

Co-Curricular Record

Please note that the primary use of this document is to assist you in organizing information about your co-curricular experience that can enhance your resume and/or portfolio. To learn how to use this document effectively, please take advantage of the Career Centre's Job Search Workshops.

Name: York Lion(ess)

Date: September 28, 2012

Summary of Involvement

Lions Dance Team

Position(s) Held

Spirit Member (08/09/2004 - Present)

Personal Reflection

I performed at high-level competitions as well as during sporting and festive University promotional events. I promoted community spirit by using my endless supply of optimism and exuberant passion for life to inspire engagement and leadership from children and adults alike.

Total Approved Service Hours: 2,320

Sport York

Position(s) Held

Mascot/Ambassador (08/09/2004 - Present)

Personal Reflection

I created a positive and spirited environment through energetic engagement with players, coaches, staff and fans. My nose was frequently rubbed for good luck and my mane was occasionally used as a towel.

Student Development Certificate

Learning Skills Services - Passport to Success

Description

The Passport to Success is about "learning how to learn" and improving ones effectiveness and efficiency at studying and completing assignments. Areas of focus include: organizing time and workload to better accomplish academic goals, improving reading and note-taking skills, developing better study strategies to help study "smarter" for test/exams, and increasing high-level, critical thinking skills.

Personal Reflection

Completing the Passport to Success helped me identify my kinesthetic/tactile learning style. As a result, I have seen a marked increase in my confidence to prepare and execute highly complex routines. I adopted a better time management plan to help balance my active lifestyle. This structure plus tools learned in the 'Academic Writing' workshop has resulted in better planning, improved results and diminished anxiety with regards to my thesis work.
