

UNB Co-Curricular Program: Peer Mentor Activities

Activity	Theme
Attend a Career or Grad School Fair	Career Development
Attend one of the Workshops put on by the Employment Centre	Career Development
Attend a networking event (ie Awards Dinner; Choose Fredericton)	Career Development
Attend the Student Abroad information session (and then write a reflection)	Global and Cultural Awareness
Attend at least <u>two</u> of the following: <ul style="list-style-type: none"> • Concert or symphony • Play • Dance performance • Cinematic event (e.g. Monday Night Film Series, North of 49, SilverWave) • Poetry or book reading • Art exhibit • Art museum 	Global and Cultural Awareness
Arrange a visit to a local natural place (Odell Park, UNB Woodlot) or natural event (such as sunset/sunrise/new moon) and write a reflection on your experiences and thoughts about spending time in nature.	Global and Cultural Awareness
Participate in a meditative yoga or mindfulness class	Personal Development
Go hiking with a group or organization	Personal Development
Join a club or society to strengthen your social network	Personal Development
Attend a time management workshop	Personal Development
Attend a presentation by a leader in academia, business, community, or government.	Leadership and Entrepreneurship
Attend an entrepreneur-oriented event (choose <u>one</u>) <ul style="list-style-type: none"> ○ TME Lunch & Learns ○ Student Pitch Competitions (ie APEX) 	Leadership and Entrepreneurship
Volunteer with a community group or other grassroots organization (at least 5 hours).	Civic/Social Responsibility
Participate in <u>one</u> of the student supported causes: <ul style="list-style-type: none"> ○ The annual fall Shinerama campaign ○ Blood donor clinics (donate blood or act as volunteer) ○ Other, e.g. Residence Charities 	Civic/Social Responsibility
Attend a lecture or other academic event outside of class time.	Proudly UNB
Attend a UNB Varsity or Club Team sports event	Proudly UNB
Attend a Homecoming event or act as a Homecoming volunteer	Proudly UNB
Attend the Red 'n' Black Revue	Proudly UNB
Attend an event sponsored by the UNB Associated Alumni (other than Homecoming)	Proudly UNB



Career Development

Outcome Goal: Enhance knowledge, skills and experience to be competitive in gaining meaningful employment or entry into professional or graduate school.

Global and Cultural Awareness

Outcome Goal: expand awareness of self in a global society and engage with diverse perspectives, creative arts, values, and cultures, ranging from local to global, in dealing with environmental and social issues.

Personal Development

Outcome Goal: explore your identity (talents, interests, beliefs, and values) and actively cultivating behaviors that support wellness, build resiliency, and develop other important life skills in order to enhance your quality of life; set goals to achieve your aspirations.

Leadership & Entrepreneurship

Outcome Goal: develop leadership skills that can be used to create opportunities for yourself and/or others, on campus and in the broader community.

Civic/Social Responsibility

Outcome Goal: develop skills to participate as active and responsible citizens of our society.

Proudly UNB

Outcome Goal: discover a sense of belonging to UNB and be engaged in the spirit and purpose of the community.