

Reflective Activity

Senior Keystone



Activity Description

The Senior Keystone provides 12-18 seniors a community in which to live through this transitional year with greater intentionality. Keystone is a space to ask bigger questions with peers and join together their academics with questions of meaning and purpose to encourage their theological or philosophical mind and ethical practice. This community meets every other week for an hour and a half throughout senior year and participates in a retreat over Spring Break. Sessions explore such topics as family influence, regret and failure, forgiveness and modes of meaning making. They then bring their insights to other seniors by hosting three conversations for their class on questions they believe all seniors should be asking amidst their transition out of college. The retreat focuses on discerning the impact of their liberal arts education and the development of spiritual/reflective "skills" to apply to post-graduation transition.

Preparation, Handouts, Resources

Please contact me at marlow@macalester.edu if you would like to share resources.

Learning Goals

Keystone hopes to help seniors...

- make meaning of their liberal arts education.
- explore of ethical questions surrounding responsible human engagement.
- develop spiritual practices to apply to post-graduation transition.
- integrate their identities through reflection on lived experience.
- discover how their academic discipline(s) connect with bigger questions of meaning and purpose.
- do vocational discernment in a space where they can imagine themselves living their dreams and overcoming current barriers.

Challenges/Obstacles

Senior year is a busy time, how do you make this time matter? How do you incorporate as many seniors as possible without making the group so big that it is no longer possible to facilitate meaningful reflection.

Recommendations

Providing reflection for students at major transitional moments is an amazing opportunity to further their development. Students who move through these life moments reflectively tend to arrive at "aha moments" about who they are and where they are going. They also become leaders in helping their community create ritual, ask bigger questions and be more present amidst the transition.

Tool Contributor

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