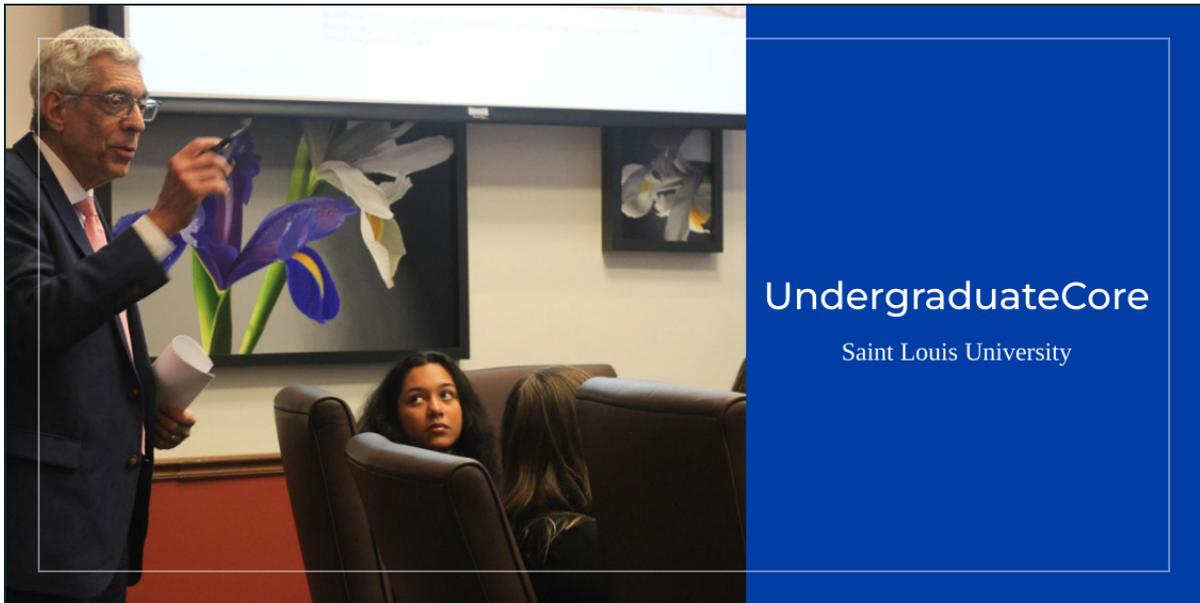


News From the Core-April 2024

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News From the Core

April Updates		
In The Core Classroom	Core Undergraduate Student	Upcoming Events & Deadlines
Catalyst Workshop	“Viewing the Core as a Whole”	Ignite Events
<i>Cura Personalis 2</i>	Amanda Kovathana	Core Assessment

In The Core Classroom: Catalyst Workshop, CP2



Catalyst Workshop Kicks Off For *Cura Personalis* 2

For eight hours on a chilly Saturday in mid-February, fifty first-year students gathered for the first of two Catalyst™ workshops, hosted by SLU's Learning Community Program. Catalyst™ is a one-day program focused on helping students develop their authentic path, connect to groups and causes they care about, and commit to be a catalyst for themselves and others. February's session asked students to consider powerful questions such as, “Am I on the right path?” and “Who do I want to be?” designed to move them towards action in their communities. Through small-group dialogue, large-group interaction, and personal reflection, students considered how SLU’s Jesuit mission might inform their leadership practice both now and in the future.

The goals of the workshop—reflection on personal values and identity, effective communication, goal setting, relationship building, Ignatian leadership principles, resilience, and stress management—were echoed throughout the student reflections, making it clear that the workshop made an impact in students’ lives. Many students

voiced their appreciation for time dedicated specifically to reflection amidst their busy schedules and lives, and noted that many of their personal values such as resilience, communication, and self-awareness were strengthened.

The Catalyst™ Workshop is one way students can fulfill the Core's *Cura Personalis 2* Core requirement. *Cura Personalis 2* offers students a structured process of reflection and discernment informed by or in dialogue with the Ignatian tradition. These experiences invite students to envision a clearer sense of who they are and how they might contribute to their communities by considering how their values and calling shape their vocational aspirations. You can find a full list of *Cura Personalis 2* experiences [here](#). To learn more about developing a course or experience to count for *Cura Personalis 2*, please contact Dr. Bobby Wassel at bobby.wassel@slu.edu.

Core Undergraduate Student: Amanda Kovathana

Viewing the Core as a Whole: Amanda Kovathana, Sophomore

SLU's Undergraduate Core curriculum is intentionally designed to facilitate multiple opportunities for student reflection, synthesis, and purposeful action across their four years of study. The *Cura Personalis* sequence specifically asks students to think about the whole person. This semester, sophomore Biology major Amanda Kovathana enrolled in *Cura Personalis 3: Self in the World*. This course explicitly guides students in reflecting on how both their major and their Core requirements have together uniquely prepared them for life beyond SLU. When Amanda completed her own reflection in one class session, she experienced an “ah-ha” moment.

Although Amanda is only a sophomore, she has already completed many of her Core requirements and is able to see the Core as a whole. Her *Cura Personalis 3* reflection helped her see that all of her Core classes have been centered around care for the whole person. Through these classes, she has learned that the purpose of her SLU education is not simply to prepare her for her career; it is also to guide her in becoming a better person in the world. She feels her courses have prepared her to reflect on who she wants to be, rather than solely learning for the sake of career-preparedness.

Amanda attributes her ability to see the Core's broader focus on educating the whole person in part to the courses she completed in the Humanities. No longer limited by

"tunnel vision" within her STEM major, Amanda now understands that her Biology courses are only part of what will distinguish her at graduation. While she still has several semesters left at SLU, she has begun to ask herself, "How can I be the contributing member of society that I want to be?" This question guides who she is now as a student so that, eventually, she will be prepared and confident to step out into the world and make a difference.

[Click here](#) for an overview of the Core.

Upcoming Core Events

Ignite Events

Apr. 30 Ignite Faculty Brown Bag Lunch #3, Pere Marquette, 12-1 pm CST
May 10 AY24-25 Ignite Professional Development Workshop 1, Pius 010

Assessment

May 29 & 30 SLO 6 Assessment
June 5 & 6 SLO 4 Assessment

Questions about upcoming events? Email us at core@slu.edu

Upcoming Core Deadlines

Application Deadlines

Core Curricular Innovation Fellows

Are you interested in developing a new course or revising an old course for inclusion in the Core? If so, consider applying for a Core Curricular Innovation Fellowship [via this form](#). Faculty receive \$1500 in professional development funds.

Deadline: Friday, April 23, 2024

Undergraduate Core Fellows

Do you know an outstanding undergraduate student who is passionate about an area of the Core? If so, encourage them to apply to be an Undergraduate Core Fellow! The call for applications [can be found here](#).

Deadline: Friday, April 23, 2024

Ignite Peer Mentors

Would you like a peer mentor for your Ignite course next fall or spring?

Reach out to a past Ignite student and [fill out this form](#).

Deadline: Friday, May 1, 2024



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