

Carolina Experience Peer Leader Reflection Guide

This guide is designed for you to reflect each day on what you have learned, how you might apply it and what your own goals are. There will be dedicated time at the end of each day to write and reflect on these questions. We will also discuss in small and large groups. Occasionally this may be sent home as homework if we run short on time.

Name: *Ricky Garretson*

Day One- Monday

- Why do you want to be a Carolina Experience Peer Leader (CEPL) this academic year? What do you hope to get from this role yourself? What are 2-3 strengths you think you are bringing to the role?
I am returning to my CEPL role this year and I hope to continue to understand the problems myself and other students face while helping out. To the role I bring a persistent work ethic, a humorous and fun personality, and high problem-solving skills.
- How do you want the students you help to perceive you? How about your fellow CEPLs, how do you want them to perceive you? (Ex to clarify: what would you want their impression to be of you? How do you want others to describe you?)
I want everyone to see me as someone they can come to if they are having difficulty navigating a situation, want to remove "barriers" and be personable/down to earth.
- What do you want to learn from this experience? Please be specific. It can be about yourself, about your peers, about campus, etc.
I want to learn how to effectively communicate such that people from all walks of life can understand what I say & where I'm coming from. I also want to learn how others think and approach issues to better the advice I give and my own skillset.
- What do you think may be the most challenging parts of training? Why?
Getting over the hurdle of perfection was tough last year but once I realized I'm human and it's okay to not be perfect I felt better.
- As we start training, what is something you are curious about?
How else will we expand?

Day Two- Tuesday

- Were your first two days of training what you expected or not? How so?

They met my expectations. So far, it has been general overview stuff about my role and the research behind the necessity of a role like ours. This info has been helpful in providing context

- What is a key take away that you have learned about the special populations that we support? What was something that surprised you?

Transfer students can have vastly different experiences with assimilating into life @ USC.

- What did you think of what was included in your personal "My USC record?" How might you try to grow your personal record going forward? How can you use the record for yourself? How can you talk about it with other students you may meet with?

I think it is interesting to view your past experiences and reflect on them. I might go to other event types or continue GLP to further the personal record. For me, I can use this record to talk more about the outside-the-classroom experiences. For the students I meet with, it could be a talking point to find student interests and push them to join a club or do more.

- Any questions so far?

N/A

Day Three- Wednesday

- What has been your HIGH from training so far? What was your LOW? How did each make you feel?

High - Meeting New CEPLs and catching up with returners. Good feeling
Low - cold = sleepy!!

- Do you think you may personally participate in Graduation with Leadership Distinction (GLD) before you graduate? Why or why not?

I am currently participating in it because it sets me apart and I've made marks on completing it prior.

- We learned about FIVE campus partner offices today, how could you apply what you learned about EACH ONE in consultations with students?

Career Center - referring students who need help regarding resumes, prof. dupmt, career guidance
OPPA - if a student is on a pre... track

CEIL - encourage GLD to students who are accomplishing experiential learning

OUR -

Ed. Abroad -

Day Four- THURSDAY

- What were THREE NEW things you learned about today from our presenters that you found interesting? Why was it interesting to you?

Garnet Bites - offered by CARE, they give out left over food (Feed the Flock too)

Jobs offered by the LSC in Russell House -

All things Garnet Media, SGTV, etc...

~~lots~~

- How can what you learned about today help you help other students? Please be specific and provide several examples.

If students are looking to get involved I can refer them to jobs within Russell, programs offered by the LSC, and an interest in media to go to

Lots of free stuff for students ^{Gin, CP, other orgs}
to get involved in in terms of social, professional,
and leadership development

Day Five- FRIDAY

- Please share what has brought you JOY this week? On the flip side, what has made you feel nervous or stressed? Why?

Joy: Being back with returning CEPLs and meeting the new hires. This week has also been a nice refresher as a returner
Nervous: Nothing tbh

- What is something you really enjoyed learning about this week? Why?

The legal representation offered for students and expansion of mental health resources

- Do you have any questions about Title IX and being a mandatory reporter?

No.

- We spent some time on some heavier topics this afternoon when it comes to health and well-being (including substance abuse and mental health) how might this information help you help your peers? Or your friends? Did anything surprise you?

Being knowledgeable about signs of depression (withdrawal etc...) helps me get those who are struggling the guidance and help they need.

Day Six- MONDAY

- How was your weekend? Did you get a chance to rest? Did you do anything fun?

Good, I had a chill weekend, celebrated my roommate's mom's birthday party, went to Costco, and did some mean relaxing

- How confident are you feeling about using all the technology we went over today? What are you nervous about? Do you have questions still?

Good - no nervousness or questions

- Please share something you learned today that was new to you and how it may help you support other students?

Learning about neurodiversity was new and interesting to me since it's not something I'm super versed in and learning about it helps me be more informed and do my job better

Day Seven- TUESDAY

- How do you think you will do when it comes to active listening and rapport building? How will you challenge yourself to improve?

- What motivates you?

- What are three-four SMART goals you have for yourself this fall? For this role and for you academics or personal life?

① - Finish this semester w/ at least a 3.8 GPA

② - Communicate more with other CEPLs to ensure effective collaboration

③ - Spend \$50-60 per week on groceries