Purpose:

The purpose of this Action Guide is to discover ways to become actively engaged here at the U while exploring your interests.

Description:

There are many ways to get involved – both on and off campus. These opportunities can help create greater self-awareness, develop leadership skills, and foster friendships across campus. It can also be a great way to gain valuable experience that may help you figure out your major or career interests.

Directions:

1. Check off the areas below of interest
   - ___ Diversity
   - ___ Global Interests
   - ___ Environment
   - ___ Sports & outdoor recreation
   - ___ Spiritual & religious interests
   - ___ Social Issues & Social Justice
   - ___ Health & Wellness
   - ___ Mentoring
   - ___ Fine Arts, music & film
   - ___ Politics & governance
   - ___ Socializing
   - ___ Leadership

2. Go to the Engage Search at [http://engage.umn.edu/](http://engage.umn.edu/)

3. Search for the areas you identified by either typing in a key word or clicking on the interest areas on the page.

4. Use the space on the next page(s) to jot notes and contact information about engagement opportunities you would like to explore.

Reflection Prompts:

When you meet with your coach, be prepared to discuss the following questions:

- Will you be pursuing an engagement opportunity you discovered here? If so, which one?
- What was most attractive to you about your choice?
- What are your next steps to pursuing this opportunity?
- In what ways do you think your participation might affect your choice of academic major or future career path?
Engagement Opportunity #1: __________________________________________________

Sponsoring Department/Office: (if applicable)______________________________________

For more information: (fill in all that apply)

   Contact Person:

   Email:

   Phone:

   Website:

Brief description of this opportunity:

What skills can be developed through this opportunity?

How can this help me in my major/career exploration?
Engagement Opportunity #2: ________________________________

Sponsoring Department/Office: (if applicable)______________________________

For more information: (fill in all that apply)

   Contact Person:

   Email:

   Phone:

   Website:

Brief description of this opportunity:

What skills can be developed through this opportunity?

How can this help me in my major/career exploration?
Engagement Opportunity #3: ____________________________________________

Sponsoring Department/Office: (if applicable) ____________________________

For more information: (fill in all that apply)

   Contact Person:
   Email:
   Phone:
   Website:

Brief description of this opportunity:

What skills can be developed through this opportunity?

How can this help me in my major/career exploration?