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

Expected Graduation: Spring 2020 Second Language: Spanish

My Personal Learning Plan for the 2019-2020 academic year includes the following goals and activities.

1. Leadership

* I will develop my leadership skills by continuing in my role of the President of the Pre-Physical/Occupational Therapy Club.
* *Demonstration:* I will write a reflection in which I will discuss the different team roles and skills practiced in this club and how I will take what I have learned into my profession of physical therapy. 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 Teams Level 4.
* I will develop my leadership skills by continuing to be a Girls on the Run Assistant Coach.
  + *Demonstration:* I will provide a reflection on the main lessons I learned about myself and working with others through being an assistant coach for 3 full years and how my leadership style has grown and developed through this program.
  + *Rubric Level:* I expect this experience and demonstration will allow me to achieve Values Level 4.

1. Research

* I will further develop my research skills by completing another research project under the supervision of Dr. Buchanan on the topic of the fear of developing Alzheimer’s disease in community dwelling older adults.
  + *Demonstration:* I will upload the presentation and reflect on what I did for the project, how I accomplished it, the challenges I encountered, and what it taught me about the research process.
  + *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 Levels 1-4.
* I will develop my research skills by presenting our completed research project at the Midwestern Psychological Association (MPA) Conference in Chicago, Illinois.
  + *Demonstration:* I will reflect on my experience at the MPA Conference and explain how presenting at this regional conference 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 go on a medical mission trip to Belize City to serve the poor and sick in a new and profound way through the Belize Hospice & Palliative Care Foundation.
  + *Demonstration:* I will compose a reflective paper in which I will explain what I have learned about the Belizean culture and its people through my experience of being abroad and fully immersed in their way of life. I will also discuss what I have learned about the healthcare system in another country.
  + *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.