



# INTENTIONAL CONVERSATION



**NORTH DAKOTA STATE UNIVERSITY**



**Title:** Why NDSU?

**Learning Goal and Outcomes:**

Exploring Identity

- Explore their individuality
- Place value in themselves
- Exhibit confidence in their actions

**Timeframe:** October 6- October 26

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## Before the Intentional Conversation

Note: These will likely be covered in staff meeting, so please review and be ready to discuss

- Familiarize yourself with WOOP (Wish, Outcome, Obstacle, and Plan) my life (<http://woopmylife.org/new-page-3>) and the steps, definition of terms, and the digital app.
- Familiarize yourself with SMART (Smart, Measurable, Attainable, Relevant, and Time-based) goals (<https://www.mindtools.com/pages/article/smart-goals.htm>) and the steps, definition of terms, and goal setting process

Consider this as you go into the conversation with your students:

- The purpose of the IC is to get students to reflect on why they came to NDSU and what they want to accomplish. The focus should be on their academic goals, their social life plans, and their personal growth on-campus and within the hall.

## During the Intentional Conversation

Things you should know by the end of the conversation

- Major – What is their program of study? If they are undecided, how are they exploring their options?
- Classes – How are their classes? What have been some of their struggles and triumphs?
- Campus Connections – Which organizations/clubs have they joined and/or have considered joining? How do they feel connected to the NDSU community?
- Why NDSU? – What were some of their motivators for coming to NDSU?
- Goals for the year (Academic, social, personal)
  - Using the tools listed above as you deem appropriate
  - SMART GOALS/WOOP with them now
  - How do these goals relate to the things that brought you to NDSU?
  - How would your goal(s) make your high school senior year self proud?



## After the Intentional Conversation/Assessment

- Reflect on some of the major goal themes on your floor with your students and track that in the table below. You will use this table later when completing sociograms and it is meant to give you an overall picture of how your floor is doing.
- Log each IC in eRezLife, elaborating on the items logged in the floor tracking sheet.
- In the coming weeks, continue to ask your residents how they are working toward their goals, making sure to help them celebrate their mini-successes along the way of accomplishing their larger goal(s).



