Name: Maddison Hajek Field: Exercise Science (pre-PT)

Expected Graduation: Spring 2020 Second Language: Spanish

My Personal Learning Plan for the 2017-2018 academic year includes the following goals and activities.

1. Leadership
* I will develop my leadership skills by leading a bible study at the St. Thomas More Newman Center.
	+ *Demonstration:* I will provide copies of my bible study material along with journals of my experiences to show how I grew as a student leader and in my faith.
	+ *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Values Level 4.
* I will develop my leadership skills by being the secretary of the Pre-Physical/ Occupational Therapy Club.
* *Demonstration:* I will compose a reflective paper in which I will discuss how my leadership values were strengthened through this experience and the different roles and skills practiced in this club. I will also keep a summary of the events I was involved and helped lead through the club.
* *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Values Level 4 and Teams Levels 1, 2 and 3.
1. Research
* I will develop my research skills by finding a faculty mentor for my undergraduate research project and begin performing research.
* *Demonstration:* I will compose a brief reflection paper on how I found my mentor and the experiences I have while performing undergraduate research.
* *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Original Research Levels 1, 2, and 3.
* I will develop my research skills by composing critical thinking/research papers in Gerontology 200W.
* *Demonstration:* I will submit the completed papers, along with my professor’s feedback, as evidence of my ability to exhibit information literacy skills and my ability to synthesize and integrate ideas.
* *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Informational Literacy Levels 1, 2, 3 and Information Synthesis Levels 1, 2, 3, and 4.
1. Global Citizenship
* I will learn more about another culture and broaden my global mindset by traveling abroad to St. Lucia for a mission trip over spring break.
* *Demonstration*: I will compose a reflective paper in which I will explain what I have learned about another culture and its people through my experience of being abroad and immersed in another culture. I will also compose daily journals and upload pictures from my experience.
* *Rubric Level*: I expect this experience and my demonstration will allow me to achieve Self-Awareness Levels 1, 2, and 3 and Knowledge and Understanding Levels 1, 2, and 3.
* I will learn more about a different age group, the elderly, through taking Gerontology 200W and volunteering weekly at Laurels Peak Rehabilitation Center.
* *Demonstration:* I will providence evidence of completion of volunteer hours along with my weekly service learning journals. I will also compose a paper that specifically discusses my learning experience through interacting with the elderly.
* *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Self-Awareness Levels 1, 2, and 3 as well as Knowledge and Understanding Levels 1, 2, 3, and 4.