

STEP 3

Add your two experiences below
 Circle how much each dimension
 played a role in that experience

A

Not at all —————> Central

Intellectual	0	1	2	3	4	5
Global	0	1	2	3	4	5
Civic	0	1	2	3	4	5
Professional	0	1	2	3	4	5
Well-Being	0	1	2	3	4	5

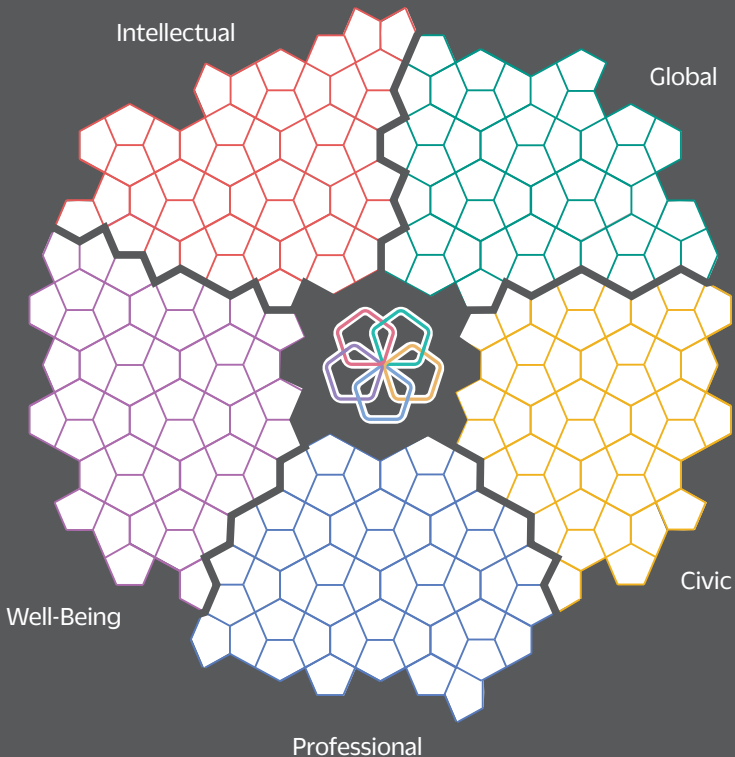
B

Not at all —————> Central

Intellectual	0	1	2	3	4	5
Global	0	1	2	3	4	5
Civic	0	1	2	3	4	5
Professional	0	1	2	3	4	5
Well-Being	0	1	2	3	4	5

STEP 4

Map your growth in the five dimensions by coloring in the
 number of tiles that you circled on the left.



LAST STEP: Where do you want to grow next?

THINK ABOUT YOUR PAST EXPERIENCES



Northeastern University
Self-Authored Integrated Learning

STEP 1

What are some of the most significant experiences that you've had during high school and/or college?

STEP 2

Select two of these experiences. How did they impact your learning and growth?

A

B

SAIL Dimensions of Learning and Growth:

Intellectual

Flexibly apply knowledge, behaviors, skills, and experiences in new and unique situations

Global

Live, work, and communicate with people from different backgrounds and consider the global impact of decisions

Civic

Recognize the needs of others and commit to constructively engage in social action

Professional

Effectively discern life goals, form relationships, and shape identities to achieve fulfillment

Well-Being

Develop knowledge, skills and behaviors necessary to live balanced and fulfilling lives