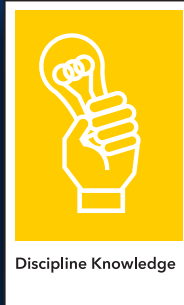


Connect and Track Your Transformation

STLR

STUDENT
TRANSFORMATIVE
LEARNING
RECORD

stlr.uco.edu



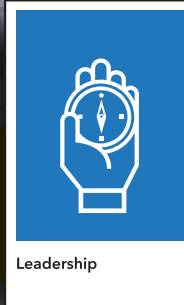
Discipline Knowledge



Global & Cultural
Competencies



Health & Wellness



Leadership



Research, Creative
& Scholarly Activities



Service Learning &
Civic Engagement

UCO's Central 6 Tenets

What is STLR & Why is it Important?

UCO's **S**tudent **T**ransformative **L**earning **R**ecord experiences help you find your way, meet people, discover your strengths, gain life skills, and grow in core areas called the Central 6 Tenets, which employers and grad schools want all grads to have in addition to their academic major and discipline-specific knowledge.

How to Earn STLR Credit

Faculty and staff create STLR opportunities and award achievements through STLR-tagged:

- class assignments
- in-person & virtual events
- student groups
- out-of-class projects
- campus locations (in person & virtual)
- individual reflection appointments

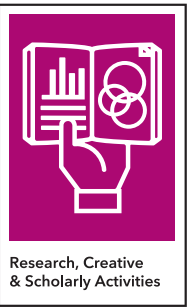
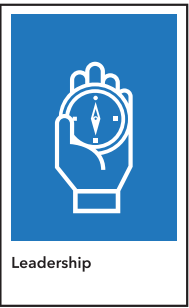
How STLR Works

Your academic transcript tracks your grades, while your STLR Snapshot is an online dashboard and PDF printout tracking in- and out-of-class experiences that help you become well-rounded and apply your learning to real-world situations, such as how to:

- understand and work well with others
- take care of your health
- contribute positively and ethically
- be a creative problem solver
- see yourself as part of a community

stlr.uco.edu | @ucostlr

Because College is About More Than a Degree.



UCO's Central 6 Transformative Learning Tenets

HOW STLR WORKS

Earn STLR Credit

Visit stlr.uco.edu/activities for a list of STLR-tagged activities to earn STLR credit in these six ways below.

- 1 STLR Class Assignments
- 2 STLR Events (in-person & virtual)
- 3 Student Organizations & Groups with STLR Reflection
- 4 Out-of-Class Projects
- 5 STLR Locations (in-person & virtual)
- 6 Student Individual Reflection Appointments (SIRAs)

Build Your STLR Snapshot

Visit stlrsnapshot.uco.edu to see your STLR credits and build your STLR Snapshot printout like the one below.

Buddy Broncho
*20211870
8/8/2021

University of Central Oklahoma
100 N. University Drive
Edmond, OK 73034

The purpose of this Student Transformative Learning Record Snapshot is to provide a visual representation of this student's achievement in the University of Central Oklahoma's (UCO) Tenets of Transformative Learning. This student's educational experience at UCO has resulted in achievements at the exposure, integration, or transformation levels as indicated below. See the key on the final page of this document for short descriptions of what these levels of learning indicate with regard to student knowledge and experience. These experiences have been assessed and validated by trained faculty and professional staff members at the University.

Leadership

Transformation: 2
Integration: 3
Exposure: 12
Total: 17

- > Transformation 2021 Fall | London Experiential Learning Study Tour | Lead Peer Mentor
- > Transformation 2021 Spring | Civic Leadership Capstone | Final Project
- > Integration 2020 Spring | Big Event Executive Board | Officer Reflection
- > Integration 2020 Spring | Intern UCO Program
- > Integration 2019 Fall | TEDxUCO Undergrad Leadership Board
- > Exposure 2019 Summer | Student Engagement Office | Leadershape Activity Small Group
- > Exposure 2019 Spring | President of Sonic Corp Claudia San Pedro - Guest Speaker Seminar
- > Exposure 2019 Spring | Leadership Central | Speed Mentoring Session

Global and Cultural Competencies

Transformation: 1
Integration: 3
Exposure: 4
Total: 8

- > Transformation 2021 Fall | Independent Student Project | Vox Populi: Subjectivity and the Voices of the Poor
- > Integration 2021 Fall | Hispanic Success Initiative | ePortfolio Reflection
- > Integration 2021 Spring | American Literature to 1865 | How Texts are Shaped by Culture
- > Integration 2020 Fall | Intern UCO | Community Involvement Project
- > Exposure 2020 Spring | Chambers Library African Collection Virtual Tour
- > Exposure 2021 Fall | Office of Diversity & Inclusion Visit

Health and Wellness

Transformation: 1
Integration: 2
Exposure: 2
Total: 5

- > Transformation 2021 Spring | Student Individual Reflection Appointment Interview
- > Integration 2021 Spring | Central Food Pantry Volunteering Reflection
- > Exposure 2020 Fall | Intro to Biology | What About Bees? Reflection
- > Exposure 2021 Fall | Calming Central Visit

Learn more about this student at <http://tinyurl.com/y883mnrh>

Create Your STLR ePortfolio

Visit eportfolio.uco.edu and build your own STLR ePortfolio website to showcase your experiences more.

WHAT STUDENTS SAY ABOUT STLR

It showed me learning can come from more places than the classroom - **Liz Tabak, Master's in Education, Recent Graduate**

You get STLR credit, but you also learn why it matters. You don't find that on other campuses. STLR is something I couldn't imagine - memories and moments you can't buy or put a dollar value on. It makes you a well-rounded human -

Ashley Cooks, Senior, Strategic Communication Major

If you're bold - if you do one thing - then you're not afraid to branch out - it becomes less scary. Getting involved was like one dose of happiness that opened me up to a world of more happiness. There was a world around me that I didn't know existed. It helps you find your voice - **Brytni Howard, Nursing Major, Freshman**

There's a million things to get involved in, but going for STLR credit means you'll remember you went and you got credit for it -

AnaMarie Lopez, Sophomore, Interpersonal Communication Major

It helps you discover what strengths you have without even knowing it. I went to a lot of cultural events and didn't realize that was a strength. With the categories - it helped me have less stress in figuring out what I could be good at and what things I should be looking to try -

Angela Vega, Junior, Community & Public Health Major

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