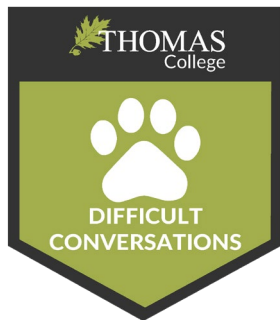


First Year Experience (FY110)

Digital Badges

The Digital Badging Program at Thomas College is designed to help increase your employability. The key to your success is to be able to articulate what you know and are able to do by using clear examples and evidence. During FY110, you will have the opportunity to practice this process while earning some of the badges below.

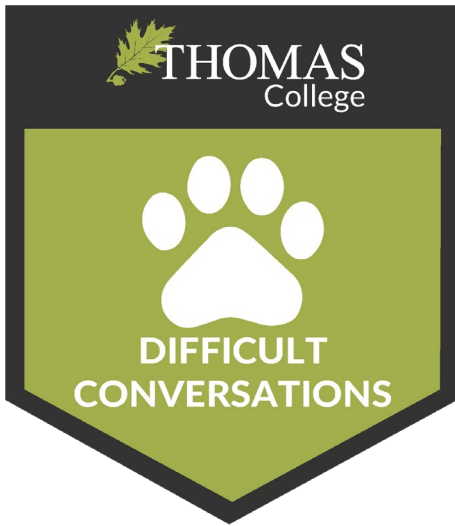
Assignment: Follow the directions on the following pages to earn **at least TWO** of the badges listed below by **your final class (Week of 11/15)**. At the end of your FY110 course you also will be asked to share how you earned each badge via a presentation to your classmates.



Remember to access resources across the campus that can help you with this assignment!

- Student Success Staff
- Academic Coaches
- TRIO Specialists
- JMG Specialists
- Career Coaches
- Career Navigators
- Resident Assistants
- Student Affairs Staff
- Nurse Practitioner
- Mental Health Counselor
- Athletic Coaches
- Other faculty and staff!

Note: At Thomas College, you will have several opportunities to earn digital badges. While these badges for FY110 do NOT count as Professional Credentials of Value for the Guaranteed Job Program (GJP), they will help you gain the skills needed to earn the other badges, and more importantly they will prepare you for success in your time at Thomas and in your future career. The badges that DO count for the GJP include: Advocate, Career Ready, Critical Thinker, Design Thinking, Digital Terrier, Leader, Responsible Citizen, and Team Player.



Difficult Conversations

Earners of this badge have demonstrated that they can actively participate (listen and communicate) in a difficult conversation. They are able to articulate the strategies they used to successfully navigate that conversation and can reflect on how those same strategies can be used in the future.

My activity/project idea is: _____

How to Earn this Badge

Step 1: Think about a situation that could be improved if you were willing to engage in a difficult conversation.

Step 2: Make a plan for that conversation

Step 3: Thoughtfully lean into an uncomfortable conversation such that you can advocate for your needs and listen to the perspectives of others - ultimately learning and growing in the process

Step 4: Earn the badge by

A) submitting evidence on the [Digital Badging Moodle Site](#)






OR

B) articulating what you've done to a person who can award the badge to you (FY110 Instructors, Centers for Innovation Staff, Student Affairs Staff, or Academic Coaches).

Activity/Project Ideas

- Attend Diversity Week Events or Safe Space Training.
- Engage in a difficult conversation with a friend, roommate, family member, faculty or staff member, etc.
- In-class discussions that would be considered a "difficult conversations"
- Work with a Career Navigator on a group project that helps others learn the skill of having difficult conversations.
- You're welcome to propose a different idea!

Resources

| | |
|---|--|
|  | Conflict Tip Jar – Liz & Mollie graphic |
|  | 3 Steps to having Difficult Conversations |
|  | What are Difficult Conversations: How to discuss what matters most |
|  | Thomas College Events Calendar |
|  | Student Affairs, Student Success, Athletics, Campus Counselor, RA's, Faculty |



Organizational Skills

Earners of this badge have been able to effectively develop a process for organizing some aspect of their Thomas College experience such that they can be more successful. They have created some structure or order that allows them to use their time, energy, and resources productively.

My activity/project idea is: _____

How to Earn this Badge

Step 1: Choose an organizational skill that you will practice for at least three weeks.

Step 2: Develop a plan for how you will show and tell others about your progress.

Step 3: Practice that organizational skill for at least three weeks, collecting evidence along the way.

Step 4: Earn the badge by

A) submitting evidence on the [Digital Badging Moodle Site](#)

OR

B) articulating what you've done to a person who can award the badge to you (FY110 Instructors, Centers for Innovation Staff, or Academic Coaches).

Activity/Project Ideas

- Show improvement on some level of organizational skills (your dorm room, backpack, email inbox, materials for class, etc.)
- Make your own 21-day challenge for organizational skills and complete it.
- Color code calendars, notebooks, other materials, etc.
- Work with a Career Navigator on a group project that helps teach others organizational skills
- You're also welcome to propose a different idea!

Resources



[How to improve your organizational skills - WikiHow](#)



[How to be more organized - Mind Tools](#)



[How to Organize Your Life: 10 Habits of Really Organized People](#)



Student Success Staff, TRIO Specialists, JMG Specialists, or Academic Coaches.



Professionalism

Earners of this badge are able to show that they understand and can demonstrate appropriate behaviors given their academic or work environment. Behaviors can include things like: written and verbal communication, dress, etiquette at social gatherings, digital identity development, accountability, dependability, consistency, responsibility, integrity, respect, or dedication.

My activity/project idea is: _____

How to Earn this Badge

Step 1: Choose an activity or project that will allow you to demonstrate professionalism for at least three weeks.

