

Brandeis University

First-Year Reflective Guide

Brandeis has created learning goals benchmarking what skills you will acquire as a major/minor and throughout your Brandeis experience. It is key for you to familiarize yourself with the learning goals. You can utilize learning goals (social justice, core skills, and knowledge) to create a class schedule that incorporates your academic interests, skills that you like to acquire, and diverse subject areas that you may or may not have considered previously. We have highlighted the two class selection periods for Fall and Spring semesters as first-year milestones when you may use these questions to self-evaluate your interests and determine how to proceed in achieving your goals. Additionally, we have added a category that will help you form relationships with faculty members and grow as a member of the Brandeis community.

Milestone #1: Class Selection Period of First Semester

- What are my personal goals for my first year of college?
- Have I familiarized myself with the university's learning goals?
- Am I working towards a certain track (pre-medicine, pre-law) and/or major?
- Am I taking at least one class that genuinely interests me and does it help fulfill my goals?
- Am I selecting a class schedule that will challenge me, but not overwhelm me in my first semester of college?
- Why am I choosing these classes for my first year at Brandeis? Have I used the course evaluation guide or talked to other resources for guidance?
- What are some subject areas that interest me and what am I doing to explore them?
- Have I considered the language requirement and how it will affect my future study abroad opportunities?

Getting Involved in the Brandeis Community & Building Student-Faculty Relationships

- What are my interests outside of academics and how can I translate them into extracurricular activities and/or projects that will serve to enhance my career at Brandeis?
- Is there a hobby or interest that I have never had the opportunity to explore that corresponds to a club on campus?
- *How have I taken advantage of the many multicultural experiences available on campus (e.g. lectures, clubs, performances, getting to know students different from me)?*
- *Have I reached beyond the campus to learn about the Waltham community? About major national and international issues?*
- *Can I balance these interests with my semester course work? With my student employment (if applicable)?*
- *What can I do to build relationships with Brandeis faculty early in my academic career? Have I visited my instructors during their office hours? Have I participated in the "Take a Professor to Lunch" program or invited a professor to lunch on my own initiative?*
- *Are there any experiential learning and/or community-engaged learning opportunities that I can explore? How do these experiences connect me with the university's social justice mission, or strengthen my relationships with faculty?*
- *Have I created a resume and visited the Hiatt Career Center?*

Milestone #2: Class Selection Period of Second Semester

- How did my first semester go?
- What do I want to improve on, and what do I want to keep the same when making academic decisions?
- How can I build upon the interests I've discovered in my first semester?
- Have I taken into consideration the types of learning environments that I learn best in? (e.g. lecture, lecture-discussion, seminar, experiential, etc.)
- If I have a strong idea of what I want to do, how do I proceed on that track?
- What do I want to take away from my first year of college?