

Below are customized Personal Challenges to help you with your college and career journey. They are based on your iKnow survey responses.

- > **Join a club.** Visit the student center and learn about all the available clubs and organizations. Make a commitment to attend at least one new club meeting.
- > **Attend a school government meeting.** Learn about the school community and become an active member. Ask questions at public meetings and offer ideas.
- > **Submit your artwork, poems, or songs for publication.** Find out the guidelines and deadlines for submission to your local school newspaper. Share your original work at a poetry slam or open mic night.
- > **Learn from students who are different from you.** Take advantage of the benefits of being at college with students who have different perspectives and backgrounds. Attend a lecture or meeting sponsored by a diversity group.
- > **Visit at least one professor during office hours.** Meeting professors during office hours allows your professors to get know you and your goals. Seek their assistance in guidance throughout your college career.
- > **Mentor a middle school student.** Involve yourself in working with younger students to help steer them towards attending college. Share your advice, knowledge, and friendship.
- > **Coach a sport.** Become a hero to a community sports team by offering to coach or even train a team for a few sessions. Coaches of all ages serve as influential role models to students.
- > **Volunteer.** Give back to your school and local community. Visit the student center or local non-profit organizations to discover different volunteer opportunities then get involved.
- > **Improve.** Redo an assignment or test where you did not put forth your best effort. Take note of how well you can do with the right amount of effort and perseverance.