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

Expected Graduation: Fall 2019 Second Language: Spanish

My Personal Learning Plan for the 2018-2019 academic year includes the following goals and activities.

1. Leadership

* I will develop my leadership skills by being the President of the Pre-Physical/ Occupational Therapy Club.
* *Demonstration:* I will compose a reflection paper in which I will discuss how my leadership values were strengthened through this experience and the different team roles and skills practiced in this club. I will also keep a summary of the events I was involved in and helped lead throughout my leadership position in the club.
  + *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Values Level 4 and Teams Level 3.
* I will develop my leadership skills by being a Girls on the Run Assistant Coach.
  + *Demonstration:* I will provide a PDF of one of the lessons I taught the girls to exemplify what I am teaching the girls and how I am doing it. I will also provide a brief reflection paper on the main lessons I learned about myself and working with others through being an assistant coach.
  + *Rubric Level:* I expect this experience and demonstration will allow me to achieve Values Level 4 and Teams Level 3.

1. Research

* I will develop my research skills by beginning my research project under the supervision of Dr. Buchanan on the topic of the fear of falling and activity restriction in older adults.
  + *Demonstration:* I will submit a picture of my undergraduate research poster and reflect on what I did for my project, how I accomplished it, the challenges I encountered, and what it taught me about the process of research.
  + *Rubric Level:* I expect this experience and demonstration will allow me to achieve Information Literacy Level 4, Information Synthesis Levels 3 and 4, and Original Research Level 4.
* I will develop my research skills by presenting my completed research project at the Undergraduate Research Symposium (URS) at MNSU.
  + *Demonstration:* I will reflect on my experience at the URS and explain how presenting at a symposium helped me grow as an individual and student.
  + *Rubric Level:* I expect this experience and demonstration will allow me to achieve Dissemination of Results Levels 1, 2, and 3.

1. Global Citizenship

* I will learn more about other cultures, specifically relating to the media, through taking and completing assignments in the Honors 401 Seminar called “Reading the News.”
  + *Demonstration:* I will submit my global media assignment and other related papers/assignments that pertain to global citizenship. I will also discuss how taking this course helped me become a better citizen and more aware of the lives of diverse individuals.
  + *Rubric Level:* I expect this experience and demonstration will allow me to achieve Self-Awareness Level 3 and Knowledge and Understanding Level 3.
* I will learn more about a specific culture through attending a cultural night put on by Institutional Diversity on campus.
  + *Demonstration:* I will upload pictures from the event and reflect on what I learned about the particular culture through interacting with the individuals and engaging in the activities.
  + *Rubric Level:* I expect this experience and demonstration will allow me to achieve Self-Awareness Level 3 and Knowledge and Understanding Level 3.