



CENTER FOR **Student  
Professional  
Development**

*International Student  
and Scholar Services*



Office of the  
**DEAN OF STUDENTS**

## **International Student VUcept Workshop: Connecting your experiences to VUcept!**

An important aspect of being a VUceptor is building relationships and relating with fellow students. No matter what your background is, everyone has relatable experiences and commonalities!

**Directions:** On the back of this paper, or another sheet, write down any life event, experience, or significant moment that has happened to you. There are no rules or guidelines. YOU decide what experiences have made an impact on your life up to this point --list as many experiences that you can think of.

- After you have listed all of your experiences, try and find commonalities or themes between them. Maybe you notice a pattern of competition or leadership. Perhaps your life story shows that you have adapted well to change or challenge. Reflect on your experiences. Make notes about any themes, patterns, or characteristics you notice over the years.
- **Bring your paper and notes with you to the workshop. We will incorporate these themes, characteristics, and experiences into a group activity.**
- **Have fun reflecting on your life story! The more examples you provide—the greater chance of finding a relatable experience with your peers.**



**Examples (may include):** Moving to Tennessee or another country, being part of a team, leading a volunteer opportunity, learning another language, making friends, your first job, failure, etc.