



# UNB Co-Curricular Program: Personal Development: Theme Activities

## Core Activities (all must be completed)

- Complete a self-assessment online
- Track a personal wellness goal
- Healthy active living/physical fitness for 1 term (to your ability level)
- Create a budget
- Create a weekly schedule
- Personal Development Reflection\*

## Complementary Activities (complete at least 3 of the following)

- Set and articulate personal goals (w/ Academic Advisor)
- Participate in a yoga or mindfulness class
- Go hiking with a group or organization
- Research and document your family history
- Participate in a physical fitness activity for two terms (to your ability level)
- Meet with a dietician
- Have a professional fitness assessment completed for you
- Join a club or society
- Track and set goals to enhance your sleep habits
- Attend a time management workshop
- Complete UNBetween Online: virtual orientation
- Other- an approved activity of your choice

\* The reflection consists of three questions (max.150 words per answer) that are designed to help you discover and articulate the learning you experienced throughout the theme.

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**Have you completed any of the above activities? Then join the UNB Co-Curricular Program today in D2L/Brightspace and count them toward the program!**