

CURA PERSONALIS

INVITES US TO CARE FOR OTHERS, RECOGNIZING THE UNIQUENESS AND WHOLENESS OF EACH PERSON

What will you do to care for yourself and others?

- Set up a meeting with your Success Coach or academic advisor
- Make a tutoring appointment with the Office of Academic Support
- Get Feedback on a writing assignment from the Writing Center
- Join a club (over 160 to choose from)
- Participate in Recreational Sports
- Volunteer to be a SWAG Peer Educator or a Brave Peer Educator
- Attend Resident Assistant or Resident Student Association programs
- Apply to be a Manresa Orientation Team Leader
- Explore faith and worship activities through CFJ

SOLIDARITY

INVITES US TO WALK ALONGSIDE AND LEARN FROM OUR COMPANIONS AS WE JOURNEY THROUGH LIFE

What will you do to engage people who have different experiences or perspectives than your own?

- Take a Community-Engaged Learning course
- Attend the Study Abroad Fair or set up a meeting with the Center for International Education
- Join an academic club or professional organization related to your major
- Participate in a CFJ Dorothy Day Immersion
- Volunteer to be part of a CFJ Companion Group
- Join a support group through the Center for Diversity and Inclusion

SERVICE ROOTED IN JUSTICE AND LOVE

INVITES US TO INVEST OUR LIVES INTO THE WELLBEING OF OUR NEIGHBORS, PARTICULARLY THOSE WHO SUFFER INJUSTICE

What will you do to serve others and respond to injustice?

- Work with your major advisor or the Career Development Office to find an internship
- Take a service learning course
- Participate in an Alternative Breaks (AB) Trip
- Apply for a CFJ Summer Service Internship
- Volunteer for a local service opportunity
- Participate in Community Action Day or X-Change Weekly Service through the CFJ

MAGIS

INVITES US TO ASK, "WHERE IS THE MORE UNIVERSAL GOOD?" WHEN MAKING DECISIONS: IT RELATES TO THE JESUIT MOTTO, FOR THE GREATER GLORY OF GOD

What will you do to become the person the world needs you to be?

- Talk with your advisor or Success Coach about adding a minor or a second major
- Participate in the Celebration of Student Research and Creative Activity
- Talk with a professor about undergraduate research opportunities
- Apply for a Brueggeman Fellowship
- Attend the FYS Celebration of Student Learning (Flame)

REFLECTION

INVITES US TO PAUSE AND CONSIDER THE WORLD AROUND US AND OUR PLACE WITHIN IT

Reflect on the world and your place in it. What is going well and what will you do differently?

- Spend some time thinking about the challenges and opportunities ahead of you
- Keep a daily journal or blog
- Attend an event in the E/RS Speaker Series
- Engage in the Ignatian Spiritual Exercises
- Make an appointment with Counseling Services
- Look into retreat opportunities sponsored by the Office of Student Involvement, CFJ, or the Institute for Spirituality and Social Justice
- Sign up for the Professional Mentor Program

DISCERNMENT

INVITES US TO BE OPEN TO GOD'S SPIRIT AS WE MAKE DECISIONS THAT CONTRIBUTE TO THE GOOD IN OUR LIVES AND THE WORLD AROUND US

How will you make choices with intention that take into account your values and the needs of the world around you?

- Make a pros and cons list to help with a difficult decision
- Engage in Major and Career Discernment through the Office of Career Development
- Meet with your Success Coach, Career Coach, or academic advisor
- Talk through your decisions with friends and family
- Discuss your decision-making process with a counselor, spiritual advisor, or leader in your religious tradition
- Attend Spark: the First Year Seminar's Call to the Greater Good

STUDENT COMMITMENT

WE ARE XAVIER MUSKETEERS.

WE ARE UNIQUE INDIVIDUALS WHO COME TOGETHER IN THE SPIRIT OF ST. IGNATIUS, TO LEARN TOGETHER, TO SERVE TOGETHER AND WE WILL SUCCEED IN CHANGING THE WORLD TOGETHER.

WE ACT WITH INTEGRITY, JUSTICE AND GENEROSITY.

ALL FOR ONE AND ONE FOR ALL.

The student commitment was written and adopted by and for students in 2014.

WELLBEING

FOR INFORMATION ABOUT THESE AND OTHER WELLBEING RESOURCES, VISIT XAVIER.EDU/WELLBEING

Xavier students stay healthy by engaging eight dimensions of wellbeing: emotional, physical, spiritual, social, financial, community, and purpose

- Recreational Sports
- Health Services
- Counseling Services
- Psychological Services Center
- Student Wellbeing Services
- Xavier University Police Department
- Center for Faith and Justice
- Center for Diversity and Inclusion
- Office of the Dean of Students
- Care Management Services
- Title IX & Interpersonal Violence Response Office
- Bias Advisory and Response Team

STUDENT ENGAGEMENT AND LEADERSHIP

FOR INFORMATION ABOUT THESE AND OTHER STUDENT ENGAGEMENT AND LEADERSHIP PROGRAMS, VISIT XAVIER.EDU/STUDENTAFFAIRS

Xavier provides students with transformative experiences that equip them to be successful on campus and after graduation

- Office of Student Involvement
- Center for Diversity and Inclusion
- Center for Faith and Justice
- Student Government Association
- Student Activities Council
- Recreational Sports
- Manresa

CAREER DEVELOPMENT

FOR MORE INFORMATION ON CAREER DEVELOPMENT RESOURCES, VISIT XAVIER.EDU/CAREER

Xavier provides personalized, holistic career coaching to students and alumni

- Meet with your Career Coach to explore majors and career opportunities, and get advice on application materials, job search strategies, interview techniques, and more
- Get connected with experienced professionals through the Professional Mentor Program
- Access 24/7 career exploration resources, including a major and discernment toolkit, online career assessments, and a self-guided canvas course
- Talk with your academic advisor about career opportunities in your major

ACADEMIC SUPPORT

FOR INFORMATION ABOUT THESE AND OTHER ACADEMIC SUPPORT RESOURCES, VISIT XAVIER.EDU/ACADEMIC-SUPPORT

Xavier students can draw on a range of resources across campus to achieve their academic and career goals.

- Student Success Center
- Academic department
- College Dean's office
- Office of Academic Support, including tutoring, supplemental instruction, study group sessions, team coaching, and the James A. Glenn Writing Center
- Math Lab
- Center for International Education
- TRiO
- Office of Disability Services

ROAD THROUGH XAVIER

Discernment & Reflection Guide

ADVISING IS TEACHING

