

GoodWork™
at Bloomsburg University



NAME _____

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*We extend our sincere gratitude to our colleagues at Project Zero of the Harvard Graduate School of Education for their ongoing consultation and support of the BU Good Work Initiative. For more information about GoodWork™, see Gardner, H., Csikszentmihalyi, M., & Damon, W. (2001). *Good Work: When Excellence and Ethics Meet*. New York, NY: Basic Books.*

A Message from the President



Welcome to Bloomsburg University. Today, through a series of Freshman Orientation workshops, student leaders from across the university will help to plant the seeds of understanding what it means to do GoodWork™. We hope that the messages that you hear today and throughout Welcome Weekend will take root to guide you during your time at Bloomsburg University and sustain you in your academic, personal, and professional development long after you have graduated. I look forward to seeing you at Convocation on Sunday evening where, together, we will mark the opening of another year dedicated to the pursuit of work that is excellent, ethical, and engaged.

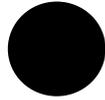
Dr. David L. Soltz

A Message from the Coordinator of New Student Orientation

Welcome Bloomsburg University Class of 2017! As an alum of BU, it is a true privilege and honor to introduce each new class to the place that truly shaped me into the person I am today! Attitudes of excellence, ethics, and engagement truly permeate this community and have become embedded in my everyday life. It is my genuine hope that this orientation experience is the first of some of the best decisions you will ever make. I know it certainly has been for me.



Mrs. Kristin Austin



Welcome to Bloomsburg University of Pennsylvania!

Members of our academic community strive to do GoodWork™ as persons, workers, and citizens. GoodWork™ is work that is excellent, ethical, and engaged. These three characteristics of GoodWork™ are sometimes referred to as “the three Es.”

This booklet will guide you through several self-reflective exercises that are intended to help you

- evaluate how well you are able to meet your basic responsibilities as students, persons, and citizens of Bloomsburg University
- understand what it means to do GoodWork™ as a student, person, and citizen of Bloomsburg University
- inform you of resources that can help you meet your basic responsibilities and support your pursuit of GoodWork™ in all of your roles at Bloomsburg University

Sincerely,

Dr. Mary Katherine Duncan

Dr. Jennifer Johnson

(BU Good Work Initiative project leaders from the Department of Psychology in the College of Liberal Arts)



The Three Es of GoodWork™

Excellent

Excellent work requires more than effort. **Trying your best is a good start but being the best at something is the real goal.**

Ethical

Ethical work requires more than making good personal choices. **Acting in a way that elevates others and this university is the real goal.**

Engaged

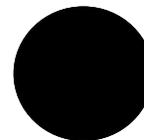
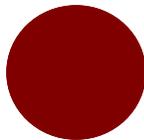
Engaging work requires more than participating in class or clubs. **Finding meaning and pleasure in your work is the real goal.**

Basic Responsibilities as a Student

Review the list of basic academic responsibilities below and on the next page. How prepared are you to take on these responsibilities? Look at the list of basic academic skills below and check the skills that you would be most interested in learning more about.

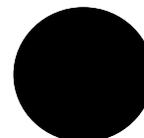
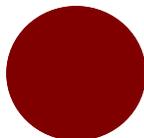
- ◇ *Motivate yourself to pursue academic success*
- ◇ *Manage your time and prioritize your responsibilities*
- ◇ *Understand the expectations of your professors*
- ◇ *Purchase required course materials such as textbooks*
- ◇ *Take notes while in class and while reading textbooks*
- ◇ *Study for courses*
- ◇ *Write academic papers*
- ◇ *Use the resources of the Andruss Library*

- ◇ *Identify and speak with your academic advisor*
- ◇ *Speak with your professors during office hours*
- ◇ *Select courses to fulfill General Education requirements*
- ◇ *Know available major/minors and how to declare a program of study*
- ◇ *Select courses to fulfill major/minor requirements*
- ◇ *Know process for adding/dropping/withdrawing from courses*



Basic Responsibilities as a Student

- ◇ *Choose a career to pursue after college*
 - ◇ *Match your career direction with your interests and skills*
 - ◇ *Find extracurricular activities related to your career direction*
 - ◇ *Find a mentor at BU who shares your career interests*
 - ◇ *Know job opportunities related to your career direction*
 - ◇ *Know graduate school options related to your career*
 - ◇ *Find a job or graduate school after college*
-
- ◇ *Adhere to BU's official policies on class attendance*
 - ◇ *Adhere to BU's policies on appropriate classroom behavior*
 - ◇ *Adhere to BU's policies on academic integrity*
 - ◇ *Adhere to BU's policies on acceptable use of technology*
-
- ◇ *Other* _____
 - ◇ *Other* _____
 - ◇ *Other* _____



GoodWork™ as a Student

Mastering these basic academic skills lays the foundation for pursuing GoodWork™ as a student. The next step is to consider what it means to do academic GoodWork™ with respect to the three Es of the GoodWork™ model.

