are you hoping to experience while at Virginia Tech?

What is something new you want to explore while at Virginia Tech?



CHALLENGE

Log in to GobblerConnect and search organizations that sound interesting.

What organizations interest you most and why?

What next steps will you take to consider getting involved with an organization?

Attend a professor's office hours, introduce yourself, and ask them about their story.

What was your biggest takeaway from your conversation?



BUILDING SUPPORT

*Who do you have deep discussions with?
Who challenges you to be better? Who helps you grow?
Who asks you big questions?*

List a few people who come to mind when answering the questions above.

Why did you list each person? How can they help you examine yourself, your ideas, and your beliefs?



LOOK BACK

Write down a meaningful moment related to Curiosity and what impact it has had on your life. What made it meaningful?

FOLLOW-UP

Seek out an experience to explore how you might Commit to Unwavering Curiosity.

I attended an event or program that focused on Curiosity

Title of event:

Date:

Snapshot description:

Biggest takeaway:



Explore opportunities in GoblerConnect at goblerconnect.vt.edu.

Pursue

SELF-UNDERSTANDING AND INTEGRITY

Virginia Tech students will form a set of affirmative values and develop the self-understanding to incorporate these values into their decision-making.

What do you value and why?

Who has helped shape your values?



Delve deeper into the Aspirations for Student Learning at www.dsa.vt.edu/aspirations.

What does integrity mean to you?

How are your values influencing your decisions at Virginia Tech?

What happens when your actions don't match your values? What do you do? How do you respond?



CHALLENGE

Have you taken CliftonStrengths®? If not, take it at www.dsa.vt.edu/strengths and record your top five strengths on the first page of this guide.

Which of your top five strengths resonates most with you? What surprised you the most about your results? How do your strengths help explain who you are as a person and what interests you?



Read more about your top five in your Insight Report at vt.gallup.com.

Seek out someone you know with different strengths than you and learn how they use their strengths. Ask them some of the questions you've been reflecting on regarding your own strengths.

Example questions to ask in conversation:

Which of your top five strengths resonates most with you?
What surprised you the most about your results?
How do your strengths help explain who you are as a person?



BUILDING SUPPORT

Talk with a close friend about who you are and how you've gotten to where you are now.

What did you take away from this conversation?

What are some examples of living out your values while at Virginia Tech?

Where have you seen your strengths play out while at Virginia Tech?



LOOK BACK

Write down a meaningful moment related to Self-Understanding and Integrity and what impact it has had on your life. What made it meaningful?

FOLLOW-UP

Seek out an experience to explore how you might Pursue Self-Understanding and Integrity.

- I attended an event or program that focused on Self-Understanding and Integrity

Title of event:

Date:

Snapshot description:

Biggest takeaway:



Explore opportunities in GoblerConnect at goblerconnect.vt.edu.

Practice
CIVILITY

Virginia Tech Students will understand and commit to civility as a way of life in their interactions with others.

How do you connect with people you struggle to understand?



Delve deeper into the Aspirations for Student Learning at www.dsa.vt.edu/aspirations.

What are topics that you find difficult to discuss with other people? Why?

Applying what you have shared and learned about how you interact with others, how do you show respect for other people?



CHALLENGE

Learn more about the Principles of Community by watching this video: www.dsa.vt.edu/vtpoc-doc

Select a theme from the Principles of Community that you most identify with and share your interpretation. You can find them in written form here: www.dsa.vt.edu/vtpoc-doc

Consider how you can embody these principles. How do these principles apply to you? What do you think they will look like during your time here?

What does inclusion mean to you?

Reflect on a conflict you've had in the past couple of weeks.

What were the causes of the conflict? What could you have done differently?

What did you learn about yourself?



BUILDING SUPPORT

Find a diversity-related event or celebration that you wouldn't normally attend and invite a friend to go with you. (You can find opportunities by searching "diversity" on GobblerConnect.)

What did this event make you realize or better understand? How did you share your impressions with your friend? How did your perspectives differ?

Talk to a friend about something different you want to try or something new you want to experience. Why is this important to you?

What did you take away from this conversation?



LOOK BACK

Write down a meaningful moment related to Civility and what impact it has had on your life. What made it meaningful?

FOLLOW-UP

Seek out an experience to explore how you might Practice Civility.

