

Personal Success Action Plan

From Transition to Direction



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 Personal Success Action 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 areas of the Personal Success Action Plan are:

- Self-Knowledge and Discernment
- Creative Academic Engagement
- Leadership and Co-Curricular Learning: Knowledge from Experience
- Service to Others: Looking beyond Self
- Personal and Professional Development

The primary question the PSAP hopes to answer:

- Are you making the most of your Anselmian experience?

CONNECT

Each area consists of examples of activities you might consider undertaking and/or issues you might take into serious contemplation. When working with an experiential advisor/mentor in developing your plan, every activity is developed with your experiences, values, goals and personality in mind. They are developed solely for your benefit and while you will participate in many activities that are identical to those of your friends and classmates, you may each take away a different outcome from these shared experiences

Your willingness to actively participate in your PSAP, when combined with your Anselmian academic experience, will more fully prepare you for the life you are defining. We stand ready to be your support in this endeavor and help you find a path where you can “match your purpose, gifts and talents to community needs.”

The Personal Success Action Plan is under development. **If you are interested in sitting down with an advisor to develop a plan, call the Dean of Students office at (603) 641-7600 and make an appointment with Dr. Karlea Brunelle-Joiner to get started.**



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Creative Academic Engagement

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. Consider opportunities such as:

- Study Abroad
- Honor society related activities
- Academic club membership
- Academic club events
- Peer Tutoring
- Undergraduate research (SOAR)
- Internships

As you consider the area of Creative Academic Engagement, 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:		
Yet to decide:		

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!



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Self-Knowledge

The focus of this area is to help students become more aware of self. “Where am I going?” and “How do I get there?” College is a time of exploration, discernment, and reflection. 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 PSAP. Below is a snapshot of some activities you may consider:

- Myers Briggs Type Indicator (MBTI)
- Strong Interest Inventory
- Strengths Finder
- Focus Career Guidance
- Develop a Personal Success Action Plan (PSAP)
- Cross Roads Retreat
- Additionally, you should pay attention to coursework or 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:		
Yet to decide:		



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Leadership and Co-Curricular Learning: Knowledge from Experience

Saint Anselm College has a great number of activities, organizations and offers many experiences to help you enhance your experience while you are 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. Examples of activities to consider:

- Residential Life
- Student Governance & Student Organizations
- Leadership Opportunities
- Campus Ministry
- Campus activities (attending athletic events, artistic performances, lectures & discussions. etc.)

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:		
Yet to decide:		



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Service to Others: Looking beyond Self

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. Activities you may consider include:

- Meelia Center which offers
 - On-going volunteer activities
 - Service-learning
- Campus Ministry offers
 - Road for Hope
 - Service and Solidarity Mission Trips
 - Urban Immersion
- Clubs and Organizations

As you consider the area of Service, 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:		
Yet to decide:		



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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 emphasis is 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 examine one’s own gifts and appreciate the gifts of others.

- Recreation & Intramurals
- Cultural Celebrations
- Diversity and Inclusion Education
- Campus Ministry Retreats
- Career Services workshops
- Networking with Alumni
- Personal growth through support services (health services, counseling, tutoring, career services etc.)

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:		
Yet to decide:		