



A Guide to SAIT's Co-Curricular Record

SAIT's Co-Curricular Record recognizes an activity that is not part of a student's academic requirements or activities. Examples of a co-curricular activity include but are not limited to participation in athletics, student clubs, peer mentoring, peer tutoring, and study abroad. Co-curricular activities allow students to develop transferable knowledge and skills that enhance student learning and employability and are in addition to the knowledge and skills that students acquire through their academic studies. SAIT's Co-curricular activities encourage and recognize meaningful student involvement outside of the requirements of their academic programs.

Social Responsibility

- Participated in SAIT systems (boards, committees, SAITSA, etc.)
- Demonstrated an understanding of what it means to be socially responsible
- Participated in service/volunteer activities

Leadership

- Demonstrated the ability to lead people through encouraging and empowering others
- Demonstrated the ability to communicate a group's vision and goals
- Demonstrated effective leadership style
- Resolved matters of conflict in a respectful manner

Collaboration

- Sought the involvement and feedback of others
- Contributed to achievement of group goals or shared vision
- Encouraged positive team/group dynamics
- Demonstrated effective relationship building

Spiritual Awareness

- Developed and expressed personal belief system and sense of purpose
- Reflected on a personal sense of meaning and connection to the greater whole
- Demonstrated awareness of spirituality and how it may impact work or group dynamics

Intellectual Growth

- Employed critical thinking in problem solving
- Used complex information from a variety of sources to form a decision or opinion
- Reinforced personal knowledge by teaching others

Enhanced Self Awareness

- Acknowledged strengths and weaknesses in personal management
- Demonstrated empathy towards others
- Learned from past experiences
- Exhibited positive role modeling and/or mentoring

Creativity and Innovation

- Developed and encouraged new ideas and created new and effective processes
- Identified opportunities for creative problem-solving
- Generated unique, practical and useful solutions to challenging situations

Effective Communication

- Exhibited effective listening skills
- Employed conflict resolution strategies in a respectful manner
- Influenced others through coherent and effective writing and speaking (e.g. delivered effective presentations)
- Used engaging communication techniques

Professionalism

- Worked effectively in a team environment
- Achieved positive outcomes when interacting with others
- Demonstrated good work habits (e.g. punctual, hard-working, maintained proper decorum, completed task, dressed appropriately)

Critical Thinking and Problem Solving

- Identified root causes of issues and solved problems effectively
- Identified and asked questions that clarified various points of views that led to better solutions
- Interpreted information and drew meaningful conclusions
- Worked effectively with others in figuring out solutions to problems

Appreciating Diversity

- Demonstrated an appreciation of others
- Expressed advantages and challenges of diverse societies
- Appropriately challenged abusive use of stereotypes and assumptions
- Expressed understanding of how thoughts, language and actions impact the development of supportive, inclusive communities

Health & Wellness Behaviour

- Exhibited behaviours which promoted a health and wellness culture and community
- Promoted physical and mental health, and wellness to the community
- Demonstrated an understanding of the relationship between health and wellness (physical, social, mental) and accomplishing life goals
- Pursued positive physical, mental health and wellness goals