

Valuing in Decision Making Fun Challenges: #abilitiesinaction



Valuing in Decision Making:

Engage moral issues by understanding the many dimensions of personal decisions and taking responsibility for choices.

#abilitiesinaction If you had to write a mission statement for yourself, what would it be?

#AbilitiesInAction Challenges:

- Write your personal mission statement
- What is your “Why”? Why do you do what you do? What motivates you to succeed and what values are attributed to them
- Analyzing the ethics of sharing food – examine cultural differences and social norms and values in sharing food
- Investigate the ethics of social media stalking in today’s digital age
- Ethics of social media activism
- Morality of cancel culture – examine the cultural and societal factors
- Ethics of Artificial Intelligence and advancing tech in today’s world
- Environmental decisions
- Health decisions
- Career decisions
- Relationship decisions
- Fashion decisions
- Travel decision
- Gift giving decisions

In each of these examples challenge yourself to analyze valuing as part of decision making process, and how your decisions align with personal beliefs and priorities while still being thoughtful, lighthearted, fun and impactful based on the spectrum of serious to fun considerations.

Effective Citizenship Fun Challenges: #abilitiesinaction



Effective Citizenship:

Make informed choices and develop strategies for collaborative involvement in community issues.

#abilitiesinaction is there an organization or cause that could benefit from the gift of your time? And if you are 18, register to vote!

#AbilitiesInAction Challenges:

- Community cleanup events
- Volunteer at a local animal shelter – group or as an individual
- Charity walk/run – gather a team, be a participant
- Voting – set up a “practice” voting/polling opportunity on campus for fun to get into the practice of voting – utilize to create change.
- Random acts of kindness to make a positive impact on your community
 - Leave kind notes for neighbors
 - Pay for someone’s coffee behind you in line
- Babysit for a classmate (weekend college) – for free
- Organize a Potluck – for floor, departments, invite students
- Flash mob – fun and creative way to bring attention to important issues
- Clothing swap party, exchange items, donate to Goodwill
- Game night fundraiser- invite friends to play games, charge donation fee to participate
- Participate in a peaceful protest – powerful way to voice opinions
- Support local business with friends, create positive social posts
- Donate to charity
- Mentorship/tutoring to young people to make a difference in their lives.
- Participate in a sponsored event at Alverno– volunteer to assist with set up and activities

Social Interaction Fun Challenges: #abilitiesinaction

Social Interaction:

Communicate interpersonally to effectively accomplish a task, build relationships, deepen understanding, develop others, manage conflict and reach a decision.

#abilitiesinaction: Is trouble brewing with your friends? Serve as mediator and help everyone remember why they're friends in the first place.

#AbilitiesInAction Challenges:

- Storytelling in the Commons
- Campus Scavenger Hunt
 - Using social media (can you find...)
- Speed Networking with a mix of faculty/staff/students -
- Alverno Escape Room Challenge
- Campus Olympics
 - Incorporate faculty, staff and student (knowledge, skill, goofy activity based)
- Trivia lunch time fun – (using apps, fliers, etc.)
- Alverno Talent Show (faculty/staff/student) – in the Commons
 - Talent Show Tuesday: open mic
- Campus wide Pot Luck – or Cultural Exchange (DYK information)
- Common Connection: stage tables in the Commons for faculty/staff/students to sit “I Love Dogs” table, “I Love Pizza” table, to allow for connection and conversations set time/day (i.e. lunch)
- Create a walking club, book club, lunch club,
- Create hobby time in the commons to learn something new
 - Crochet, knit, paint
 - Puzzle challenges

Problem Solving Fun Challenges: #abilitiesinaction



Problem Solving:

Define problems and integrate resources to reach decision, make recommendations or implement action plans.

#abilitiesinaction Something bothering you? Jot down what it is – and ways to make it better.

#AbilitiesInAction Challenges:

- Create a 6-Thinking Hat Problem Solving Team: The six thinking hats is a problem-solving technique developed by Edward de Bono that involves assigning different roles or perspectives to each member of a problem-solving team. Each person takes on a different "hat" to approach the problem from different angles. The six hats are:
 - White hat: This hat represents factual and objective thinking. The person wearing this hat focuses on information, data, and facts related to the problem.
 - Red hat: This hat represents emotional and intuitive thinking. The person wearing this hat focuses on their feelings and instincts related to the problem.
 - Black hat: This hat represents critical and pessimistic thinking. The person wearing this hat focuses on potential problems and risks related to the problem.
 - Yellow hat: This hat represents positive and optimistic thinking. The person wearing this hat focuses on potential benefits and solutions related to the problem.
 - Green hat: This hat represents creative and innovative thinking. The person wearing this hat focuses on generating new ideas and solutions related to the problem.
 - Blue hat: This hat represents metacognitive thinking. The person wearing this hat focuses on managing the thinking process and facilitating the problem-solving discussion.
 - By assigning different hats to different team members, the six thinking hats technique helps ensure that all perspectives are considered and that the problem is approached from a variety of angles. It can be a useful tool for brainstorming, decision-making, and problem-solving in both personal and professional contexts.
- Use method to solve problems anonymously submitted via (problem box, on line submission)
- Gamification activities with rewards and challenges
- Write a letter to yourself as if you already solved the problem

