R.E.A.C.H.

For Success at Seattle University

Reflect **on your experiences, discern your path and refine its direction as you change.**

- Develop goals for yourself as a person, for your SU experience and for your life direction and vocation after graduation.
- Explore the meaning of your experiences, weaving together your learning in classes with your activities and personal life.
- Examine and clarify your values so they can guide your decisions and direction.
- Assess your progress towards your goals, celebrate your achievements, and identify next steps.
- Engage with mystery and the challenge of the unknown, considering the larger questions of life purpose.

Engage **fully in your learning to draw the most from your education.**

- Get to know your instructors, mentors and other students; participate in meaningful conversation with them.
- Encounter new people, places and cultures to broaden your educational experiences.
- Search for meaning and relationships in the content of your courses and activities; ask questions.
- Seek out opportunities to discover your abilities and understand the contribution you can make to the world.
- Consider options such as study abroad, internships, service opportunities and leadership experiences.

Act **responsibly and with integrity, in and out of the classroom.**

- Live your values consistently and thoughtfully in all aspects of your life.
- Attend and participate in classes; for each hour in class, study two hours, on average.
- Follow university procedures and timelines; check SU email.
- Promote your personal well-being by maintaining balance and making positive choices.
- Use resources that will help you achieve success, such as tutoring, counseling and multicultural support.

Commit **to an educational plan, revising it as you refine your goals**

- Use the plan to guide your choice of classes and activities, to move intentionally toward your goals.
- Choose rigorous classes and challenging activities to push yourself as far as you can go.
- Include course requirements for the Core, your college and your major in your plan.
- Integrate co-curricular and personal options to enrich and complete your SU experience.
- Apply your reflections to your choices; live "the faith that does justice."

Honor **your advising/mentoring relationships**

- Find mentors throughout the university who can help you understand your experience, support your efforts, and challenge you to achieve your best.
- Prepare for meetings by noting questions and using resources such as the Bulletin, departmental handbooks and SU Online.
- Foster the relationships by keeping appointments, being on time and communicating thoughtfully.
- Meet at least once per quarter with your academic advisor to reflect on your experiences and plan next steps.
- Request a change in advisors if needed.

Educational Planning Worksheet

Name:_____ ID: _____ Advisor:_____

Academic Program: ☐ Major_____ ☐ Premajor

Keep this document where you know you can find it.

Your Educational Planning portfolio is a convenient place to keep all of your advising related documents for advising sessions. A good alternative is to keep it in your advising file in your major department, where it is convenient for review with your advisor.

Planning Overview

Take a look at the big picture now

The following questions are intended to prompt some early reflection on the direction you want your educational planning to take. Answers to some of these questions may affect your planning from the outset. Other questions will require some research or will take time to answer and you will want to return to update information as you gain more experience as a college student. Think of your educational plan as a long-term project that you work on over time. It isn't as important to know all the answers at this point as it is to be mindful of these important questions.

Ideally you will share and discuss this information with your Advisor during your freshman year.

Important: You are responsible for making sure that you understand what your graduation requirements are, including your Core curriculum requirements, and the course requirements in your major.

Year I plan to graduate_____

Major _____ College or School _____

☐ I know the Core course requirements for my major.

Number of credits in the Core Curriculum I need to complete to graduate: _____

Number of credits required to graduate in my major:_____

G.P.A. requirement for graduation in my major:_____

University G.P.A. requirement:_____

☐ I plan to take the Honors track in my major

I am planning on/considering a second major or minor in _____

My major has:

☐ complementary minors:

☐ an honors track:

☐ a study abroad program:

☐ academic clubs/organizations:

☐ service learning opportunities:

☐ internships:

☐ research opportunities:

☐ graduate study opportunities;

☐ careers opportunities:

Formulating Goals

I arrived at my choice of major by:

Experiences or opportunities I want at SU that will help me to grow in my abilities, clarify my purpose, and/or achieve my goals:

Goals—general:

Goals—specific:

Questions to reflect on at the end of your first year:

How have your academic interests evolved since arriving at SU?

What have you learned about yourself so far including strengths and areas you would like to work on or improve?

What do your intend to focus on in your major: have you identified an area of concentration?

What are your current career interests; how do you expect to explore these interests and plan for life after SU through your academic and extra-curricular pursuits during your sophomore, junior and senior years?

If you anticipate continuing your studies following graduation, what form of post-graduate study seems most likely?

- Business school
- Graduate School
- Education
- Law School
- Medical, Veterinary or Dental School
- Other:

Year One 20__ to 20__	FALL					WINTER					SPRING					*SUMMER*				
	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E
	Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite				

Year Two 20__ to 20__	FALL					WINTER					SPRING					*SUMMER*				
	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E
	Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite				

Year Three 20__ to 20__	FALL					WINTER					SPRING					*SUMMER*				
	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E
	Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite				

Year Four 20__ to 20__	FALL					WINTER					SPRING					*SUMMER*				
	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E	Course	C	M	P	E
	Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite					Credits_____ Total to date_____ C=Core M=Major E=Elective P=Prerequisite				

4 Year Graduation Schedule – Plan Ahead and Organize Now!

Keep in mind that some classes may only be offered one quarter out of the school year.

Check with your Major department to see if your Major program has a 2 or 4 year schedule of classes you can obtain for reference.