



CATALYST PROGRAM OVERVIEW

What is Catalyst?

Catalyst[®] is a one-day program designed for students interested in self-awareness and leader identity development. Participating in Catalyst is a first step in the life-long process of learning, exploration, and action.

Both an individual and community experience, Catalyst connects participants with one another and helps them learn about their own and others' authentic leadership stories. Throughout the day, participants will utilize their leadership strengths in service of the larger group.

Catalyst challenges participants to explore questions such as: What is my story? Who is in my support system? Who do I support? What are the causes and communities I care most about and how can I contribute? Together, Catalyst participants create a community in which meaningful conversations and inner exploration emerge as critical leadership skills.

Who should participate in Catalyst?

While Catalyst is appropriate for anyone who is interested in increasing their leadership capacity, program evaluation data demonstrates the highest impact occurs among students who are early in their leadership development journey on campus. Emerging leaders in student organizations, sports teams, and community groups who value authentic leadership will clarify and crystalize their leader identity at Catalyst.

What learning styles are employed in Catalyst?

The Catalyst curriculum employs a variety of learning strategies, including large group interaction, small group and pair-and-share conversations, and individual reflection through the Catalyst participant manual. Catalyst participants should be prepared for an interactive experience that departs from traditional, lecture-style learning.



CATALYST LEARNING OUTCOMES



YOUR ORIGIN STORY

Explore what it means to choose your own authentic path.



YOUR CHARACTERS AND POINT OF VIEW

Understand how you best connect and contribute to the groups and causes you care about.



YOUR NEXT CHAPTER

Commit to a plan to be a catalyst for yourself and the groups or communities you are part of.