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

Expected Graduation: Spring 2020 Second Language: Spanish

My Personal Learning Plan for the 2016-2017 academic year includes the following goals and activities.

1. Leadership

* I will develop my leadership skills by volunteering every Thursday morning for two hours in the Roosevelt Elementary School.
  + *Demonstration:* I will providence evidence that I did the volunteering and compose a reflective paper on what aspects of the volunteering went well and what aspects could have been better, along with what I learned about working with young children and a professional teacher.
  + *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Values Levels 1 and 2.
* I will develop my leadership skills by becoming a member of the Pre-Physical Therapy- 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 leadership roles that are held in this club.
* *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Values Levels 1 and 2, as well as Teams 1 and 2.

1. Research

* I will develop my research skills by completing a research paper in my English 101 Composition course.
* *Demonstration:* I will submit the completed paper, along with my professor’s analysis, 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 Information Literacy Levels 1, 2, and 3 as well as Information Synthesis Levels 1, 2, and 3.
* I will develop my research skills by searching for a faculty mentor for my undergraduate research project.
* *Demonstration:* I will meet with the Director of the Undergraduate Research Center, and I will reflect on what I have learned and the next steps I plan to take in a brief journal entry.
* *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Original Research Level 1. If I find a faculty mentor, I may also achieve Original Research Level 2 and begin to work toward Level 3.

1. Global Citizenship

* I will develop my second-language ability in Spanish by completing Spanish 101.
* *Demonstration:* I will provide evidence of successful completion of Spanish 101 by submitting my oral presentation and reflecting on the intersection of language and culture.
* *Rubric Level:* I expect this experience and my demonstration will allow me to achieve Self-Awareness Level 1, Knowledge and Understanding Level 1, and Communication Level 1.
* I will learn more about another culture by being an Intensive English Language Institute (IELI) tutor for an international student.
* *Demonstration*: I will compose a reflective paper in which I will explain what I have learned about another culture and being aware of cultural differences through my experience of helping an international student.
* *Rubric Level*: I expect this experience and my demonstration will allow me to achieve Self-Awareness Levels 1 and 2 and Knowledge and Understanding Levels 1 and 2.
* I will learn more about refugees and the crisis many of these individuals are enduring by being part of the Learn-to-See Program.
* *Demonstration:* I will providence evidence of a successful completion of this workshop by submitting my certificate and composing a reflective paper on what I have learned about the refugee crisis through the program and interacting firsthand with those who have lived through it.
* *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, and 3.