



Anselmian Pathway Action Plan

From Transition to Direction



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INTRODUCTION

Sophomore year is a time for students to clarify their plans and find their path to achieve their personal and educational goals. Sophomores succeed when they find their sense of purpose for their lives and connect it to their educational goals. Students who approach their education and future thoughtfully and intentionally will be better positioned to take advantage of all that Saint Anselm College has to offer. The purpose of the Pathway Plan is to help students take an integrated approach in purposefully exploring college experiences that connect to their personal, educational and professional goals.

The primary question of the Pathway Plan is **“Are you making the most of your Anselmian college experience?”**

The primary areas of the Pathway Plan are:

- Self-Knowledge and Discernment
- Academic Engagement and Excellence
- Major Selection and Career Exploration
- Leadership and Community Engagement: Co-Curricular Learning
- Leadership and Community Engagement: Service to Others
- Personal and Professional Development

My Goal(s) Brainstorm

If you are interested in sitting down with an advisor to further develop a plan, email the Dean of Students office at deanofstudents@anselm.edu and make an appointment to get started.



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Self-Knowledge

The focus of this area is to help students become more aware of self. College is a time of exploration, discernment, and reflection: a time to reflect on deep and meaningful questions, and a time for spiritual exploration and growth. Considering who you are and what you value is critical in your decision making about your life. This type of discernment takes many forms as you travel through various life stages. Saint Anselm College offers many opportunities for personal assessment during the development of your Pathway Plan.

Below is a snapshot of some activities you may consider:

- Complete Focus2 Career Guidance inventory
- Develop a Pathway Action Plan (www.anselm.edu/sophomore)
- Participate in a Fall Retreat and/or Encounter Retreat through Campus Ministry
- Additionally, pay attention to coursework and/or co-curricular (out of classroom) activities when you are asked for personal reflection regarding topics related to your personal growth

As you consider the area of self-assessment, are there activities which you have done, plan to do, do not intend to do or have not yet decided upon?

	List activity	Time Frame
Have done:		
Plan to do:		
Exploring:		

Resources:

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Academic Engagement and Excellence Pathway

Saint Anselm is not unique in offering enhancements to your academic program, but it is unique in the manner in which you might participate. Sophomore year is an important time for academic development - exploration of advanced and holistic learning opportunities, expanding educational interactions with faculty on campus, and mapping out clearly how to achieve your desired goals. In addition to working more closely with a faculty advisor, you can sharpen academic awareness, investigate new areas of intellectual growth or preparation, consider the moral implications of scholarship and research, and foster a lifelong love of learning.

Examples of Activities and Resources to consider include:

- Study abroad
- Honor society related activities
- Academic club membership & events
- Service learning
- Peer tutoring
- Undergraduate research (SOAR)
- Attend department events
- Internships
- Utilize a subject librarian for research assistance

As you consider the area of **Academic Engagement and Excellence**, are there activities which you have done, plan to do, do not intend to do or have not decided yet?

	List activity	Time Frame
Have Done:		
Plan to do:		
Exploring:		

Sophomore year is a good time to sit down with your academic advisor and **develop a curriculum plan**. What are those courses and requirements you need to graduate, and when will you take those courses. Like any good plan, do it in pencil! The best made plans can change!

Yr2 Fall	Yr2 Spring	
Yr3 Fall	Yr3 Spring	
Yr4 Fall	Yr4 Spring	

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Major Selection and Career Exploration

Sophomore year is a common time to ask “Where am I going?” and “How do I get there?” It is a time of exploration, discernment, and reflection. While some second-year students remain confident about their original choice of academic major, others question their decision. Many students wonder what they can do with their major and often feel pressure to choose a career at this time. Major selection and career exploration are two main concerns of sophomores, and some find this period of indecision stressful.