Developing a Global Perspective Fun Challenges: #abilitiesinaction

Developing a Global Perspective:

Understand, articulate and engage with the multilayered political, biological and cultural systems that shape issues of global dimensions.

#Abilitiesinaction: the next time you go to a new place, try spotting the similarities instead of the differences.

#AbilitiesInAction Challenges:

- Create a food passport: challenge is to eat different types of foods whether ethnic or foods not ever eaten (i.e. broccoli) – restaurant opportunities cooking the food yourself or with others
- Create a student collaborative culture event in the commons to represent your culture and things to know from food, dance, music etc.
- International potluck – desserts? Cheese?
- Cultural Show and tell:
- International Music Jam
- Cultural Crafts Workshop
- Global Pen Pals (start a global pen pal program and share letters)
- Language Exchange with words of the day (posters in the commons)
 - “How do you say...?”
- Culture insights on greetings, conversation insights,
- International Game Night
- International Dance Party
- Cultural Movie Night
- Cultural Trivia Questions
- Study a “culture a week” note what you learned, compare likeness/differences
- Look at history of different cultures and how they communicate, thrive, make decisions

Communication Fun Challenges: #abilitiesinaction



Communication:

Make meaning by connecting people, ideas and information.

#abilitiesinaction: Before hitting “share” or “send,” think about your message. Is there any room for misunderstanding? Re-read your email, if it takes longer than 44 seconds to read, trim it down.

#AbilitiesInAction Challenges:

- Emoji Story telling
- One-word story telling – use posters, index cards, Mad-Libs
- Have a debate on a Alverno topics or fun topics
 - 8-Abilities, what would be #9?
 - Which ability should change?
 - Grades or no grades
 - Ketchup or Mustard on a hot dog
 - Is a hot dog a sandwich?
- Movie/Book/Art critiques/feedback - assessments
- Improve in the Commons, (comedy, speeches, poems etc.)
- Sensory loss day role play (sight, sound, speech) – sightless for a day etc.
- Scavenger Hunt – non-verbal
- Team drawing – one person draws while one explains what to draw
- Speed Networking
- Communication Networking: using different types of communication to discuss a topic (i.e. topic gets chosen, use emoji’s to describe feelings about topic)
- AlvernX Talk Competition
- Learn a new language
- No device day/week/month – no texting, must call – use your words/voice day – challenge yourself not to text but to directly speak face to face or via phone to people – how many days can you go?

Analysis Fun Challenges: #abilitiesinaction



Analysis:

Critical, independent thinking that uses data, experience, reason and expertise to form carefully considered judgements.

#abilitiesinaction: When faced with a big decision, bring all information to the table and make a pros and cons list to help you choose.

#AbilitiesInAction Challenges:

- Advertising Campaigns – analyze effectiveness, strategies and techniques used to persuade
- Analyze TV/Movies themes, characters and storylines
- Social media trends – analyze current trends or viral challenge and the impact on society and culture (poster sessions on different platforms)
- Book Club book analysis
- Cultural Traditions: analyze cultural traditions, practices, examine origins and significance
- Science Research – methods, results
- Historical Events – examine perspectives and impact of events on society and culture
- Debate in the Commons – Speed Debating
- Real World challenge – analyze and develop a solution
- Image Analysis challenge via Digi-TV's
- Puzzle Challenges in the Commons
- Simulation Challenge

Aesthetic Engagement Fun Challenges: #abilitiesinaction



Aesthetic Engagement:

Integrate the intuitive dimensions of participation in the arts with broader social, cultural and theoretical frameworks.

#abilitiesinaction: Make (or view!) art, music or dance. How does it make you feel? What message is the artist trying to convey?

#AbilitiesInAction Challenges:

- Collaborative Art Project creations – team art projects
- Art interpretation
- Infographic Design Challenge – Alverno concepts, 8 abilities, programs
- Sensory Challenges: Texture Challenge, Fragrance, Taste, Sound
- Neurodiversity Challenge: Color, Shape, Sensory art, Nature appreciation
- Creative Writing for the AlvernKnow – submit an article about the abilities
- Photo Scavenger Hunt – social media
- Poetry Writing Challenge
- Mindful Campus Walk
- Music Appreciation Challenge in the commons