Jesuit Values

**Reflection** invites us to pause and think deeply about the circumstances in our life and the world in order to be more self-aware and socially conscious.

Examples:

* Journaling or reflection providing you time to think about what you are learning and its meaning or value to you.
* Journaling or reflection that asks you to think about how what you are learning can be applied to relevant issues
* Discussions that allow you to share how content you are learning can be used in "the real world."
* Discussions that ask you to share how you have seen the content you are learning being used in "the real world" or how what you have learned could impact your work or your life.
* Pre and post reflections or tests that let you see what you have learned or what has changed
* Activities that give you an opportunity to think about what you might do in a situation/scenario

**Discernment** invites us to make decisions using a range of feedback sources, such as rational, affective, and transcendent/spiritual. (Is this decision/action supporting me in my fundamental reason for being?)

Examples:

* Being given choices on the topic for an assignment or project, like a paper or a presentation
* Communicating with your professor for advice (about your career path, post graduate studies, courses you might consider taking, internships possibilities…)
* Learnings that have you say to yourself “Wow! – that makes me want to…….”
* Researching two sides of a topic, then using the research to make an informed decision or create an informed solution to a problem and or issue
* Learning activities and assignments that allow you to focus on problem solving and critical thinking

**Solidarity and Kinship** invites us to connect with others (known and unknown/local and afar) in a spirt of unity, care, and mutual regard.

Examples:

* Group assignments that allow you to work with and learn from other students in the course
* Peer review that asks you to provide meaningful feedback on another student's work
* Discussions that ask you to share your ideas on a concept you are learning, or solve a potential problem or issue.
* Observations or interviews where you are asked to engage with and learn from the experience
* Participation in a study abroad or immersion experience (local, national or international)

**Service Rooted in Justice and Love** invites us to actively assist those in need (love is the “why” of the service.)

Examples:

* An assignment that asks you to engage with a community organization in a meaningful way
	+ learning about what the organization does
	+ visiting or interviewing someone from the organization to learn more about what they do
* Completing a service project
* Learnings on the social structures that differentially impact the marginalized and poor
* Opportunities to help classmates solve problems, providing peer support and advice
* Reflection about a service experience that invites you to think about the role of love

**Cura Personalis** (latin for care for the whole person) invites us to recognize the uniqueness and wholeness of each person.

Examples:

* Creating a student community agreement that describes student’s roles in creating and sustaining a learning community
* An ice breaker discussion that allows you to share who you are with the course community
* Working on a group project that allows each person to contribute using their own strengths (technology, organization, project management, communication, writing, graphic design…)
* Observe a presentation and share the strengths of the presenter
* Observe or interview a person you admire and list the positive attributes they demonstrated

**Magis** (latin for ‘more’ as in quality not quantity) invites us to produce the best quality of work possible in order be the best we can BE.

Examples:

* Having the opportunity to improve a project or paper after receiving feedback
* Evaluating or assessing your own work/completed assignment using a rubric and use that information to improve for the next draft or reflect on how to improve for the next assignment
* Reflecting on what you are learning or have learned and discovering a change (large or small) in a previously held attitude, value or belief

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