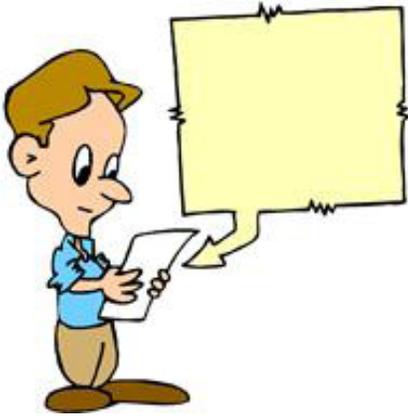


Belief



You have certain core values that are unchanging; out of these values emerges a defined purpose for your life. Your talent is valuable because it produces the motivation for you to work hard, excel, and achieve. Your set of beliefs does more than energize you - it is the basis for developing a meaningful life.

General Academic Life

Write an academic mission statement for yourself. Integrate your core values, such as a leaving the world better than you found it, curing AIDS, ending violence, or affirming the dignity of each human being.

Discover ways to weave your core values into routine classroom assignments. Write and speak about topics directly related to your beliefs.

Read about individuals who stood up for their convictions in the face of resistance. Determine who inspired these people to dedicate their lives to great and noble causes.

Debate an issue like: "Money is the true source of happiness." Argue for and against this proposition. Ask yourself, "How was my position strengthened when I could incorporate my beliefs into the argument? How was my position weakened when I had to defend the opposing point of view?"



Study Techniques

List your top three to five beliefs on a piece of paper you can use as a bookmark. Filter whatever you are reading and hearing through the lenses of these core values.

Assess whether you are allocating enough time to classes, projects, and assignments that add meaning to your life.

Suggest alternative topics for reading and research to your professors. Match your preferred assignments to one or more of your core values.

Form a study group of individuals with whom you share one or more important belief. Ask each member to describe how these core values contribute to his or her success as a student.

Belief

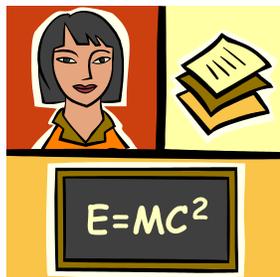
Relationships

Tell your classmates and professors about the ideas, causes, and projects you are most passionate about.

Encourage others to tell you when your intensity inspires them and when it overwhelms them. Maintain an ongoing dialogue to ensure that they understand you.

State what you believe is right and wrong. Help others grasp what you value and why you value it.

Notice instances when you willingly inconvenienced yourself to come to the aid of a specific person or group. Ask, “Which of my core values drove this behavior?”



Class Selection

Enroll in ethics classes. Learn to evaluate the rightness of decisions in fields such as science, medicine, business, government, religion, and environmental protection.

Risk advocating your beliefs in class discussions as well as conversations with classmates and instructors.

Choose courses taught by professors known for their strong beliefs, even when their values clash with yours. Realize that considering the values of others can help you refine your own.

Select classes that challenge you to clarify, reinforce, defend, and live out the guiding principles of your life.

Extracurricular Activities

Figure out ways to spend quality time with your family. Make a point of going home or calling to show you are thinking of them on birthdays and special holidays.

Consider running for a campus office. Build your campaign platform on values-oriented issues that matter greatly to you. Inform potential voters about what you stand for and why.

Practice speaking a foreign language by helping a refugee family adapt to their new country and its customs.

Serve meals at a local homeless shelter. Deliver Meals on Wheels®. Take time to visit with each shut-in.

