****

**DIVISION-WIDE LEARNING OUTCOMES QUESTION BANK**

**RESILIENCE**

**Core Questions Stem: (X) helped me build knowledge or skills to:**

**Resilience Core Questions**

RLO1 manage stress in positive, adaptive ways

RLO2 build and maintain positive relationships

**Additional Resilience Aligned Questions Stem: (X) supported my ability to**

**Wellbeing (Generalized)**

* engage in personal exploration to enhance wellbeing.
* engage in spiritual exploration to enhance wellbeing.
* engage in behaviors that promote wellbeing.

**Navigating Challenges/Barriers/Stress/Anxiety**

* anticipate potentially stressful challenges.
* negotiate in the face of stressful challenges.
* face difficulties with greater confidence.
* grow in the face of stressful challenges.
* adapt to changes.
* keep things in perspective.
* see setbacks as temporary.
* identify sources of stress in my life.
* identify sources of anxiety in my life.
* identify sources of dissatisfaction in my life.
* take appropriate steps to mitigate stress in my life.
* take appropriate steps to mitigate anxiety in my life.
* take appropriate steps to mitigate dissatisfaction in my life.

**Relationships/Belonging**

* form trusting personal relationships.
* form supportive relationships
* sustain supportive relationships
* establish relationships based on civility
* establish relationships based on respect
* engage with conflict constructively
* act with civility in situations involving conflict
* experience a sense of belonging to my community

**Self-Awareness/Self-Concept**

* reflect on the influence of \_\_\_\_\_\_\_\_\_ in my life. (e.g., gender, race, ethnicity, sexual orientation, economic status, disability, religion, etc.)
* recognize my own emotions
* recognize how my emotions affect me
* manage my emotions.
* recognize my strengths.
* recognize my challenges.
* feel confident in who I am.
* feel positive about who I am.

**Physical**

* engage in healthy levels of physical activity

**AOD**

* recognize common signs of substance abuse.
* recognize indicators of addiction to alcohol.
* recognize indicators of addiction to drugs.

**Goals/Self-Management**

* set personal goals.
* effectively work to attain my goals.
* effectively prioritize tasks
* effectively prioritize responsibilities
* manage my personal obligations
* manage my work obligations
* manage my academic obligations
* manage my financial obligations
* manage my community obligations
* make good decisions in the face of uncertainty.
* make good decisions in the face of pressure.

**EQUITY & INCLUSION**

**Core Questions Stem: (X) helped me build knowledge or skills to:**

**Equity & Inclusion Core Questions**

E&ILO1 contribute to the development of welcoming and inclusive communities

E&ILO2 enact inclusive leadership practices

E&ILO3 engage controversy with courage

**Additional Equity and Inclusion Aligned Questions Stem: (X) supported my ability to**

* recognize my cultural perspective(s).
* recognize my cultural biases.
* recognize diverse cultural perspectives.
* take responsibility for my cultural biases.
* respond appropriately to my cultural biases.
* explore complex questions related to culture.
* explore complex questions related to difference.
* communicate across cultural differences.
* recognize structural inequities
* acknowledge privilege and oppression
* identify the impacts of structural inequities
* engage with diverse peers
* engage with diverse perspectives
* engage in interactions based on understanding of differences.
* engage in interactions based on appreciation for differences.
* work with someone who differs in cultural background and/or worldview.
* identify barriers to equity.
* identify barriers to inclusiveness.
* openly discuss cultural issues and/or differences.
* engage controversy courageously
* promote understanding of cultural systems.
* advocate for dismantling barriers to equality.
* advocate for dismantling barriers to inclusiveness.
* work to build more inclusive communities.
* work collaboratively with others to create change
* effectively confront "isms".
* challenge the use of stereotypes
* express my (feelings/needs/opinions) in a way that does not (threaten/marginalize/exclude) others.
* recognize how my actions affect other people.
* recognize how my actions affect other communities.
* recognize diverse perspectives when working with others.
* recognize how identities might differ from my own.
* engage with persons whose identities differ from my own.
* use inclusive language.
* work effectively with people who have different (beliefs/ideologies/abilities/personal/ or other) differences.
* act in ways that work to maintain individual trust.
* act in ways that work to maintain group trust.
* advocate for my position while trying to synthesize the best ideas from all viewpoints.
* identify ethical components of leadership.
* identify the ethical components of my role as ….
* maintain appropriately high performance standards in my role as….
* demonstrate consideration for the welfare of others.
* work for fairness/inclusion/equality\*

**VALUES DEVELOPMENT**

**Core Questions Stem: (X) helped me build knowledge or skills to:**

**Values Development Core Questions**

VDLO1 make values-based decisions

VDLO3 align my actions with my personal values to impact community for the greater good

**Additional Values Development Aligned Questions Stem: (X) supported my ability to**

* reflect on who I am.
* reflect on what I believe.
* identify the factors that influence my values and/or beliefs.
* articulate my personal beliefs.
* articulate my personal values.
* feel confident in what I believe.
* connect my thoughts, feelings, behaviors, and goals.
* make decisions or take actions based on who I am.
* make decisions or take actions based on what I believe.
* take responsibility for (myself/my choices/my actions).
* represent myself authentically.
* stand up for something I believe in.
* sustain an ethical focus in daily life.
* use self-reflection to understand personal/social experiences.
* connect my personal values to career development.
* identify co-curricular opportunities that compliment my career interests.
* engage in co-curricular opportunities that compliment my career interests.