



# Capture Experiences

ON YOUR TRANSCRIPT



## Official Record

The CCR is an official record issued alongside the academic transcript.

Dates	Activity - Position	Competencies
2017 - 2018	Alternative Breaks, Center for Student Involvement - Co-coordinator Coordinated an intensive project-based community service experience that explored concepts of leadership and community development.	-Understanding Global Context -Leadership - Civic Engagement & Social Responsibility
2017 - 2018	Internship Program, Women's Center - Intern Participated in a year-long internship experience facilitating programs and services focused on gender and social justice issues.	
2018 - 2018	Research, Department of Psychology - Research Intern Worked with a faculty member on a research project, which enriched their understanding of research processes and operations.	-Critical Thinking/Problem Solving -Research Acuity -Digital Information Fluency
2018 - 2019	Residence Life, Muir College - Residence Advisor Participated in intensive training, lived in campus housing and served as residential leader, mediator and activities coordinator to foster strong community bonds.	-Critical Thinking/Problem Solving -Professionalism/Integrity -Career Development
2020 - 2021	Wellness Peer Education Programs, Counseling and Psychological Services - Peer Educator Educated fellow students about mental health and wellness, reduced stigma, and spread awareness of Counseling and Psychological Services on campus.	-Professionalism/Integrity -Self-Reflection -Civic Engagement/Social Responsibility
2019 - 2020	Women's Soccer, Intercollegiate Athletics - Athlete Represented the university in local, regional, and national NCAA competitions, and demonstrated a high degree of dedication, teamwork, and service to the community.	-Oral, Written, & Digital Communication -Teamwork/Collaboration

### Each entry lists:

- activity description
- dates of involvement
- up to three competencies developed
- position held

## Share Skills & Experiences

Students can use the CCR to capture and reflect on their involvement

### Share

experience and skills developed with employers & graduate programs

### Capture

involvement and learning beyond the classroom

### Reflect

meaningfully on interests and passions