‘The Stakes are High: Who Will You Be at TU?

Miranda Rennie
Honors Orientation
A little about me...

- Majors: Occupational therapy & Spanish
- Junior
- Hometown: Center Valley, PA
- Passions:
  - Serving others
  - Learning
  - Dancing
  - Cooking
Does this sound like your high school experience?
My Involvement At Towson

- Honors College
  - Student Director
- Writing Center Tutor
- Student Ambassador
- Sigma Alpha Omega
- Cru
- Pasión Latin Dance Team
- The Big Event Planning Committee
- Project Serve
It is ok to feel overwhelmed...
What are the options?

- Academic
- Professional
- Arts
- Cultural
- Athletic
- Fraternity & Sorority Life
- Media & Publications
- Religious & Spiritual
- Political
- Service
- Special Interest
- Honor & Recognition
- On campus jobs
- Off campus jobs
- Building Council/URG
- Student Government Association
- Study Abroad
- Internships
GREAT MINDS THINK ALIKE
Finding a Balance
How to Filter Our Options

– Know yourself
– Choose your ‘Best Yes’ options
Knowing Yourself is the First Step

- Who are you?
- What do you want to be known for?
- What is your identity?
- What do you value?
Which will you be?
Know Your Limits

- External Factors
  - Time
  - Money
- Internal Factors
  - Physical
  - Emotional
  - Social
  - Intellectual
  - Spiritual

*The limit does not exist.*
Yes and No

– People make requests of us
  – Yes
    – Living **reactively** instead of **proactively**
    – “Every assignment feels like my assignment”
    – Spending resources you don’t have
  – No
    – How it feels
    – The power of the small no
      – Stepping stones to a yes
Your Best Yes

- "A Best Yes is you playing your part"
- Every yes comes with expectations
- Think long-term
- Get advice
- Best Yes opportunities cannot coexist with clutter
- Give the best of who you are to your previous commitments
Choosing Your Best Yes

Opportunity

Interested
- Does it further my goals?
- Does it align with my values?
- Would I have fun being involved with this?
- Do I have skills to offer or learn?
- Who benefits from my involvement?

Uninterested
- Is this something I might want to do in the future?
- Why don't I want to do this?
- Can I work up to reaching this opportunity?
Involvement Beyond Clubs & Organizations

– Residence halls
– Classrooms
– Dining halls
– Off-campus
Take Aways

- Questions to ask yourself
  - What are my long-term and short-term goals?
  - What do I want to be known for?
  - What are my limits?
  - What resources will I use to find balance in my college life?

- Hints for success
  - Know that you are not alone!
  - Continue to GROW who you are
  - If you do too much you won’t do anything to your full potential
Find Me, Follow Me, Friend Me

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