Outside the Classroom Curriculum Guide 2015-2016

The Outside the Classroom Curriculum (OCC) is a university-wide initiative and co-curricular program designed to educate the whole student through the completion of programs and experiences that provide a pathway for students to have the best possible collegiate experience and gain needed for skills employment or graduate school.

Total requirements for Curriculum Completion: 68

LEADERSHIP DEVELOPMENT

Learning Outcome: Has knowledge, skills, and experience to lead others in achieving a common goal. Total requirements for completion: 6

Requirements:
- Complete leadership training for a minimum of 16 hours
  - Ex. Emerging Leaders, On-the-job training, campus job training
- Attend 3 leadership workshops or seminars
  - Ex. Student Life Leadership Series, Panther Leadership Summit
- Serve in a leadership role for an organization (on or off campus) and reflect on the experience
- Hold a leadership position (elected or appointed) in an organization (on or off campus) and reflect on the experience

CAREER PREPARATION

Learning Outcome: Has the knowledge, skills, and experience to be competitive in gaining employment or acceptance into graduate or professional school. Total requirements for completion: 12

Requirements:
- Meet with a career consultant in the Office of Career Development and Placement Assistance (CDPA) or an Academic Department to create a career development plan
- Have your resume reviewed by a career consultant or a faculty member
- Develop a relationship with a professional in your field of interest so as to cultivate them as a reference and request a recommendation letter from them
- Attend 5 events sponsored by CDPA to develop your career focus
  - Attend a program or walk-in appointment to learn about informational interviewing
  - Attend a program or walk-in appointment to learn how to prepare for a career fair
  - Attend a program or walk-in appointment to learn internship/cooperative education search strategies
  - Attend a program or walk-in appointment to learn job search strategies
  - Complete a job shadowing experience
- Attend 2 career fairs
- Complete an in-person or online mock interview with CDPA or an Academic Department
- Participate in experiential learning and provide a reflection on your experience (See details)
  - Ex. Complete an internship in a field of interest
  - Complete a cooperative education program in a field of interest
  - Complete a research experience in a field of interest
  - Complete a laboratory experience in a field of interest
  - Complete a clinical experience in a field of interest
  - Complete a field experience
  - Complete an extended volunteer placement experience in a field of interest
COMMUNICATION SKILLS

Learning Outcome: Is effective and confident in oral, interpersonal, and written communication.

Total requirements for completion: 5

Requirements:

- Facilitate a formal meeting and reflect on the experience
- Demonstrate written communication skills:
  - Ex. write for an award, scholarship, or grant
  - Write a research paper, paper or story for publication
- Create and deliver a professional presentation
- Write your personal statement or introduction letter and have it reviewed by a faculty mentor, academic advisor, or career consultant
- Attend 1 program on building effective communication skills
  - Ex. Participate in Mediation Skills Training
  - Participate in effective listening skills training
  - Participate on a debate team
  - Participate in Mock Trials
  - Participate in training for conducting effective meetings
  - Use Robert's Rules of Order in conducting or participating in a meeting
  - Attend a personal statement writing program

GLOBAL AND CULTURAL AWARENESS

Learning Outcome: Understands diverse cultures and functions as a global citizen informed about issues that impact people, society, and nations. Total requirements for completion: 8

Requirements:

- Attend 7 global and cultural awareness events (4 out of 7 complete during NLS years 1 & 2)
  - Ex. Attend a program on global, ecological issues, or political issues
  - Participate in a diversity, multicultural awareness, or social justice program

Complete 1 of the following:

- Learn about the study abroad process or global internships
- Participate in a study abroad experience or travel to a country different from your own and reflect on the experience

PITT PRIDE

Learning Outcome: Has a sense of belonging to the University and is engaged in the spirit and purpose of the community. Total requirements for completion: 10

Requirements:

- Attend 10 campus wide events (2 out of 10 complete during NLS years 1 & 2)
  - Ex. Homecoming, Pitt Program Council events, I Love Pitt Day
  - Dean’s Hour, Great Lawn Tailgate, Student Activities Fair
  - Pitt Athletics Events
  - Events sponsored by academic departments
SERVICE TO OTHERS

Learning Outcome: Is conscious of the needs of others and committed to civic engagement and community service.
Total requirements for completion: 6

