



Seminar 4: Personal Identity and Values

Tuesday, October 12 or Thursday, October 14 – 1100-1200

Preparation for Session

- Review the facilitators slides, which were presented by Mac Griswold at the Tuesday, October 5 training
- Review the Values Activity and your notes from the training session
- Connect with your co-facilitators to ensure you know who will present or lead the different parts of the day

Materials for Session

- Bring a laptop with the PowerPoint slides saved to your desktop
- Printed sheet with your copy of the Values Activity or have it accessible on a mobile device

Agenda for Session

- Welcome and Debrief (10 minutes) (Slide 3)
It has been 2 weeks since you last met with your group. Take some time to catch up. What have been some of the things they want to highlight or celebrate? Any challenges they want to share with the group? Any kudos they want to offer for someone else's accomplishments? This is your team-building time!
- Reminder of Ground Rules (2 minutes) (Slide 4)
You don't need to go through the full process again, but for the benefit of anyone joining for the first time, you should at least touch on the ground rules upon which you agreed in your first small-group session. You will continue building a space in which your cadets feel comfortable sharing and being vulnerable. Over time, you will be getting to activities that involve more personal "risk," and they should see respect for your small community's standards.
- Chickering and Psychosocial Development (10 minutes) (Slide 5-8)
See Speaker Notes on individual slides.
- Values Activity (10 minutes) (Slide 9 and Activity Sheet 1)
Follow instructions on slide and facilitate a discussion with cadets about why they chose specific values.
- "This I Believe" Assignment (10 minutes) (Slides 10-12 and "This I Believe" Assignment)
Review the assignment, focusing on "This I Believe" as a way of understanding others, projecting your own values, and understanding how they have and will impact your life. Emphasize broad discretion on what they create and submit, deadlines at beginning of November, and opportunity to present to the full first year class and Pres. Cropper.
- Questions and Wrap-Up (5 minutes) (Slide 13)
Field any questions and answer from your knowledge and experience. Use all facilitators – cadet, staff, and faculty – as resources to answer questions. Don't hesitate to say you don't know the answer and will follow up to find out. Note that anyone can reach out to Dean Griswold for additional assistance on the assignment.

Activity Sheet 1

Values Activity

Value	Definition
Adventure	seeks out and/or participates in exciting events that involve uncertainty
Autonomy	places importance on freedom, independence, and individual discretion
Challenges	things or situations that test a person's thoughts or abilities
Change	a shift from one state, stage, or phase to another
Community	a group of people with a common background or characteristic or with shared interests
Competence	ability to solve problems, demonstrates mastery
Competition	comparison of self, team or organization against oneself or another
Cooperation	placing importance on working together to achieve results; go along with a role
Creativity	placing importance on imagination, inspiration, and inventiveness
Decisiveness	the ability to make decisions firmly, clearly, conclusively and in a timely manner
Diversity	appreciates and respects individual differences
Ecology or Environment	awareness of natural resources
Education	placing importance on learning and education
Ethics	valuing moral standards
Excellence	pursuit of the highest level of optimal performance
Excitement	things that engage attention and/or emotion, in a lively, stimulating, and compelling way
Fairness	placing importance in justice, decency, and equality
Fame	recognition by others, desire to be well-known
Family	connection to immediate or expended relations
Flexibility	the ability to adapt to environments, situations, or changes
Freedom	without obligation
Friendship	strong ties with family, friends, co-workers, or members of a certain community
Happiness	feelings of contentment, satisfaction and/or fulfillment
Health	placing importance on physical and emotional well-being

Value	Definition
Helping others	placing importance on assisting other people
Honesty	telling the truth, does not engage in deception, is forthright and candid
Independence	ability to be self-directed in one's thoughts and actions
Integrity	firm adherence to a moral code and/or set of values, walking the talk
Leadership	the ability to create relationships in order to complete a stated goal or mission
Loyalty	allegiances to people, organizations, ideals, causes, etc.
Meaningful work	doing and providing work that has a purpose and/or significance
Money	financial assets, the accumulation of wealth
Order	adherence to a system, protocol, or code
Philanthropy	giving of monetary gifts in order to benefit others
Play	imagination, spontaneity; the ability to be amused
Pleasure	enjoyment, delight, satisfaction, or fulfillment
Power	strength, superiority, dominance and/or authority
Privacy	the need for solitude or separateness
Recognition	acknowledgment and/or validation
Relationships	connections between and among people
Religion	a specific system of belief or worship
Safety	a concern for the security and well-being of oneself and/or others
Security	the feeling of being protected or safeguarded from danger, a sense of comfort
Service	placing importance on serving others with quality and value
Spirituality	appreciating the need to understand one's inner self and its relationship with the world
Stability	taking on day-to-day activities in a calm and consistent manner
Status	placing importance on the rank or position of something in a relationship or group
Wealth	richness in terms of assets or money
Work	employment, occupation, or fulfillment of a task or duty



“This I Believe” Assignment

“This I Believe” is an organization that promotes public dialogue about belief, in their words, “one essay at a time.” The original incarnation of the program was a radio broadcast hosted by Edward R. Murrow in the 1950s and allowed people to distill into a few minutes the guiding principles by which they lived. This later became a podcast hosted by NPR, a collection of essays, and a series of books throughout the early 2000s.

Seminar 4: Personal Identity and Values will provide the foundation for our own “This I Believe” activity, which will be the only assignment to be completed by first year cadets as part of the FYE program. All will complete the assignment and then some will be allowed the opportunity to present to the group. Broadly described, the cadets’ end products will be an “artifact” through which they can communicate their values to others; this can be a written essay, spoken word, artistic interpretation, visual representation, or any other medium through which they want to share. The result will be a rich story from a small collection of individual cadets presented to their peers through the semester’s final large-group session.

Assignment

- 1) **Narrow Scope:** Take one or two of the values you identified from your in-class Values Activity and decide which you want to explore deeply and reflect upon.
- 2) **Find Inspiration:** Review the [“This I Believe” website](#) and use the “Explore” tab to search essays for a specific theme, content, or person you admire. Alternatively, you can browse the archives of NPR’s [“This I Believe” podcasts](#).
- 3) **Internalize the Value:** Consider how the value you have chosen has played a role in your life. **To what experience can you point that shaped this value?** This experience will be at the core of your reflection and the assignment.
- 4) **Project the Future:** After you have considered the past, discuss with others what you’ve been thinking about. While understanding your past and development is important, also share how you intend to use that knowledge and continue to develop your values and identity.
- 5) **Document Your Reflection:** This assignment gives you great latitude on the format of your reflection. Find the most comfortable way to articulate what you have learned from your reflection.
- 6) **Submit Your “Artifact”:** Upload the assignment by the deadline below through Microsoft Forms.

Criteria

Regardless of the medium chosen to fulfill the assignment, the submitted artifacts must address the following:

- Describe the Experience: What happened?
- Describe the Response: How did you respond to what happened?
- General Reflection: What do you think about what happened?
- Directed Reflection: What does this say about who you are?
- Demonstrate Insight: What are you planning to do with this information in the future?
- Connect to People: What do others think about this?

Guiding Resources

“This I Believe” provides the original guidance given to writers for the 1950’s essays, as well as their own submission guidelines. Both will serve you well and provide some tips on effective reflection and writing.

- [The Original Invitation from This I Believe](#)
- [This I Believe Essay Writing Suggestions](#)

Submission

- Deadline: Tuesday Small-Group Meetings **5:00pm on Tuesday, November 2**
Thursday Small-Group Meetings **5:00pm on Thursday, November 4**
- Upload: <https://forms.office.com/r/EHsC0Kned4>