

Michigan Technological University

Residence Education and Housing Services

Educational Priority

Students will build an inclusive and supportive community. All members will become resilient by actively engaging in their own progression.

- Community
We live in a world of constant connection, and support from others gives us the security we need to succeed. Building community requires that all members commit to individual and communal growth. They navigate interactions based on an understanding of values and identities which leads to innovation. Members value different lived experiences, communicate openly, and actively include everyone.
- Resilience
People encounter big and small challenges every day. Resilience requires prioritizing well-being so you stay motivated and move toward your goals. Resilient individuals take charge of their own lives and advocate for their needs.

Learning Goals & Outcomes

Resilience

1. Students will practice personal well-being

Well-being directly impacts your academic, personal, and professional success. By engaging in self-care strategies, you will maintain healthy habits for life.

- a. Students will practice healthy sleeping habits
- b. Students will appropriately address anxiety and depression
- c. Students will practice effective self-care

2. Students will take control of their lives.

Control of one's life requires that you acknowledge context and reflect critically to progress toward your goals. Taking ownership of your experience includes making purposeful decisions and holding yourself accountable.

- a. Students will communicate needs appropriately.
- b. Students will act on what is within their control
- c. Students will embrace an adaptive mindset

Community

1. Students will explain how they are influenced by and impact their communities.

Values and identities drive how you perceive the world, interact with other people, and make decisions. Understanding your own perspective and that of others is integral in developing empathy and promoting collaboration.

- a. Students will identify and refine a set of personal values
- b. Students will explore a set of social identities
- c. Students will understand how their perspective impacts their interactions with others

2. Students will develop a sense of belonging

Actively engaging in a community that encourages, respects, and cares for each member will help you achieve your goals. A support network challenges you to be the best version of yourself.

- a. Students will have regular meaningful conversations
- b. Students will evaluate personal boundaries
- c. Students will utilize appropriate communication and conflict resolution styles