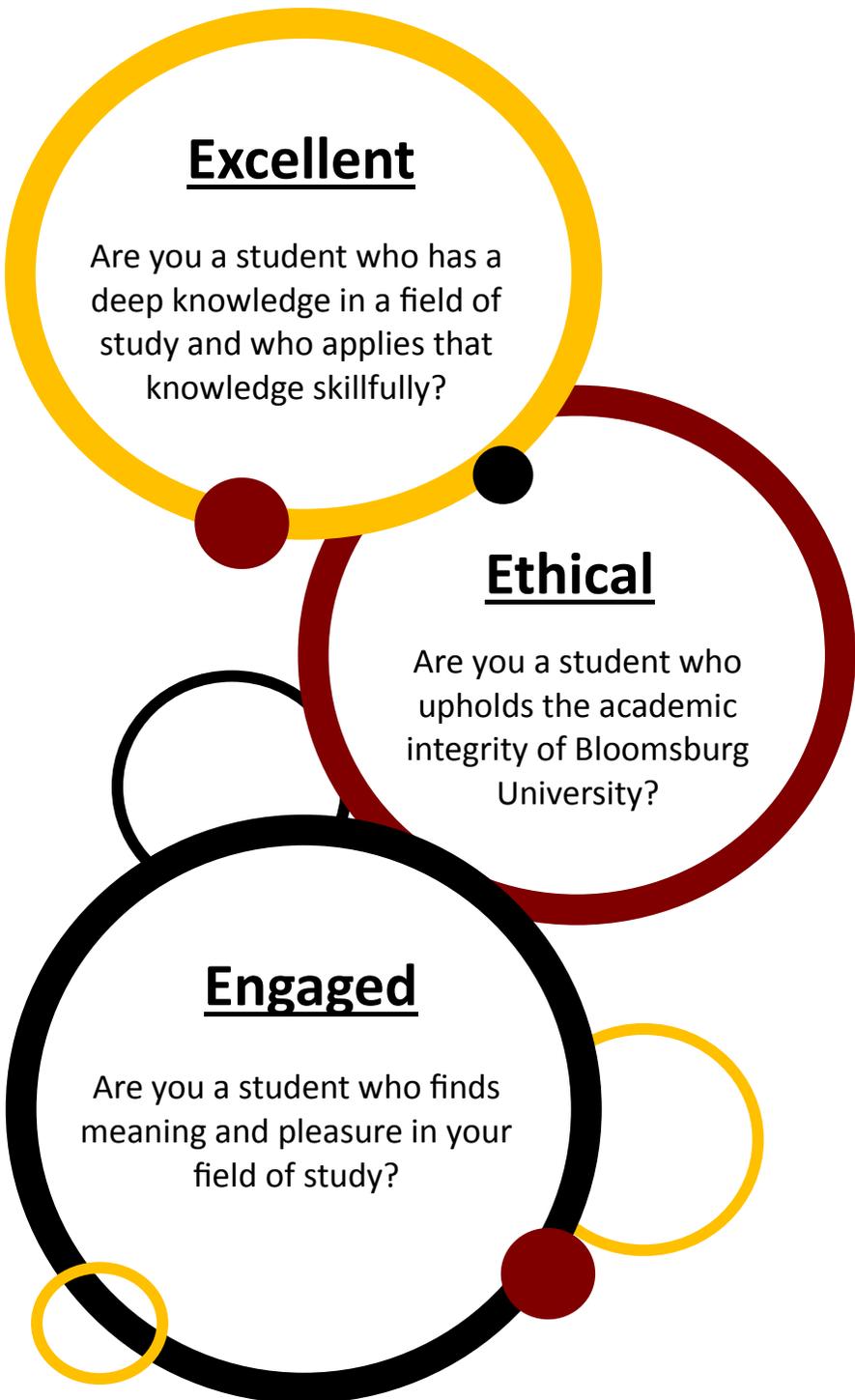
In what school subjects do you find meaning and enjoyment?

What are your abilities? (Abilities Survey)

Can you find a major related to your abilities in which you can find meaning and enjoyment?



The integrity of this University is only as strong as the integrity of each of its members. How will you uphold the academic integrity of the University? (What Would You Do?)



Excellent

Are you a student who has a deep knowledge in a field of study and who applies that knowledge skillfully?

Ethical

Are you a student who upholds the academic integrity of Bloomsburg University?

Engaged

Are you a student who finds meaning and pleasure in your field of study?

Basic Responsibilities as a Person

Living on your own and taking care of yourself can be an awesome experience, but it comes with awesome responsibilities. Look at the list of basic personal skills below and check the skills that you would be most interested in learning more about.

