## 4-DIMENSIONAL EXPERIENCE

VISION The 4-Dimensional Experience seeks to empower our community to be resilient and courageous champions of the public good leading lives of purpose and passion, and having fulfilling careers.

MISSION The 4-Dimensional Experience connects intellectual growth with career development, character exploration and well-being. This happens in an intentional co-curricular environment where students build pathways of purpose, passion and perseverance throughout their DU experience through the academic curriculum, programming, mentorship, access to opportunities, and critical reflection.

### **GUIDING WORDS**

CHARACTER EXPLORATION Courage, Awareness, Resilience, Responsibility, Ethics

INTELLECTUAL GROWTH Quantitative Reasoning, Communication, Intellectual Engagement and Reflection, Engagement with Human Diversity, Community Engagement, Disciplinary Knowledge and Practice

CAREER DEVELOPMENT Professional Vision & Self Awareness, Skill Development & Articulation, Build Connections, Gain Experience, Professional Communication

WELL-BEING Social/Community, Purpose, Emotional, Physical, Financial

### **KEY ELEMENTS/OUTCOMES**

INTENTIONAL Connecting learning to passion and purpose through customized, student-driven plans

4-YEAR EXPERIENCE Map out 4 years of experiences based on student interest areas and career goals

INTEGRATION Plans include all 4 dimensions: Character Exploration, Intellectual Growth, Professional Development, and Well-being

**COACHING/MENTORSHIP** Students are supported by a team of mentors (faculty, staff, students and alumni) who help them set, evaluate, and achieve their goals

**CO-CURRICULAR** Students participate in extracurricular activities that align with their academic, personal and professional goals

PERSONALIZATION 4D aims to build a framework for students to utilize to connect their various interests and experiences they hope to get out of college

**SKILLS TAKEAWAY** 4D helps students leave with tangible skills that make them marketable and sought after employees

### 2020 PILOT COHORT

## Orientation

Introduction to 4D

Dimension Activities

Breakout Session with Faculty

Introduction from Chancellor

## Fall Quarter

Character Exploration:
Attend a leadership
workshop series or a
C+V Event

**Intellectual Growth:** Design Your DU FSEM

Career Development: Create/update resume and meet with a career advisor

Well-being: Dedicated well-being event with additional opportunities

# Winter Quarter

Character Exploration: Attend onf of DU's Summits/Conferences

**Intellectual Growth:** Menu of options

Career Development: Attend one networking event or career fair

Well-being:
Menu of well-being
events in each wellbeing dimension

Launch Alumni Mentorship Program Pilot (Industry Insights Group)

# Spring Quarter

Character Exploration: Menu of character exploration events

Intellectual Growth: Attend menu of events

Career Development: Attend one career workshop or seminar of interest

Well-being: Menu of well-being events in each wellbeing dimension

#### PILOT COHORT HIGHLIGHTS

- 134 students in 8 First Year Seminar Sections
- Students participate in 4 hours of co-curricular activities outside of the classroom
- Students engage in specific mentoring and advising while they work toward building/developing a unique, customized plan for their DU experience