UK 101: Getting Involved & Making the Most of Your UK Experience  
(40-50 minutes)

**Session Materials**
- Access to a computer/projector highlighting http://getinvolved.uky.edu
- Values Auction PowerPoint (optional)
- Copies of What’s Important to Me (optional)
- Copies of My Values and How I Use Them
- Copies of Interest Inventory and accompanying answer guide (optional)

**Session Outcomes:**
- Introduce the importance of personal values
- Introduce how values play a part in involvement, a key role in student success
- Identify ways students can learn about and become a part of student involvement opportunities—including student organizations—and participate in leadership development programs at the University.

**Start session by using one of the following activities (7-10 min)**

**Option 1**
Ask students to complete the “What’s Important to Me” worksheet.  
Discuss following questions:  
1) Was it easy to choose your values?  
2) How did you learn your values?

**Option 2**
Conduct a Values Auction. (Need PowerPoint.)  
Give each student $500 to spend at the auction.  
Instruct students to bid on values as you announce them in the auction.  
Instructors and students can keep track of their balances.  
Discuss the following when auction is over:  
1) Was it easy to choose what values to bid on?  
2) How did it feel to be outbid on a value you really wanted?

**Values Discussion (5-10 min)**
Discuss the following questions as a class:  
What are values?  
Why are they important?  
How can you incorporate them into your involvement and academic life?  
Ask students to complete the My Values and How I Use Them worksheet.

**Values Small Groups (10 min)**
Divide class into small groups of 4-6.  
Discuss My Values and How I Use Them worksheet.

**How to Get Involved Using the “GET INVOLVED” Website (10-15 min)**

1) Go to http://getinvolved.uky.edu (This is the Office of Student Involvement’s Website).  
2) Click the “What’s Blue to You” tab on the menu bar.  
3) Show video.  
4) Click the “Program and Services” tab on the menu bar.
5) Go to the “Student Organizations” box and click on “Find an Organization”.
   a. There are over 450 different student organizations at UK and thousands of events every year on campus.
   b. In their same small groups, ask students (using their phones or laptops) to look up organizations that they might be interested in joining based on the values they discovered and discussed. Encourage them to use the browse by category feature to help narrow their search.
   c. After about 3 minutes, ask for volunteers to share information about groups they learned about.
   d. Encourage students to follow up on what they learned and consider reaching out to the organizations.

**Involvement Advising (2 min)**
- The Leadership Exchange provides Involvement Advising, a service to students who want to get involved but aren’t sure where to start. If you are interested in this, you will fill out a form based on your interests and then schedule an advising session with one of the student leaders. They will have recommendations of organizations/opportunities to join based on your interests.
  - For more info or to schedule a session, please click the “have questions” box on the getinvolved.uky.edu homepage.

**Peer Instructor Story (3 min)**
- To wrap up the class session, Peer Instructors should share how they have gotten involved on campus and the impact it has had on them.
- Questions to prepare for sharing your involvement story are below:
  - Why did you get involved?
  - How did you get involved?
  - What has involvement taught you or given you in terms of opportunity?

**Key Points of Session and Topic:**
- Reinforce that it is easy to be involved – visit getinvolved.uky.edu to start.
- Getting involved looks different for different people.
- The purpose of involvement is for you to find a place on campus and make it your “home.”

**Options to consider for this session:**
- This session can be taught or co-taught by a Leadership Exchange Student. There is limited space available and not all requests are guaranteed, but contact Lacey Garvin, Director of Involvement for the Leadership Exchange at lacey.garvin@uky.edu if interested.
- Identify a panel of student leaders to come to the session to talk about their involvement.
- If time, distribute copies of **Interest Inventory** and accompanying Answer Guide. Ask students to complete the Inventory. If the student is still struggling to get involved after completing the Inventory, it is recommended that they schedule an Involvement Advising session.

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**ATTACHMENT #1: What’s Important to Me worksheet**

**ATTACHMENT #2: My Values and How I Use Them worksheet**

**ATTACHMENT #3: Values Auction PowerPoint**

**ATTACHMENT #4: Interest Inventory**