

Engagement Self-Assessments: How To Engage

Throughout the term you will be asked to assess how you have been engaging yourself and engaging others in this course. *But what counts as “engaging yourself” and “engaging others”?* There is no single answer. Different people engage in different ways, and the self-assessments are designed to allow for and encourage diverse modes of engagement.

You should engage in this course in the way that feels most natural and beneficial to you. But to give you a sense of the various ways in which you might choose to engage, here is a list of some concrete examples. (Though you are, of course, welcome to engage in ways not listed below.)

Example ways of engaging yourself:

- contributing to discussions and activities in class
- contributing to discussions on our online discussion board (on Quercus)
- contributing to discussions on other online discussion boards related to the themes of the course (e.g., r/Stoicism on Reddit)
- keeping a personal journal or blog to record your thoughts about the course material
- seeking out resources beyond the assigned readings (e.g., books, articles, blogs, videos, podcasts, lectures, etc.) to learn more about the course material
- updating entries on our course wiki (“Pages” on Quercus) or on actual Wikipedia
- attending workshops, seminars, or other events related to the themes of the course
- creating zines, comics, poems, videos, paintings, podcasts, or other artistic works related to the themes of the course

Example ways of engaging and supporting others:

- responding to or signal-boosting the contributions others make to discussions and activities in class
- responding to or signal-boosting the contributions others make to discussion on our online discussion board (on Quercus)
- talking about course material with people not in the class (e.g., family members, friends, coworkers, etc.)
- starting conversations on social media (e.g., on Twitter or Facebook) related to the themes of this course
- sharing any resources beyond the assigned readings that you find (e.g., books, articles, blogs, videos, podcasts, lectures, etc.) that you think others would benefit from
- sharing your learning strategies, skills, and habits with others in the course
- organizing a study group, work group, or note-sharing group with others in the course