

Fall 2020 Horizons Challenge

Complete the following challenges by November 20, 2020, to receive Haverswag and/or gift cards! First 5 completers receive Haverswag; all completers receive a small gift; all participants experience an even richer version of Haverford!

Important: Submit your challenge sheet to Dr. Raquel Esteves-Joyce, Assistant Dean of First Generation/Low Income (FGLI) Student Support and Programming by November 20!

Required (complete all 4):

- Go to office hours for at least one class or make an appointment to see your professor
- Ask a question/comment in class
- Attend an Horizons event
- Create an account for Haverford College's Engage website

Academic (pick 2 options):

- Attend an OAR coaching session or workshop
- Attend a webinar with guest speaker
- Go to office hours for another class or make an appointment to see another professor
- Attend a TA Session/Question Biology, Chemistry, etc.) Center (Math,
- [Attend a Writing Center appointment](#)
- [Attend a tutoring session via the OAR](#)
- Attend a study group
- Attend a department event (workshops, teas, etc.)

Community (pick 2 options):

- Attend an event hosted by an affinity group
- Attend an affinity group meeting
- Apply for a college committee or student government position
- Volunteer at least once with an organization
- Play a game of (i.e scribble.io/codewords.tv/ [uno online](#)) with 4 or more friends
- Have a game/movie night with your pod/roommate/family unit
- Sign up to be on a listserv, receive newsletters, and/or follow social media for one of Haverford College's Offices
- Attend a student club/group meeting

Cultural (pick 1 option):

- Attend a campus performance* (may be livestream/virtual events)
- Attend a virtual event outside of Haverford ([look here!](#))
- Attend an OMA event

- Attend a CPGC Community Conversation
- Find 5 examples of art on Haverford's campus

Professional development/career exploration (pick 2 options):

- Have your resume reviewed by the CCPA (use their online materials to create a first draft)
- Reach out to an alum through Haverford Connect
- Attend a Fords on Friday event
- Create a profile on Handshake
- Create a LinkedIn profile
- Attend a CCPA event
- Attend a virtual appointment at CCPA for Career and Professional Advising
- Apply for an internship/summer program

Meet the People (pick 1 option):

- Meet with your Pre-Major/Major Advisor
- Meet with someone from your Custom's Team
- Meet with your Dean
- Meet with a Peer Health Advocate
- Reach out to an upperclass-person

Self-Care (pick 2 options):

- Complete the 'get started' steps for YOU | Haverford at thrive.haverford.edu
- Write a 'note' of appreciation (text, email, card, etc.)
- Take a walk on a nature trail or in your neighbourhood
- Meditate
- Exercise
- Visit CAPS
- Keep a journal
- Cook/eat a healthy meal
- Sleep for at least 6-8 hours
- Unplug from electronics for at least 2 hours a day
- Engage in a spiritual practice (service, meeting, retreat, prayer, etc.)
- Watch a movie through [Kanopy](#) w/ your Haverford login

Name & Class Year: _____

Email Address: _____