I attended an event or program that focused on Civility

Title of event:

Date:

Snapshot description:

Biggest takeaway:

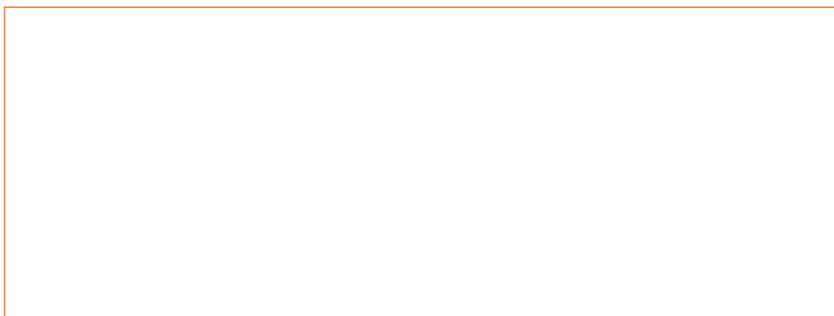


Explore opportunities in GobblerConnect at
gobblerconnect.vt.edu.

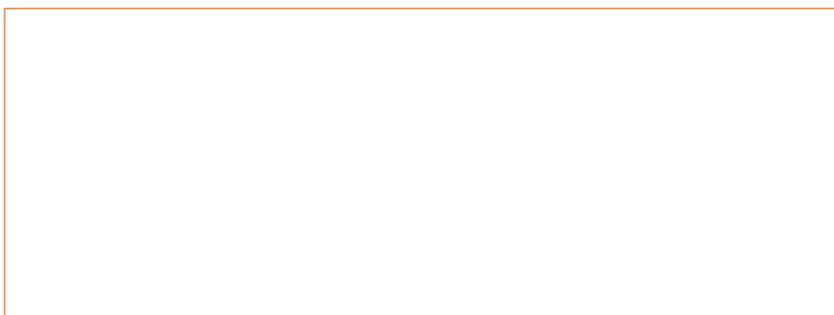
Prepare for a life of
COURAGEOUS LEADERSHIP

Virginia Tech students will be courageous leaders who serve as change agents and make the world more humane and just.

What do you think it means to be courageous? Who do you see living that out?



What qualities do you admire in a courageous person?
What qualities do you aspire toward?



Delve deeper into the Aspirations for Student Learning at www.dsa.vt.edu/aspirations.

Think about opportunities when speaking up would make a difference. How can you have an influence on your community?





CHALLENGE

Seek out someone you know who is serving in a student leadership role (Orientation Leader, Resident Advisor, etc.) and ask them about their experience.

What did you learn from your conversation?

What does the person you talked with think about how to live out courageous leadership? What did you learn from their perspective?

In the next week, write down every instance of courage you see or hear of (no matter how big or small).

What do these examples teach you?



BUILDING SUPPORT

Talk to a close friend about something in your life that you're struggling with and having trouble addressing.

What did you take away from this conversation?

Find someone who hasn't taken their CliftonStrengths® assessment and encourage them to do so. Talk about it with them.

How did they react to their results?



LOOK BACK

Write down a meaningful moment related to Courageous Leadership and what impact it has had on your life.

What made it meaningful?

FOLLOW-UP

Seek out an experience to explore how you might Prepare for a Life of Courageous Leadership.

- I attended an event or program that focused on Courageous Leadership

Title of event:

Date:

Snapshot description:

Biggest takeaway:



Explore opportunities in GoblerConnect at gobblerconnect.vt.edu.

Embrace
UT PROSIM as a way of life

Virginia Tech students will enrich their lives through service to others.

Virginia Tech's motto is *Ut Prosim* (That I May Serve). How do you hope to practice service in alignment with your strengths?

Write down a commitment you will make to take steps toward the hope(s) you name above.



Delve deeper into the Aspirations for Student Learning at www.dsa.vt.edu/aspirations.

There are many ways to give back to others when you are in college. In what ways do you envision embracing the university's motto, *Ut Prosim*, while at Virginia Tech?

Who has inspired or mentored you in the past? What are some key things you learned from that person?



CHALLENGE

Explore service opportunities you could get involved with on GobblerConnect. To get started, check out VT Engage at www.engage.vt.edu and browse the service opportunities they offer.

What opportunities stuck out to you and why?

In what ways could you practice *Ut Prosim* by using your unique strengths?

List a few small actions you can add to your day-to-day life to help improve your community and the Virginia Tech community at large.

Do something for the greater good.

What did you do and why?



BUILDING SUPPORT

Talk to a close friend about their journey in finding purpose.

What did you take away from this conversation?

Share what you feel gives your life meaning.



LOOK BACK

Write down a meaningful moment related to Ut Prosim and what impact it has had on your life. What made it meaningful?

FOLLOW-UP

Seek out an experience to explore how you might Embrace Ut Prosim as a Way of Life.

I attended an event or program that focused on *Ut Prosim*

Title of event:

Date:

Snapshot description:

Biggest takeaway:



Explore opportunities in GobblerConnect at
gobblerconnect.vt.edu.

