# **My Experience**



# Western's Co-Curricular Record

## Morgan Kuepfer

#### Authenticity Code:23930214994670743141

| Certificate Pro | Certificate Program          |  |   |  |  |  |
|-----------------|------------------------------|--|---|--|--|--|
| Date            | Activity                     | Role                                     | Purpose and Description   | Core Areas   |  |  |
| 2018-2019       | Leadership Education Program | Participant                              | A student participates in one or more of the Leadership Education<br>Programs (LEP) workshops. LEP is a free program providing Western<br>undergrads with the opportunity to gain a wealth of knowledge that<br>will help them become truly effective leaders. LEP is delivered in 15<br>workshops divided into three tiers: Individual Leadership (skills the<br>individual needs to be an effective leader), Group Leadership (skills a<br>leader needs to effectively facilitate group processes) and Community<br>Leadership (service learning placement in an organization of the<br>students choice). | Community Engaged<br>Entrepreneurial<br>High Achieving<br>Leaders of Tomorrow<br>Research Oriented |  |  |
| 2018-2019       | First Aid & CPR              | First Aid & CPR Certificate<br>Recipient | First Aid CPR Certicate   | Entrepreneurial  |  |  |
| 2015 - 2016     | Leadership Education Program | Workshop Facilitator                     | A student participates as a Facilitator for one or more of the<br>Leadership Education Programs (LEP) workshops. LEP is offered<br>free of charge to all undergraduates at Western University. LEP<br>Workshop Facilitators are students who excel in public speaking, and<br>they are trained in group facilitation.   | Communication<br>Leadership  |  |  |

A student has to attend a minimum of four, one-hour learning skills presentations, with topics ranging from Research skills, Multiple-choice exams, Time Management and more.

#### Community Service Learning & Volunteering

| Date        | Activity                 | Role                             | Purpose and Description   | Core Areas                                |
|-------------|--------------------------|----------------------------------|---|---|
| 2019-2020   | Young Winds Program      | Music Director/Coach             | The student provides instruction for instrumental music students in grades 7, 8, or 9 studying woodwind, brass or percussion instruments. A music director/coach conducts full ensemble rehearsals and teaches small group music lessons. |   |
| 2016-2017   | Alternative Spring Break | Participant                      | A student engages in service learning activities locally and around the globe, and participates in local activities to prepare for the experience.  | Global Awareness<br>Social Responsibility |
| 2015 - 2016 | Western Serves           | WS Day of Service<br>Participant | Western Serves is an annual campus-wide program designed to increase awareness about Community Engaged Learning. A participant goes to a Community Organization in the London area and gets engaged in active service for one day.        | Self-Awareness<br>Social Responsibility   |

| Global Learning |                                    |        |  |                                   |  |
|-----------------|------------------------------------|--------|--|-----------------------------------|--|
| Date            | Activity                           | Role   | Purpose and Description  | Core Areas                        |  |
| 2018-2019       | International Learning Ambassadors | Leader | The Returning Exchange Peerprogram offers returning exchange<br>students an opportunity to share their exchange experiences with<br>fellow students on campus. Students develop their communication<br>skills by speaking about exchange experiences during information<br>sessions, fairs and/or drop-in hours. | Community Engaged<br>Global Ready |  |

| Individual & Group Resources |          |      |                         |            |  |
|------------------------------|----------|------|-------------------------|------------|--|
| Date                         | Activity | Role | Purpose and Description | Core Areas |  |
|                              |          |      |                         |            |  |

A student participates in a one-day job shadow program, following a professional in their desired field. This program is currently offered at the Faculty of Social Science and the Faculty of Arts Humanities.

