



# STUDENT CHAMPIONS



## B • E • A • M EMPOWERING STUDENTS TO THRIVE

UCF is focused on unleashing the potential of people and ideas to positively impact the world. By transforming aspirations into achievements and empowering students to thrive, students are supported to succeed in all aspects of learning, both inside and outside the classroom.

The BEAM model brings that objective into focus. Students not only thrive at UCF, they BEAM! Here is what the model looks like in practice.



### BELONGING

Feeling connected, accepted, and valued within a group or community.

#### Ask Your Student:

- What are some groups on campus who share your hobbies?
- What are some UCF events and traditions you'd like to try?
- Where do students in your major and college hang out?

#### Take Action:

- Join student groups and organizations
- Connect with a mentor or peer leader
- Spend time with roommates, friends, classmates
- Attend campus workshops and events



### ENGAGING

Actively participating and involved in learning and activities of interest.

#### Ask Your Student:

- What are some internships you're interested in?
- What are some classes you enjoyed that have related clubs and student organizations?
- What are some small steps you can take to step outside your comfort zone?

#### Take Action:

- Participate in intramural sports
- Join Student Government
- Work a part-time job on campus
- Pursue undergraduate research
- Attend faculty office hours



### ACHIEVING

Planning and striving to accomplish goals.

#### Ask Your Student:

- What are your goals for the first six weeks of the semester?
- What are some healthy habits to adopt this semester?
- What campus resources can you use to manage challenges?

#### Take Action:

- Set milestones for short- and long-term goals
- Attend job fairs and networking events
- Join a study group
- Practice self-care
- Exercise regularly
- Meet your academic success coach



### MEANING

Identifying values and interests that lead to a sense of purpose, significance, and fulfillment.

#### Ask Your Student:

- What classes do you most look forward to?
- What are some volunteer opportunities that interest you?
- Who is someone you can talk to face-to-face about life?

#### Take Action:

- Take time for self reflection
- Volunteer on and off campus
- Perform community service
- Explore ideals different from yours
- Learn to engage in civil discourse