Step 2: Develop a plan for how you will show and tell others about your progress.

Step 3: Engage in that activity or project for at least three weeks, collecting evidence along the way.

Step 4: Earn the badge by

A) submitting evidence on the [Digital Badging Moodle Site](#)





OR

B) articulating what you've done to a person who can award the badge to you (FY110 Instructors, Centers for Innovation Staff, Student Affairs Staff, or Academic Coaches).

Activity/Project Ideas

- Build or complete your LinkedIn Profile and show your online interactions over time.
- Show a series of emails that demonstrate professionalism.
- Participate in at least two networking events (ex: career fair, career panel, mock interviews, final Golf Guarantee Program event, etc.)
- Demonstrate skills in an on- or off-campus job.
- Work with a Career Navigator on a group project that helps the campus learn more about professionalism (examples: 'Do's & Don'ts Fashion Show, Etiquette Social, etc.)
- You're also welcome to propose a different idea!

Resources

| | |
|---|---|
|  | What is Professionalism? |
|  | National Association of Colleges & Employers (NACE) Career Ready Competencies - Professionalism |
|  | Thomas College Professional and Career Development Events or set up a 1:1 meeting |
|  | Professional and Career Development Staff, Student Success Staff, Academic Coaches, JMG Specialists. |



Service Project

Earners of this badge have been able to effectively prioritize the commitments they need to do versus the ones they want to do. They understand where all their time goes and can schedule it effectively.

My activity/project idea is: _____

How to Earn this Badge

Step 1: Select a service project.

Step 2: Develop a plan for how you will show and tell others about your project.

Step 3: Complete the project by being of service to others, while learning about the mission and goals of a community organization and the needs of the people they serve. Be sure to collect evidence along with way.

Step 4: Earn the badge by

A) submitting evidence on the [Digital Badging Moodle Site](#)





OR

B) articulating what you've done to a person who can award the badge to you (FY110 Instructors, Centers for Innovation Staff, Student Affairs Staff, or Academic Coaches).

Activity/Project Ideas

- Maintain local trails
- Help out at a food bank
- Volunteer at a local elementary school
- Participate in Clean Up Day at Camp Tracy
- Clean headstones at local cemetery
- Fill boxes at the Home for Little Wanderers
- Participate in Thomas College's All in Fridays or Service Saturdays programming
- You're also welcome to propose a different idea!

Resources

| | |
|---|--|
|  | United Way of Mid-Maine Volunteer Opportunities |
|  | Points of Light Engage - Volunteer Opportunities Database) |
|  | Thomas College Events Calendar – look for “All in Fridays” or “Service Saturdays” |
|  | The Senior Coordinator of Student Activities can help you find a service project that would be a good fit for your interests and skills. |



Time Management

Earners of this badge have been able to effectively prioritize the commitments they need to do versus the ones they want to do. They understand where all their time goes and can schedule it effectively.

My activity/project idea is: _____

How to Earn this Badge

Step 1: Choose a time management strategy that you will practice for at least three weeks.

Step 2: Develop a plan for how you will show and tell others about your progress.

Step 3: Practice that time management process for at least three weeks, collecting evidence along the way.

Step 4: Earn the badge by

A) submitting evidence on the [Digital Badging Moodle Site](#)






OR

B) articulating what you've done to a person who can award the badge to you (FY110 Instructors, Centers for Innovation Staff, Student Affairs Staff, or Academic Coaches).

Activity/Project Ideas

- Show us your Outlook calendar, planner, color-coded notes, etc. with at least 3 weeks of scheduling and planning in it.
- Work with a Career Navigator on a group project to teach others time management skills.

Resources

| | |
|---|--|
|  | Develop awareness of where your time goes - Liz & Mollie graphic |
|  | Creating Task Lists |
|  | Time Management Mind Map - Paul Foreman |
|  | Time Management Interactive Calculator |
|  | Student Success Staff, TRIO Specialists, JMG Specialists, or Academic Coaches. |



Wellness

Earners of this badge have developed or continued an on-going practice that contributes to at least one aspect of their personal wellness: Intellectual, Emotional, Occupational, Environmental, Financial, Spiritual, Physical, or Social.

My activity/project idea is: _____

How to Earn this Badge

Step 1: Choose a healthy habit that you will practice for **at least three weeks**.

Step 2: Develop a plan for how you will show and tell others about your progress.

Step 3: Practice that healthy habit for **at least three weeks**, collecting evidence along the way.

Step 4: Earn the badge by

A) submitting evidence on the [Digital Badging Moodle Site](#)

OR

B) articulating what you've done to a person who can award the badge to you (FY110 Instructors, Centers for Innovation Staff, Student Affairs Staff, or Academic Coaches).

Activity/Project Ideas

- Participate in three separate wellness events or classes (meditation, yoga, trail walking, diversity week, alcohol awareness week, or events hosted by the Sodexo dietitian, RAs, Health Center staff, Mental Health Counselors, TRIO staff, JMG staff, etc.)

- Participate in a club, a group, the dance team, or intramurals for at least three weeks.

- Complete an independent activity three times (sign out a bike to explore the campus trails, play disc golf on the back fields, visit the athletic center for an independent workout, attend a spiritual service, go on a Get Out and Live (GOAL) trip, make a budget for the semester, track your sleep, talk with a mental health counselor, etc.)

- Work with a Career Navigator on a group project to raise awareness of campus resources for students related to wellness.

- You're welcome to propose a different idea!

Resources



[View the Wellness Wheel](#)



[Learn about the Wellness Wheel](#)



[Creating Healthy Habits](#)
(view the right-side column titled "Build Healthy Habits")



[Thomas College Events Calendar](#)



Student Affairs, Student Success, Athletics, Health Center, Campus Counselor