

Canvas LMS Sample Designs



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Experiential Learning Support [^]

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SUPPORT FOR EXPERIENTIAL LEARNING

HONORS RESOURCES

[Honors advisors](#) are available to help you evaluate and prioritize opportunities. Our advisors are excited to work with you to develop a comprehensive involvement plan that matches your background, unique abilities, and goals. We encourage you to check the Honors on Wednesday email (and [archive](#)) as well for additional opportunities.

Honors is always looking for new opportunities to support students. If you have questions or ideas surrounding experiential learning for the broader Honors community, please reach out to [Kristy Spear](#).

CAMPUS RESOURCES

Outside of Honors, there are many resources and services available on campus to help you find meaningful opportunities. For more information, check out the [Campus Resources and Services](#) tab of the [Opportunity Database](#). Check with your college, department, and faculty for additional opportunities and connection points.

THINGS TO CONSIDER

As you work towards your pursuits, we encourage you to consider the following:

1) **Find opportunities that give you purpose.** Seek opportunities that you care about, opportunities that align with your values even if they are outside of the scope of your professional pursuits. Try not to focus all your energy on being busy or doing things just to impress someone else.

Tips & Strategies:

- Reflect on your interest (favorite classes, topics you like to talk about, books you enjoy, activities you find enriching), write them down, see if there is a pattern.
- Put aside the future for a moment and focus on the present - If you weren't planning to apply to med school or hoping for an investment banking job, what would you be doing? Don't be afraid to pursue something simply because you enjoy it or want to learn more about it.
- Know when to let go. Regularly evaluate the things you are doing and whether they fit with your goals, values, and needs (personal, professional, and physical). Continuing an activity you no longer enjoy just because you have done it for a long time, you feel like you should, or you don't want to let someone else down is not a good reason. It is okay to say "no" sometimes.

2) **Take Risks.** Risk can bring fear and uncertainty. Regardless of the outcome, taking risks helps build resiliency and confidence and improves the likelihood of achieving goals.

Tips & Strategies:

- Just ask! If you are interested in serving as an undergraduate teaching assistant or working on a research project, don't focus on the worst outcome (rejection). Consider what you could be missing out on by not asking. Chances are it is worth the risk. It only takes one person to say yes.
- Ask questions of yourself - What am I afraid of? Am I creating unnecessary stress by worrying about this or avoiding the steps necessary to make progress?
- Keep an open mind - now unexpected opportunities may arise, plans may change. That doesn't mean what you were doing before was wrong or for nothing, you gained experience and learned something in the process.

3) **Build a supportive community.** Surround yourself with positive people who accept and support you. Having social support also supports mental health.

Tips & Strategies:

- Successful relationships require active participation and a lot of effort. Establish and maintain a network that feels right for you. For some, a small but supportive community or can be just as powerful as a large group of friends or mentors.
- Gaining experience is a great way to meet people with similar interests. Join a [student organization](#), [study abroad](#), participate in [service](#). Oftentimes, experience is just a small portion of what you gain.
- Talk to [advisors](#), professors, student leaders, neighbors about the things you are interested in and the experiences you hope to gain. You may be surprised by a connection that leads you to an opportunity.

4) **Check in regularly.** Regularly assess your pace, stress level, well-being, and [mental health](#). Seek [resources](#) to help address concerns. Learn to acknowledge appropriate times to ramp up your involvement and when to scale back.

Tips & Strategies:

- You don't have to be constantly busy to prove yourself to others. Do you evaluate your friends' worth by the number of things they are doing? Will your top-choice graduate program choose you because you added membership in one more organization to your CV? Probably not. Focus your time and energy on meaningful pursuits (see #1) and learn when to say no.
- You may have a lot you want to accomplish at UF. That doesn't mean you need to do it all at once. Map out your time, create a pros/cons list, find a systematic way to help you prioritize and make decisions.
- The Honors Program is invested in your success, let us know how we can help.

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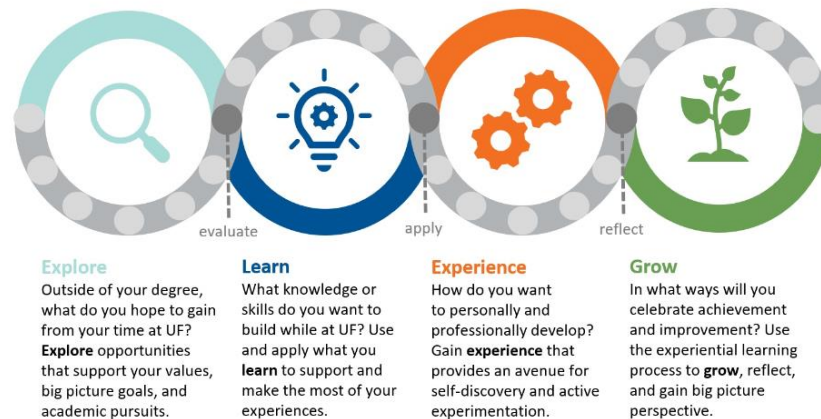

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
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Experiential Learning and Honors ^{▲*}

The Honors Program views experiential learning as a mixture of content and process whereby students: **explore** interests and opportunities; **learn** through observation, engagement, and academic risk; gain **experience** in and outside of the scope of professional aspirations; and ultimately **grow** by gaining a deeper understanding of yourself and the world. We encourage you to engage in this cycle throughout your undergraduate journey by purposefully pursuing different experiential learning activities (research, service, internships, study abroad, fellowships, student teaching, fieldwork, clinical experiences, creative endeavors, case studies, etc.).


The Honors Program seeks to **connect** students to interesting experiential learning opportunities, **support** engagement in experiential learning, and **develop** unique opportunities for students to learn through experience.





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OPPORTUNITY DATABASE ^{▲*}





▼ Expand All ▲ Collapse All


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
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OPPORTUNITY DATABASE



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Using the Database

Internships

Research

Research Opportunities

Research Outside of UF

Finding Opportunities

There are several ways to locate research opportunities:

- Search for Research Opportunities with the help of the Center for Undergraduate Research
- Check out the Gator Times
- Approach faculty in your area of interest and inquire about opportunities
- Design your own research with the help of a faculty mentor

UF Research Programs/Opportunities

- STEM Translational Communication Center Undergrad Research Immersion Program
- Arts in Medicine Interdisciplinary Research Lab
- Active Learning Program for Community-Based Projects, view current projects
- Summer Undergraduate International Research Program
- University Scholars Program
- Wertheim College of Engineering Projects
- McNair Scholars Program
- Metabolic Assessment Laboratory
- UF Health Cancer Center University Scholars Program
- UF College of Medicine University Scholars Program

Sharing Your Research

- Waves: An Undergraduate Journal
- National Council on Undergraduate Research
- UF Journal of Undergraduate Research
- Fall Undergraduate Research Symposium / Spring Symposium
- Check with professional associations and organizations in your discipline

Study Abroad

Scholarly/Academic-Based Opportunities

Service

Searchable Databases

On-Campus

Clinical

Animals

Additional

- Gators Volunteer
- Idealist
- Volunteer Match
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