Career Preparation Communication

| Peer Guidanc | eer Guidance & Support |   |  |   |  |  |
|--------------|------------------------|---|--|---|--|--|
| Date         | Activity               | Role  | Purpose and Description  | Core Areas  |  |  |
| 2019-2020    | Residence              | Academic and Leadership<br>Programmer (ALP) | A student works with support staff from the Student Development<br>Centre, residence staff members, student volunteers, orientation<br>officers, and residents council members to create a community in<br>residence that supports students academic success and leadership<br>development. Responsibilities include to develop and facilitate<br>residence programs that foster a living and learning environment, act<br>as a resource for leadership involvement in residence and on<br>campus, and to act as a role model of academics and of respect for<br>self, others and the community. |   |  |  |
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| 2016-2017    | Residence              | Residence Advisor                           | A Residence Advisor helps foster a community atmosphere in<br>residence, develops and facilitates programming initiatives which<br>address the needs of the floor, facilitates a secure foundation for<br>student transition and growth into university life, ensures that<br>residence policies are upheld, maintains open communication and<br>manages administrative duties as needed, and acts as a role model<br>of respect for self, others and the community.   | Career Preparation<br>Commitment to Learning<br>Communication<br>Diversity<br>Engaging the Arts<br>Global Awareness<br>Health & Wellness<br>Leadership<br>Self-Awareness<br>Social Responsibility |  |  |

| 2015 - 2016 | Leadership and Mentorship Program | Peer Mentor |  |
|-------------|-----------------------------------|-------------|--|
|             | (LAMP)                            |             |  |

A student works as a mentor to first year students, and ensures that all mentees are welcomed to Western in a positive and healthy manner. Other activities include meeting the needs of the mentees by maintaining regular contact via phone and email, provide information about on and off-campus events, and provide a support network for first-year students through academic, social and personal development.

### Commitment to Learning Communication

| Seminar & Conference |                                 |          |   |                                 |
|----------------------|---------------------------------|----------|---|---------------------------------|
| Date                 | Activity                        | Role     | Purpose and Description   | Core Areas                      |
| 2014 - 2015          | Residence Leadership Conference | Delegate | A student participates in a one day conference, designed to help him<br>or her enhance leadership skills, network with other students, and<br>learn about campus and community involvement opportunities. | Communication<br>Self-Awareness |

| Student Government |               |           |   |            |
|--------------------|---------------|-----------|---|------------|
| Date               | Activity      | Role      | Purpose and Description   | Core Areas |
| 2019-2020          | Choir Council | President | The primary duties of the president include working with council to gather feedback from the faculty, facilitating council meetings, as well as organizing events and student activities. |            |

| Workshops & Events |  |             |   |            |
|--------------------|--|-------------|---|------------|
| Date               | Activity                                       | Role        | Purpose and Description   | Core Areas |
| 2019-2020          | WERC (Western's Employment<br>Resource Centre) | Participant | A student attends a drop-in service, offering help with resume and cover letter crafting. |            |

| 2018-2019   | CEL Workshop          | Skills Translation: How to<br>Communicate your CEL<br>Experience - Participant | Its March. Youve either completed your CEL project/placement or youre quickly approaching the end. Now what?<br>Join Jennifer Baytor, Career Counsellor, Student Success and Community Engaged Learning Coordinators, Brea Hickey and Kelly Hollingshead to explore skills translation and how to communicate your CEL experience.<br>In this session, you will learn to identify and highlight skills from your CEL experience, explore what skills are most sought after by prospective employers, and capture your skills and experience through updates to your LinkedIn profile and resume/CV.<br>Please bring your laptop so that you may prepare skills statements to add to your LinkedIn profile or your resume/CV during the session. |   |
|-------------|-----------------------|--|---|---|
| 2015 - 2016 | WSC Writing Workshops | Participant  | A student will have attended at least four WSC Writing Workshops in the 2015-16 year to improve communication skills and demonstrate commitment to learning.  | Commitment to Learning<br>Communication |

Participation in activities is validated by the institution. Core Areas are self-identified by the student as a form of personal reflection and are not assessed by Western. To learn more about the Co-Curricular Record, please visit myexperience.uwo.ca

In witness thereof this signature confirms the authenticity of this record:

Jervier Massey

**DR. JENNIFER MASSEY** AVP, Student Experience



To confirm the authenticity of this record, please go to https://connect.uwo.ca/verify and enter this code:

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