

Core Values Activity: Facilitation Guide

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Contemplatives In Action Curriculum

Time: 30-40 minutes

Group: Any size group, small group and large group discussion options

Materials: [Core Values worksheet](#), pen, blank sheet of paper, color markers, [CIA model sheet](#) or visual on projector

Outcomes: Students will be aware of their core values. (Self)
Students will understand how their values impact their leadership as a student manager. (Group)
Students will look at how past decision making was influenced by their core values. (Reflection)
Students will have a resource to reference as they grow in the student manager position. (Action)

Contemplatives In Action relation (bolded): **Self / Group** / Community
Experience / **Reflection** / **Action**

Summary:

Core Values Activity (30 minutes)
CIA Model Tie-in (10 minutes)

Facilitators: when applicable, suggested scripts will be written in italics.

Core Values Activity (30 minutes)

- Ask students to complete [Core Values worksheet](#),
 - Review the full list – circle every value/word that resonates with you
 - Group the selected values/words into different themes (no more than a total of 5 themes)
 - Choose one value/word from each of your themes
- Break into Pair and Share discussion buddies:
 - What values did you choose? What was your process to narrow it down?
 - Optional: Pairs can share out with large group
- Have students add an action verb in front of every value
 - Example: Promote Fairness, Generate Enthusiasm, Advocate Learning
- Provide each student with a blank sheet of paper. Ask students to write down their values with action verbs as a reference for the semester ahead
 - Optional: allow students to decorate, draw, and/or design the sheet of their core values to add in an artistic engagement to the activity

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Present Contemplatives in Action Model
(Either print a copy for each student or share on a screen)

CIA Model Tie-in (10 minutes)

- Review [CIA model sheet](#)
 - Reflection activity:
 - Review the core values you selected - how do they align with the different aspects of the model?
 - Where do you see yourself living as a CIA and leaning on your core values in the work you do as a student manager?
 - Optional: Share out
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Core Values example adapted from -
<https://uark.libguides.com/InformationEthics/CoreValues#s-lg-box-19354925>