Requirements:
- Record a minimum of 60 hours community service impact
  - Ex. Create a service project to impact your community and recruit volunteers to assist
  - Serve as a peer advisor, educator, or mentor for at least one academic year
  - Serve on a University Student Advisory Board
  - Serve on a Young Advisory Board for a nonprofit of your choosing
  - Serve at a local voting pool site for an election
  - Conduct an outreach program or activity that serves members of the community
  - Organize or participate in an existing fundraiser, a food drive, or a clothing drive
- Participate in 3 university sponsored days of service
  - Ex. PMADD, MLK Jr Day of Service, Pitt Dance Marathon
- Participate in 1 organization’s philanthropic event
- Volunteer with an organization and reflect on the experience

SENSE OF SELF

Learning Outcome: Integrates an awareness of personal skills, abilities, values, and beliefs into the development of identity, a sense of purpose, and management of self. Total requirements for completion: 5

Requirements:
- Participate in 2 programs that explore your sense of purpose and management of self
  - Ex. Participate in DiscoverU Day
  - Attend a time management workshop, Attend the Majors and Minors Expo, Participate in a reflection retreat or a structured reflective practice
  - Attend an ethics workshop
  - Track your carbon footprint
  - Participate in a faith based group or organization
  - Attend Resiliency Training
  - Attend training on developing sustained structure for your life
  - Participate in a debate where you advocate for your philosophical stance
  - Attend a lecture with a speaker whose values do not align with yours and reflect on the experience
  - Participate in a team building activity
  - Investigate your family history, i.e. Ancestry.com
- Participate in 3 programs that identify your personal skills or values
  - Ex. Complete a STRONG Interest inventory and discuss the results with a Career Services or Academic Support staff
  - Complete a learning styles inventory and discuss the results with a Career Services or Academic Support staff
  - Complete a study skills inventory (ARC)
  - Complete a Meyers Briggs Type Indicator personality inventory
  - Participate in a values clarification workshop
WELLNESS

Learning Outcome: Has knowledge, behaviors, and habits conducive to health and financial wellness.

Total requirements for completion: 6

Requirements:

- Participate in 3 health education programs
  - Ex. Healthy U Fair, Let's RAVE or Sexual Health program, Marijuana 101, PantherWELL programs, Nutrition consultation, Alcohol education programs
- Participate in 1 emotional health programs
  - Ex. Talk About It, Stress Free Zone, Stress Management Program, Group and/or individual counseling
- Participate in 1 physical activity programs
  - Ex. Healthy U Fitness Classes, Fit@Pitt program, Sponsored walk or run or special events, Competitive sport (varsity athletics, club sports, or intramurals), Participate as a member of a Martial Arts or Recreational (SORC) student organization, Exercise program
- Participate 1 financial literacy program
  - Ex. Enroll in Cash Course or meet with an advisor from the Student Payment Center

APPRECIATION OF THE ARTS

Learning Outcome: Has a personal definition of art derived from knowledge about and experience with a variety of art Forms. Total requirements for completion: 7

Requirements:

- Attend 7 arts events
  - Ex. Undergraduate Arts Encounter
  - Attend Artful Wednesdays hosted by PITT ARTS
  - Attend the Arts Festival hosted by PITT ARTS
  - concert or symphony presented by the Department of Music
  - Attend a Theatrical Production or a play presented by the University of Pittsburgh Stages
  - Attend a Dance Production
  - Visit the University Art Gallery or attend an arts exhibit/museum
  - Attend a Cinematic Event
  - Attend a Literary Event
  - Visit a botanical garden or conservatory
  - Study and perform dance

INITIATIVE AND DRIVE

Learning Outcome: Student demonstrates the ability to conceptualize an ambitious goal, develops a plan to accomplish the goal, and completes all tasks to successfully achieve the goal. Total requirements for completion: 3

Requirements:

- Reflect on ambitious goal that you have accomplished and describe the steps you took to accomplish this goal.
- Reflect on your experiences that assisted you in deciding your career path.
- Submit your application for OCC completion and follow the completion steps listed in details.

For more information, visit www.occ.pitt.edu or contact the OCC Coordinator at 412-648-7130 or occpitt@pitt.edu