BRIDGE TO PRACTICE
Wishing Tree



LOOKING FORWARD

I wish future Hokies will...

I wish to serve others at Virginia Tech by...

Before I graduate, I wish to explore...

I wish to leave a legacy of...

From my time at Virginia Tech, I wish to learn...

Envision your next year.

What have you learned by reflecting on your experiences? What impact have your experiences at Virginia Tech had on your life thus far? How do you plan to approach next semester or year at Virginia Tech?



Think about individuals, resources, and communities of people who care and contribute to your success. This is your Success Network and they'll be helpful as you begin to Practice the Aspirations.

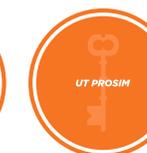
Who are they and how did they help you?

Now that you've completed the Explore Field Guide, your next step is to Practice the Aspirations!

What is Practicing the Aspirations?

Practicing the Aspirations is all about taking what you've learned to a deeper level. You'll consider the question, "How might I practice the Aspirations for Student Learning in my everyday life?" In the Explore phase, you started to grasp the "what" of the Aspirations for Student Learning. In the Practice phase, you'll be thinking through the "how." We want you to take a step further and think more about how you:

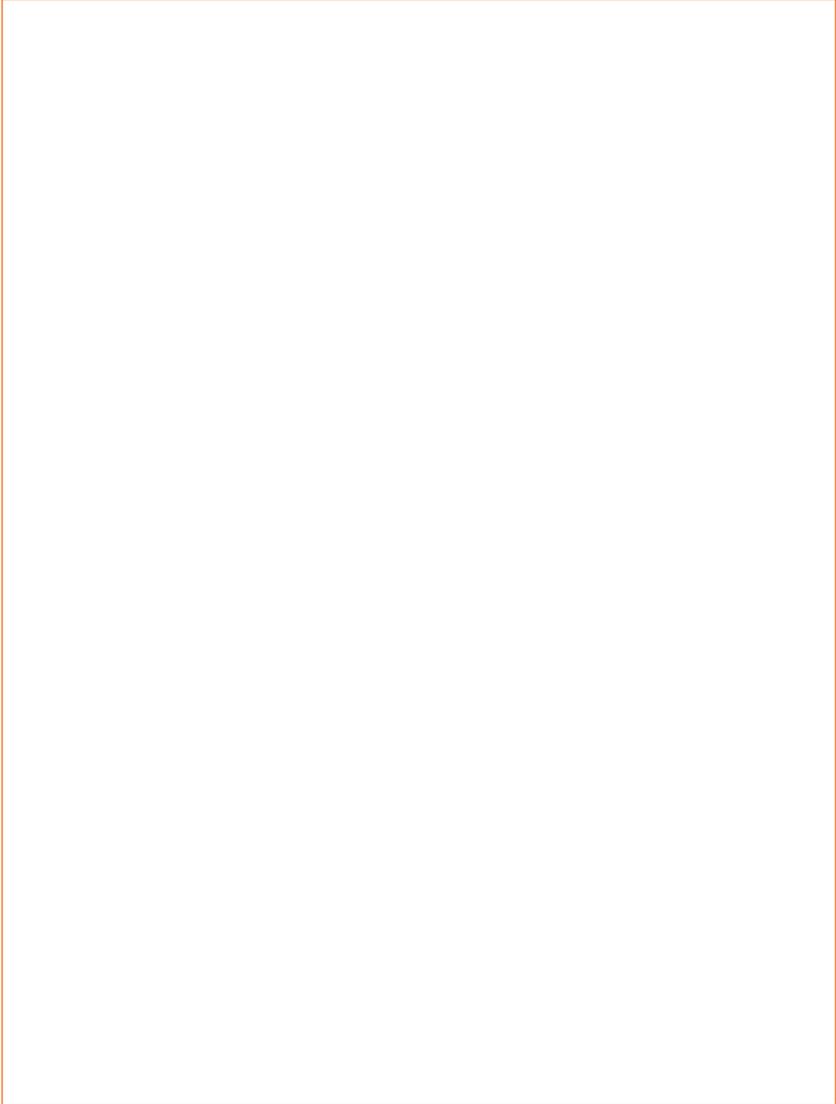
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- ▼ **Pursue** **SELF-UNDERSTANDING** and **INTEGRITY**
- ▼ **Practice** **CIVILITY**
- ▼ **Prepare** for a life of **COURAGEOUS LEADERSHIP**
- ▼ **Embrace** *UT PROSIM* as a way of life



REFLECTIONS



REFLECTIONS





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