

# Involvement Coaching

Below is a chart of descriptive words that you can use to communicate the professional value that you develop through campus involvement at the C of I, along with some typical examples of duties and experiences that students can engage in within campus leadership roles and participation. This involvement can be integrated into your resume or as support to interview question responses.

Co-Curricular Opportunities at C of I and Common Skills and Traits Developed Through Participation					
Greek Life/Clubs	Student Government	Athletics	Outdoor Program/Intramural	Off-Campus Study	Internships/Campus Employment/Volunteerism
<ul style="list-style-type: none"> <li>Communication</li> <li>Listening</li> <li>Delegation</li> <li>Relationships</li> <li>Conflict Resolution</li> <li>Collaboration</li> <li>Leadership</li> <li>Networking</li> <li>Self-Confidence</li> <li>Accepts responsibility</li> <li>Facilitation</li> <li>Event management</li> <li>Budgeting</li> </ul>	<ul style="list-style-type: none"> <li>Communication</li> <li>Listening</li> <li>Delegation</li> <li>Relationships</li> <li>Conflict Resolution</li> <li>Collaboration</li> <li>Leadership</li> <li>Networking</li> <li>Self-Confidence</li> <li>Accepts responsibility</li> <li>Ethical</li> <li>Organized</li> <li>Event management</li> </ul>	<ul style="list-style-type: none"> <li>Communication</li> <li>Hardworking</li> <li>Team-Oriented</li> <li>Relationships</li> <li>Assertive</li> <li>Competitive</li> <li>Works under pressure</li> <li>Positive Attitude</li> <li>Dedication</li> <li>Confident</li> <li>Motivated</li> <li>Collaboration</li> <li>Persistent</li> </ul>	<ul style="list-style-type: none"> <li>Communication</li> <li>Hardworking</li> <li>Team-Oriented</li> <li>Relationships</li> <li>Competitive</li> <li>Positive Attitude</li> <li>Confident</li> <li>Motivated</li> <li>Collaboration</li> <li>Event planning</li> <li>Decision-making</li> <li>Risk-management</li> <li>Conflict resolution</li> <li>Resiliency</li> </ul>	<ul style="list-style-type: none"> <li>Communication</li> <li>Listening</li> <li>Self-awareness</li> <li>Assertiveness</li> <li>Grit</li> <li>Motivated</li> <li>Observation</li> <li>Diversity awareness</li> <li>Self-confidence</li> <li>Adaptable</li> <li>Organized</li> <li>Presentation Skills</li> <li>Language skills</li> <li>Resilient</li> </ul>	<ul style="list-style-type: none"> <li>Communication</li> <li>Listening</li> <li>Decision Making</li> <li>Attention to detail</li> <li>Customer service</li> <li>Positive Attitude</li> <li>Problem Solving</li> <li>Collaboration</li> <li>Leadership</li> <li>Reliable</li> <li>Persistent</li> <li>Organized</li> <li>Accepts responsibility</li> <li>Honest</li> </ul>
Examples of Duties and Experiences that Help Develop Desired Skills					
Greek Life/Clubs	Student Government	Athletics	Outdoor Program/Intramural	Off-Campus Study	Internships/Campus Employment/ Volunteerism
<ul style="list-style-type: none"> <li>Facilitate Group Meetings</li> <li>Plan and Manage Events</li> <li>Design &amp; Manage a Budget</li> <li>Recruit Members</li> <li>Communicate with campus and local community members</li> <li>Market Events</li> <li>Design materials</li> <li>Write proposals</li> <li>Attend leadership conferences &amp; trainings</li> <li>Work with various philanthropic organizations</li> </ul>	<ul style="list-style-type: none"> <li>Organize and run meetings</li> <li>Plan Events</li> <li>Manage a Budget</li> <li>Recruit Members</li> <li>Communicate with campus and local community members</li> <li>Market Events</li> <li>Design materials</li> <li>Write proposals</li> <li>Present to various groups</li> <li>Interpret rules and regulations</li> <li>Compose professional correspondence</li> <li>Weigh in on judicial infractions</li> </ul>	<ul style="list-style-type: none"> <li>Be held accountable for training and conditioning and performance</li> <li>Represent Campus at community events</li> <li>Effectively balance academic responsibilities with athletic obligations</li> <li>Take direction and coaching</li> <li>Lead teammates</li> <li>Motivate and inspire peers to achieve an objective</li> </ul>	<ul style="list-style-type: none"> <li>Coordination of group events</li> <li>Support a cause or affiliation</li> <li>Negotiate within a group for desired outcome</li> <li>Navigating &amp; organizing around various schedules</li> <li>Recruiting players for a common purpose.</li> <li>Self- and group-awareness</li> <li>Market and recruit for programs</li> <li>Lead groups and manage risk for outings</li> </ul>	<ul style="list-style-type: none"> <li>Travel independently</li> <li>Figure out foreign transportation systems</li> <li>Adapt to cultural protocols</li> <li>Respect of differences by exposure to diversity</li> <li>Develop language/enhance skills</li> <li>Exposure to different learning theory and teaching methodologies through different classroom experiences</li> <li>Self-awareness</li> <li>Social outreach to initiate relationships</li> </ul>	<ul style="list-style-type: none"> <li>Volunteer for new tasks and project participation</li> <li>Take direction from host</li> <li>Be responsible for attendance and behavior</li> <li>Independently take lead on project</li> <li>Professionally represent host business or organization</li> <li>Work as part of a team and collaborate with others</li> <li>Learn how to apply theory and classroom learning</li> <li>Learn how compose professional communications</li> <li>Manage responsibilities with academic and campus commitments</li> </ul>

**IDENTIFY AND CHECK YOUR SKILLS:**

How have you been involved at the College of Idaho? Involvement opportunities provide chances for enhancing the skills desired by employers. The National Association of Colleges and Employers (NACE) identified some top employability skills that are desired by potential employers. Mark ✓ each box for the skill that you used while participating in a particular involvement opportunity that you had while at the C of I. Use these skills to support your resume or answers to interview questions.

Co-Curricular Opportunities for Involvement at C of I							Alternate Areas for Skill Development				
Skills Desired by Employers (NACE)	Greek Life/Clubs	Student Government	Athletics	Outdoor Program/Intramural	Off-Campus Study	Internships/ Campus Employment	Volunteer Organizations	Coursework & Group Projects	Military Service	Research	Hobbies
Team Work											
Decision Making											
Work Flow Planning											
Verbal Communication											
Information Processing											
Quantitative Analysis											
Career Specific Knowledge											
Computer Software Skills											
Writing Reports & Editing											
Ability to sell to and influence others											
Additional Skills											
Relationship Building											
Conflict Resolution											
Leadership											
Event Management											
Budgeting											
Networking											
Ethics											
Diversity Awareness											
Resilience											
Language Skills											