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Sophomore Breakthrough Experience

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Sophomore Breakthrough Experience

Hailey Flavin

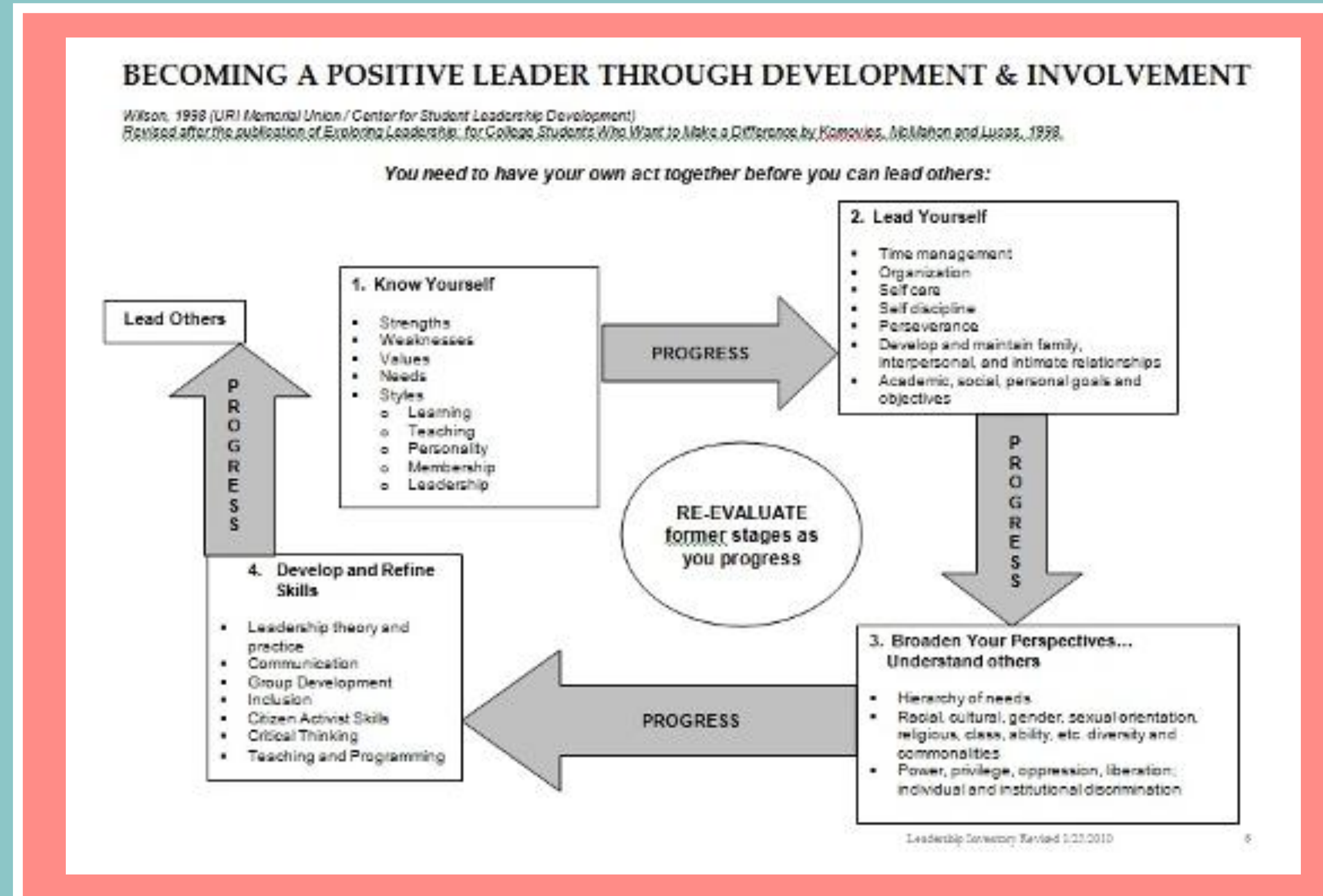
Sponsor: Alison Jackson Frasier, Center for Student Leadership Development

Introduction

The Center for Student Leadership Development's mission is to "provide developmental opportunities for all students to become informed, inclusive, effective, and ethical leaders in the global marketplace through the implementation of learner-centered academic, experiential, and co-curricular programming." They have a series of courses paired with extracurricular opportunities to enhance the leadership opportunities for students at the University of Rhode Island. Sophomore year is where many students get lost since there isn't many required courses and it is often times the most important time for involvement. Having been a sophomore transfer student I felt lost and turned to the leadership minor for guidance. I wanted to create this breakthrough experience to help other students find their voice, connect with their values, and guide their future experience at URI. I wanted to personally analyze my own strengths as someone that wants to go into this field.

Methods

- PEG groups- small groups with senior leaders to mentor/ coach sophomores
- Inclusion of the entire campus
- Group Contract
- Ice Breakers
- Values/ Strength application with Strength's Quest & VIA
- Boundary Breaking
- Application to daily life



My Strengths

WOO (winning others over)
 Individualization
 Positivity
 Restorative
 Communication

My Values

Fairness
 Kindness
 Leadership
 Perseverance

Outcomes

- Student growth both personally and through a mentoring lens
- Desire to work towards a more inclusive campus
- Importance of leadership and the minor
- Connection of learning and leadership to values and ethics when leading
- Importance of peer mentoring on college campuses
- Connection of leadership and involvement to retention on a campus
- Personal growth through barrier breaking and self discovery