Protect your physical health by making good decisions about

- ◇ *diet*
- ◇ *sleep*
- ◇ *exercise*
- ◇ *disease prevention*
- ◇ *alcohol and drugs*
- ◇ *sexual activity*

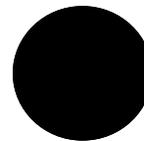
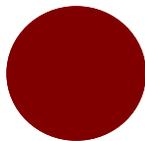
Protect your mental health by managing

- ◇ *stress and anxiety*
- ◇ *depression and loneliness*
- ◇ *sexuality issues*

Adjust to college life by finding

- ◇ *healthy relationships*
- ◇ *your way around campus*
- ◇ *fun and relaxing events on campus*
- ◇ *extracurricular clubs/organizations/sports to join on campus*
- ◇ *ways to keep yourself and your property safe*
- ◇ *ways to manage your current finances*
- ◇ *your character strengths and values*

◇ *Other* _____



GoodWork™ as a Person

Mastering these basic personal skills lays the foundation to pursue GoodWork™ as a person. The next step is to consider what it means to do GoodWork™ as a person according to the three Es of GoodWork™.

What are your signature character strengths (Character Strengths Survey)?

How do you use your signature character strengths every day?

How do you use your signature character strengths to contribute to something beyond yourself?

Excellent

Are you a **person** of good character? Do you find or create opportunities to build upon your character strengths every day?

Ethical

Are you a **person** who uses your character strengths to contribute to something beyond yourself?

Engaged

Are you a **person** who finds meaning, pleasure, and a sense of fulfillment in using your character strengths?

Basic Responsibilities as a Citizen

As citizens of Bloomsburg University, we celebrate our similarities and our differences. We protect the rights of fellow citizens. Opting out is not an option, so how will you opt in? It begins with knowing your responsibilities as a citizen. Check the responsibilities that you have mastered.

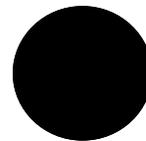
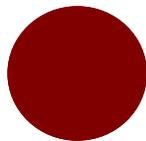
- ◇ *Knowledge of Bloomsburg University's mission and values*
- ◇ *Knowledge of Bloomsburg University's campus traditions*
- ◇ *Knowledge of the rules that guide the citizens of our campus community*
- ◇ *Knowledge of the laws that govern the citizens of our town*

- ◇ *Opportunities to meet people on our campus who have similar interests, views, and values to you*

- ◇ *Opportunities to meet people on our campus who have different interests, views, and values from you*

- ◇ *Opportunities for volunteerism on-campus and off-campus*

- ◇ *Other* _____



GoodWork™ as a Citizen

Mastering these basic citizenship skills lay the foundation to pursue GoodWork™ as a citizen. The next step is to consider what it means to do GoodWork™ as a citizen according to the three Es of GoodWork™.

What are your value priorities? (Values Inventory)

Value #1 _____

Value #2 _____

Value #3 _____

Do you understand and respect people who have different value priorities? (Values Perspective Activity)

	My signature value _____	My friend's signature value _____
Thoughts		
Feelings		
Behaviors		

As citizens of Bloomsburg University, we work hard to understand and respect the values of all of the members of our community. You will likely face challenges during your time at Bloomsburg University. In those challenging times, remind yourself of your value priorities and remember the three Es of good citizenship.



Excellent

Are you a **citizen** who has a deep knowledge of the needs of your community and knows what can be done to address those needs skillfully?

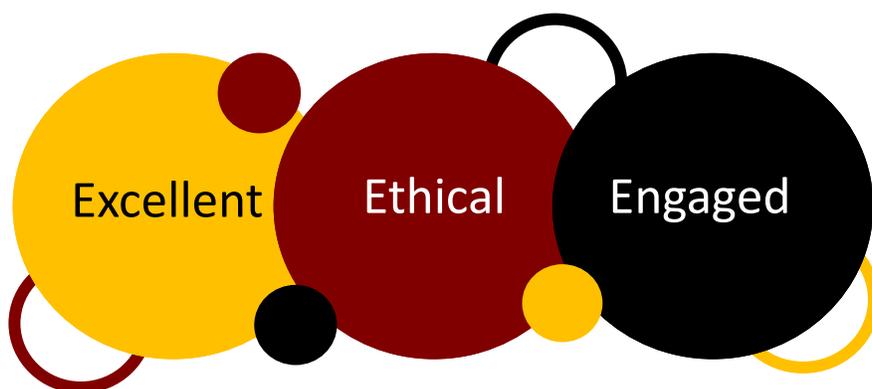
Ethical

Are you a **citizen** who is committed to understanding and respecting all of the members of your community?

Engaged

Are you a **citizen** who finds meaning and pleasure in contributing to your community?

This booklet was designed to outline your basic responsibilities as an undergraduate student and to help you learn more about available resources for meeting these responsibilities. As you continue to define who you are as a person, student, and citizen of Bloomsburg University, keep in mind that as a member of this academic community, you are expected to pursue the three Es of GoodWork™ in all of your roles. We strongly encourage you to meet regularly with your academic advisors, role models, mentors, and student leaders. Periodically, refer to this workbook throughout your time at Bloomsburg University to remind yourself of the important questions that you began to think about and talk about today. Once again, welcome to BU!



Pursue GoodWork™ today!

For more information about the BU GoodWork™ Initiative, visit goodwork.bloomu.edu.



**Pursue GoodWork™
in all of your roles!**

