

Through their complete educational experience, Fitchburg State graduates will be creative and critical thinkers who integrate and communicate their learning from a variety of disciplines and experiences in ways that enhance their civic, personal, and professional lives. In the Fitchburg State General Education program, you will develop foundational skills that complement your major, explore a breadth of disciplines, and enhance skills for personal, academic, and professional success.

HOW TO USE THE ACTION PLAN

Use the Action Plan timeline to explore potential career paths and plan for success during and after your college experience. The Action Plan provides suggestions and a place to start the conversation with your advisor, but every person and every career journey is unique. Customize your own personal action plan using the **My General Education Action Plan tool** (next page).

Maximize the time you have in college to prepare for your future. What do you want to do after you graduate with a multi-purpose liberal arts degree?

The Action Plan helps you to come up with tentative goals (remember, it's okay if these change as you continue to learn more about yourself and the field!) so you can start working on short-term steps to help you reach those goals or shift directions. Remember, you do not have to do this all on your own, get the support you need from your department and from Student Support Services like **Career Services and Advising (CSA)**.

TYPES OF INTEGRATIVE HIGH IMPACT PRACTICES

- Civic Engagement
- Experiential Learning/Internships
- Learning Communities
- Student-Faculty Research and Creative Projects
- Study Abroad
- Team-Taught Courses
- Writing Intensive Courses

WHAT ARE INTEGRATIVE HIGH IMPACT PRACTICES



High Impact Practices are academic opportunities that connect thinking with doing and apply learning from different disciplines within and beyond the classroom walls in experiences that range from community engagement and study abroad to student/faculty collaborative research and internships.

ALUMNI STORY CHRISTINE NIBITANGA, '23

“When I got to Fitchburg I was all over the place. I spent my whole first month weighing different majors, and seeing my options. Some people come to college thinking, ‘I want to be a nursing student,’ and they’re just lost when they find out that it’s not for them. They should try to experience other things.”

Degree: B.S., Exercise and Sports Science: Clinical Exercise Physiology

ALUMNI STORY SHARON BERNARD, '99

“To me, a liberal arts and science degree is the ideal course of study for anyone who isn’t really sure of the path they want to take. You never know when a particular subject or teacher will light a spark that will shape the rest of your life.”

Degree: B.S., English

CORE COMPETENCIES

Community Engagement: Students will develop practical skills and knowledge required for engaged citizenship. These skills will address issues such as social justice and inequality and will provide reciprocal benefits for students and broader local, national, and global communities and their diverse socio-cultural institutions and practices.

Communication: Students will develop and apply skills for communicating effectively both in spoken or signed world languages as well as in writing original texts in different media, reading to extract and construct meaning, and sharing quantitative and descriptive information effectively and ethically.

Critical and Creative Thinking: Students will develop and practice using rational, systematic procedures to think critically about ideas and evidence and to engage in imaginative and innovative thinking. Students will assess their own ethical values and adjust previously held opinions or conclusions with the introduction of new information.

Inquiry and Analysis: Students will engage with - and answer questions about - the natural and physical world and cultural, historical, and literary contexts using critical analysis and evaluation of relevant evidence.

Integrating and Applying Learning: Students will integrate and apply knowledge from different disciplines and experiences to solve interdisciplinary problems.

Take a look at the suggested activities in the Action Plan below. You do not need to complete all these tasks, but it is a place to start generating ideas. Think about what you would like to work on now in order to feel well prepared to enter your career field or graduate school upon graduation. Use the blank My Action Plan tool with your advisor to come up with the action items that are priorities for you. Revisit and revise this action plan each semester.

FOUNDATION

EXPLORATION

INTEGRATION

ACHIEVE ACADEMIC MILESTONES

Complete First Year Experience, Writing I, Writing II, and Quantitative Reasoning courses in the first year.

Prioritize taking your World Languages Speaking and Listening requirement in the first or second year.

Take advantage of Academic Coaching and Tutoring Center.

Develop critical and creative thinking skills by exploring General Education courses that align with your interests and major.

If you have the option of earning a Bachelor of Arts for your major, consider continuing with language courses.

Take advanced General Education coursework that complements your interests and major.

Discuss the benefits of taking a minor to fulfill Integration requirement with your advisor.

JOIN THE CAMPUS COMMUNITY

Attend Rock the Block.

Attend university extracurricular events encouraged by First Year Experience.

Follow the General Education Program on social media.

Attend university and department events and reflect on how they relate to General Education learning.

Become a Peer Mentor.

Attend study abroad, internship, and/or career fairs on campus.

EXPLORE CIVIC & GLOBAL ENGAGEMENT

Consider taking a World Language.

Consider continuing courses in a world language.

Consider taking Study Abroad or Civic Engagement for Integrative High-Impact Practice (IHIP).

PREPARE FOR LIFE AFTER GRADUATION

Develop foundational skills of reading, writing, quantitative reasoning, information literacy, and speaking and listening.

Talk with Peer Mentors.

Watch video or attend workshop on benefits and logistics of the General Education Program.

Continue to develop foundational skills in Exploration courses.

Meet with a Career Services and Advising Center advisor, especially to discuss how to leverage your General Education learning.

Develop a General Education resume.

Reflect on the benefits of your Integrative High-Impact Practice (IHIP) experience.

Participate in the Undergraduate Conference for Research and Creative Practice.