***From FY101 Instructor Courtney Martin….***

## Bucket List Activity

I received permission from our Colleagues from Bentley University to this module that they created and have shared at many NACADA conferences. Their session/module is attached. I will be using it with my FY 101 students in one of my first three classes. I don't plan to lecture them on Marcia's identity Status Theory or Cognitive Information Processing, as the module attached is more for Professional Development (which I highly recommend you do with your colleagues). I am printing Categories on Index Cards (categories are below) and each student will get three cards of each category. Students will write their name and list a goal on the back of each index card and then turn them back into me by the end of class. The whole activity should take around 15-20 minutes. We will then revisit the cards on the last day of class and I will hand the students back their cards so that they can share with one another what their goals were and if they reached their goals, if after a semester they have changed their mind about their goals or if they have come up with new goals in the span of 8 weeks. It is an assessment tools for advisors/teachers to see how their students have changed and what they have learned, but it is also a great goal setting activity for students.

**Student Bucket List Index Card Categories:**

**Future Academic/Personal Goals** (By the end of my college career, I will……)
*Academic Experiences (Study Abroad, Research, Internships, etc)*
*Major/Minor or learning a language (academic opportunity that you want to gain)*
*Leadership Opportunities (Organizations, Academic clubs)*

**First semester Goals** (By the end of my first semester, I will……)
*Study habits (visit professors office hours, time-management planner, etc*
*BU offices/resources/student organizations you will join/visit or check out*
*Midterm grades goals*

**Contributions to CAS/BU Community** (I plan to start contributing to my community now by……)
*Service opportunities or community involvement plans*
*Conduct/Behavior expectations for yourself*
*Roommate Goals*
*New Life/leisure interests that you plan to take part in*