



NYU SPROUT

WHAT IS NYU SPROUT?

NYU Sprout is an engagement opportunity for first-year students in the Liberal Studies program at NYU Washington, DC to focus on their growth and well-being while developing practical, applicable skills in their first semesters of college!

WHY SHOULD I PARTICIPATE IN NYU SPROUT?

Here are a few of the reasons you should participate in NYU Sprout:

- 🌱 Enhance your engagement and well-being at NYU and NYU Washington, DC
- 🌱 Connect with your cohort and with NYU Washington, DC staff
- 🌱 Connect with NYU offices, resources, staff, and alumni
- 🌱 Enjoy snacks
- 🌱 Earn Excursion Points (25 Points for every 4 sessions attended)
- 🌱 Receive 10 Potomacs towards the Director's Award for attending 10+ sessions

HOW DO I PARTICIPATE IN NYU SPROUT?

There are a couple things that you must do in order to participate:

- 🌱 Arrive on time to be respectful of the limited time we have together
(refer to Google calendar invites for times, dates, and locations of sessions)
- 🌱 Actively participate in each session you attend
(avoid distractions like personal devices and irrelevant conversations)

HOW MUCH WORK WILL I HAVE TO DO?

All of the work, exercises, and activities will take place during each of the sessions. There may be optional activities after some of the sessions and you may be asked to make observations in between sessions, but there will be no required work outside of any of the sessions.



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TENTATIVE SCHEDULE

DATE	TOPIC	LED BY	NOTES
Fri., 8/25	The NYU Reality Show	Sarah Akhter, Sharlene Juste, & RLAs	Welcome Week
Tue., 8/29	Time Management	Brian Dooley	
Thu., 8/31	Active Listening	Brian Dooley	
Tue., 9/5	Effective Email Communications	Mark Nakamoto	
Thu., 9/7	Self-Regulation Skills	Sarah Akhter	
Tue., 9/12	Networking for Novices	Tom McIntyre & Brian Dooley	Alumni Connections Reception Friday!
Thu., 9/14	LS Connections	Former NYUDC LS students	
Tue., 9/19	Food, Nutrition, and Cooking	Sharlene Juste	
Thu., 9/21	Financial Skills	Brian Dooley	
Tue., 9/26	Intro to the Wasserman Center	Sarah Rosenthal, Wasserman Center	Career Week
Thu., 9/28	Wellness in the Workplace	Sarah Akhter	Career Week
Tue., 10/3	Reflecting on Sprout	Brian Dooley	



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ENGAGEMENT AND WELL-BEING

In 2014, Gallup and Purdue University interviewed more than 30,000 college graduates to learn about the relationship between their experiences in college and their experiences in the workplace and in life after college. Here are the results:

ENGAGEMENT DIMENSIONS	STRONGLY AGREE	ENGAGED FACTOR	WELL-BEING FACTOR
I had at least one professor who made me excited about learning.	63%	2.0x	1.5x
My professors cared about me as a person.	27%	1.9x	1.7x
I had a mentor who encouraged me to pursue my goals/dreams.	22%	2.2x	1.7x
ALL THREE	14%	2.3x	1.9x
I worked on a project that took a semester or more to complete.	32%	1.8x	1.1x
I had an internship or a job that allowed me to apply what I was learning in the classroom.	29%	2.0x	1.5x
I was extremely active in extracurricular activities and organizations.	20%	1.8x	1.4x
ALL THREE	6%	2.4x	1.3x
ALL SIX	3%		

SOURCE: Gallup-Purdue Index Report 2014



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WELL-BEING AND ENGAGEMENT

In 2014, Gallup and Purdue University interviewed more than 30,000 college graduates to learn about the relationship between their experiences in college and their experiences in the workplace and in life after college. Here are the results:

WELL-BEING DIMENSIONS	THRIVING
PURPOSE I like what I do every day. I learn or do something interesting everyday	54%
FINANCIAL I have enough money to do everything I want to do. In the last 7 days, I have worried about money.	42%
SOCIAL Someone in my life always encourages me to be healthy. My friends and family give me positive energy every day.	49%
COMMUNITY The city or area where I live is a perfect place for me. In the last 12 months, I have received recognition for helping to improve the city or area where I live.	47%
PHYSICAL In the last 7 days, I have felt active and productive every day. My physical health is near-perfect.	35%

WELL-BEING DIMENSIONS	THRIVING	ENGAGED
0	17%	12%
1	19%	23%
2	19%	40%
3	19%	50%
4	15%	63%
5	11%	72%

SOURCE: Gallup-Purdue Index Report 2014