**Seminars on Ignatian Leadership Reflection**

Through the Seminars on Ignatian Leadership program, we had the opportunity to hear from a variety of staff and faculty on campus who incorporate various principals of Ignatian spirituality in their daily lives. I especially enjoyed discussing the Daily Examen and how spending a few moments of each day in this practice can allow for pause, reflection, growth, and development of oneself. In Care and Support Services at Xavier, our days involve meeting with students throughout the day. When moving from one student meeting/connection to the next, it can feel the work never ends. During their time at Xavier, our students encounter new and often very difficult experiences where they need a companion to accompany them in their journey. We are privileged to get opportunities to positively impact the trajectory of a student’s experience by getting to know them as whole people. We have the opportunity to learn from the student experience, to share our knowledge of resources available to them (both on- and off-campus) and see them through whatever challenges and obstacles they are facing.

I wrote an examen in the form of a small card that can be placed in each office of our team. It is my hope that this tool could serve as a reminder to slow down, pause, and reflect on the various questions on the card – before, during, and after a connection meeting with a student. Without taking this time, it is easy for us to move from one student to the next, but when we take the time to really reflect on the student before us, it is my hope that we will be more effective in fulfilling the mission of Care and Support Services at Xavier. The examen is blue in color to create a calm and peaceful moment for readers/viewers to reflect on the questions. The two birds are included to remind us that we walk (or fly) alongside our students through whatever challenge(s) they encounter as we soar out of the clouds and toward a clearer sky (brighter future).