

SECTION E. JACK MOUNTAIN LEARNING OBJECTIVES AND WRITTEN ASSIGNMENT

Within three weeks of completing your course, you must email your written assignment based on the five Learning Objectives listed below to outdoorprograms@western.edu. Your paper length should be 2 pages per credit and follow the Assignment Format described below. Your instructor evaluation is also due within three weeks of the end date of your course. When both are received, they will be forwarded together to our Recreation and Outdoor Education (ROE) faculty for grading. Your grade will be calculated based on 60% instructor evaluation and 40% written assignment content. Please note that even if a Jack Mountain instructor evaluation is received, if your written assignment is not turned in, a Technical Failure (TF) will be recorded on your permanent transcript from Western State Colorado University.

OBJECTIVE #1: LEADERSHIP AND TEACHING SKILLS

I will improve my judgment by analyzing situations during the course, studying actions and results. I will show initiative and take responsibility for assisting others whenever possible. I will contribute to the problem solving and decision making process. I will develop effective presentation skills. I will work on organizing my thoughts, using my resources, minimizing distractions, and maximizing motivation. I set higher expectations for myself than for others, showed appreciation for the contributions of others, and pursued what I believed to be right in the face of discomfort, hardship, impulses of the moment, mockery, or boredom.

OBJECTIVE #2: TECHNICAL SKILLS

I will learn the techniques of safely doing either/or snow, land or water based adventure outdoor activities by following the procedures and practices of the course. By the end of the course, I will have an understanding of my abilities and limitations in respect to safely pursuing the activities practiced.

OBJECTIVE #3: COMMUNICATION AND TEAM BUILDING

I will show positive regard and respect for others on the course and will actively communicate to enable team building. This will assist the group in becoming cohesive and will enable it to function as a team. I will work on self-expression, listening, and feedback techniques. I have learned to appreciate and utilize the strengths of people who are different from me. I am aware of the strengths and weaknesses of my own personality preferences. I do not avoid conflict but deal with it in a timely and constructive manner.

OBJECTIVE #4: ENVIRONMENTAL PRACTICES AND SAFETY AWARENESS

I will practice LNT (leave no trace) camping skills to establish good safety, environmental, and hygienic standards by following the guidelines of the course. This will include: camping, cooking, and navigating. Throughout the course, I will display conscientious and consistent regard for safe and environmental practices in outdoor living. I will carefully assess risks and manage them effectively.

OBJECTIVE #5: SELF GROWTH AND SERVICE

I will keep an open mind to different philosophies and ideas and try new activities. I will endeavor to extend myself in difficult situations and will also assist others striving for success. This will be achieved by using compassion, tolerance, a sense of humility, and concern for others.

STUDENT RESPONSIBILITY: Please keep in mind that in order to earn a grade and your requested credit(s), you will need to complete the written assignment and turn it in to outdoorprograms@western.edu no later than three weeks from the last day of your course. If your assignment is not turned in three weeks from the last day of your course, you will receive a TF (Technical Failure) on your permanent transcript. There is no refund of credit cost.

ASSIGNMENT DUE DATE: Keeping track of your assignment due date is your responsibility as a college student. As a courtesy reminder, Extended Studies will send your assignment due date **one time** in a registration confirmation email before your course begins. **Please mark your assignment due date on your calendar, as you will not receive reminder emails regarding your required assignment.** If you do not receive a registration confirmation email containing your assignment due date prior to the start date of your course, make sure you contact our office directly. If you submitted a late registration, your registration confirmation may not come before the beginning of your course. This due date is your responsibility to obtain and keep track of.

CONTENT INSTRUCTIONS: It is recommended that you keep a detailed journal during your course which tracks your thoughts and experiences in each of the objectives. The purpose of these assignments are for you to get the most from your expedition experiences. They should solidify in your mind the course events, help you analyze the pieces involved, and transfer lessons to your life. Within your self-evaluation/reflection, please briefly describe the course you were enrolled in and then address each objective under its own subheading. Explain how the experiences on your Jack Mountain Bushcraft School course affected your growth in each area. In a final section, summarize your feelings and recommendations about the Jack Mountain experience and how you've applied the lessons to your life after your course.

ASSIGNMENT FORMAT: Written assignments must be typed, double-spaced and include a cover page that states your name, using a running header and page number on each page of the text. Correct grammar and spelling is expected. Use 12-point Times New Roman font and APA style for citations. Send them as Microsoft Word attachments, .pdf attachments or by postal mail (no Google docs, zipped files or Dropbox type services will be accepted). Written assignments are evaluated on the following basis: 20% for proper format and clarity in your writing and 80% for content, including adequate and honest coverage assessing your fulfillment of the learning objectives.

LATE ASSIGNMENTS: For each day (including weekends) that your paper or assignment is late, 1% will be deducted from your final grade. For example, if your paper would have earned 100%, but you turned it in 25 days late, you will earn a 75%.

ACCEPTABLE WAYS TO SUBMIT YOUR ASSIGNMENT(S): Assignments may be sent to the Extended Studies Office in three different ways. Carefully review these acceptable ways and required format for assignment submission:

1) Electronic Format: Written assignments may be by email ONLY as Microsoft Word .doc, .docx or as .pdf attachments. The documents may NOT be pass-coded. Unacceptable formats include Google docs, Dropbox, or any other cloud-based or file-sharing application. If an assignment is sent to our email in any format other than Microsoft Word or .pdf attachment, it will be marked as late after the due date for each day it is not returned to us in the correct format.

2) You may send your assignment(s) by fax to 970.943.7068. Make sure your name and program are on the cover sheet.

3) You may send your assignment(s) by mail to: Extended Studies, Taylor 303, 600 N Adams St, Gunnison, CO, 81231. As long as your envelope is post-marked with your due date, it will not be considered late.