Examples of Activities and Resources to consider include:

- Attend advising workshops
- Attend departmental open houses
- Meet with a Career advisor
- Attend an upper-level class in the major you are considering
- Attend a Career Pathways session to explore your skills, interests, and values.
- Login into **Handshake** and create your profile (<http://anselm.joinhandshake.com>)
- Talk with faculty/academic advisor
- Visit the Academic Advisement office

As you consider the area of **Major Selection and Career Exploration**, are there activities which you have done, plan to do, do not intend to do or have not decided yet?

	List activity	Time Frame
Have done:		
Plan to do:		
Considering:		

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Leadership and Community Engagement Pathway: Co-Curricular Learning

Saint Anselm College has a great number of activities, organizations and opportunities for involvement to enhance your experience outside of the classroom. College is the time to step out of your comfort zone, be involved and enhance leadership skills. Engagement allows students to learn from others, reflect, understand skills and strengths, clarify values, and challenges you to develop leadership skills and apply your academic learning.

Seek out opportunities offered around campus in:

- Residential Life & Education
- Student Engagement & Leadership
- Intercultural Center
- Meelia Center
- NHIOF
- Admissions
- Alumni Office
- Information Technology
- Campus Ministry

Examples of a few opportunities:

- Attend Campus Activities (athletic events, artistic performances, lectures & discussions. etc.)
- Apply for a student leadership position
- Participate in Emerging Leaders Program
- Develop a Residential Learning Community (RLC)
- Attend a Student Government (SGA) meeting
- Participate in a Student Club

As you consider the area of **Leadership and Co-Curricular** learning, are there activities which you have done, plan to do, do not intend to do or have not yet decided upon?

	List activity	Time Frame
Have Done:		
Plan to do:		
Exploring:		

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Leadership and Community Engagement Pathway: Service to Others

Service comes to us through many avenues (spiritual, community, learning, etc.) but there can be no doubt that it stands at the heart of the Anselmian experience. Service is a way of meeting the needs of others while exploring the depths of your mind, body and soul. Engagement within the college, local, national and global community, whether it is service, service learning or leadership, helps students understand the complexities of the world beyond their own experience. This engagement develops a commitment to the common good and an awareness of how to use knowledge and skills to serve a community and help to create a more just and sustainable world.

Examples of Activities and Resources to consider include:

- Road for Hope
- Anselmian B.R.E.A.K. Trips
- Peer Ministry Service programs
- Service-learning through Meelia
- Anselmian P.A.U.S.E
- Food, Clothing, Furniture Drive
- Relay for Life
- Campus Clean-Up

As you consider the area of **Community Engagement and Service to Others**, are there activities which you have done, plan to do, do not intend to do or have not yet decided upon?

	List activity	Time Frame
Have Done:		
Plan to do:		
Exploring:		

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Personal and Professional Development

Saint Anselm College places a high priority on your personal belief system. Sophomore year affords an opportunity to engage in personal reflection and to pursue greater self-awareness as you continue to seek your *Conversatio*, “way of life”. It is a vibrant time for students to gain direction on their lifelong paths of personal and professional development. It is a time to be challenged to hear different points of view and engage in critical thinking. Strong emphases are placed on an understanding of self, engaging others socially, spiritually and professionally, and developing skills necessary to lead a fruitful and fulfilling life. Sophomore year is an ideal time for students to examine personal strengths and areas for potential growth. Furthermore, it is a time to reflect upon one’s own gifts and appreciate the gifts of others.

Examples of Activities and Resources to consider include:

- Recreation & intramurals
- Play a club sport
- Cultural celebrations
- Diversity and inclusion education
- Attend a Campus Ministry event, such as a small faith sharing group, or a retreat
- Personal growth through support services (health services, counseling, tutoring, etc.)
- Career development workshops
- Network with alumni
- Attend Dana Center events

As you consider the area of **Personal & Professional development**, are there activities which you have done, plan to do, do not intend to do or have not yet decided upon?

	List activity	Time Frame
Have Done:		
Plan to do:		
Exploring:		

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