

**2017–2018**  
Co-Curricular  
Organizer



**Dear Student,**

Our goal at Andrews University is to provide you with an excellent Christian education that will prepare you for a rewarding career and a fulfilling life.

In the Seventh-day Adventist tradition, that means developing the whole person—body, mind and spirit—for service to the world.

Recently, a major study of college graduates found that students who apply what they are learning in the classroom to co-curricular and workplace activities make better employees once they graduate.

Employers and graduate schools consistently ask for graduates who have both an academic degree and the kind of skills and qualities that can come from engaging with others in a variety of spiritual, leadership, service and student work opportunities.

The University's co-curriculum offers you these opportunities as part of your formal learning. Inspirational chapels, educational choices and experiential learning will add value to what you achieve in your degree program.

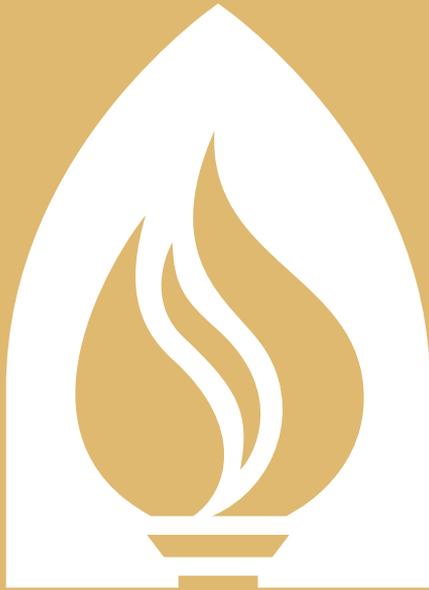
My hope is that you will invest yourself in the rich community of faith and learning that is Andrews University!



A handwritten signature in black ink that reads "Andrea Luxton". The signature is fluid and cursive, written in a professional style.

**Andrea Luxton**  
*President*

THE UNDERGRADUATE  
**CO-CURRICULUM**



**BODY | MIND | SPIRIT | WORLD**

**Faith & Learning Outside the Classroom**



# MY WHOLE LIFE

**A**n Andrews University education values the **whole person** and the **whole picture** of God's eternal plan for your life.

It develops your **physical, mental** and **spiritual** abilities and unites them for a higher purpose—the joy of serving others in **this world** with the hope of a better **world to come**.

Above all, an Andrews education points you to **Christ**, who has come that you *“may have life, and have it to the full”* (**John 10:10**).



CORPUS  
MENS  
SPIRITUS

# Engage Faith and Learning

## OUTSIDE THE CLASSROOM

You can engage faith and learning outside the classroom in three different ways. Each delivers the whole-person, whole-picture education at the heart of Andrews University's mission.

**CHAPELS & FORUMS** meet every **Thursday** from 11:30 a.m. to 12:20 p.m. in either Pioneer Memorial Church or the Howard Performing Arts Center. These University-wide programs feature a wide range of inspiring pastors, leaders, authors, students and alumni.

**CHOICES** meet every **Tuesday** from 11:30 a.m. to 12:20 p.m. in a number of locations. These include Academic Assemblies and Co-Curricular Short Courses.

- **Living-Learning Choices** occur as scheduled throughout the week in Lamson Hall, Meier Hall and University Towers.
- **Other Choices** are scheduled throughout the semester, including University Vespers, Student Concerts and Recitals, Student Gallery Openings, and approved educational or spiritual programs planned by student organizations and campus departments.

**CHANGES** is a program that offers up to 10 co-curricular credits to students who document and reflect on their involvement in leadership, ministry, community service, or professional and workplace opportunities. This is done by completing the Changes Form.





# LEARN. ANYWHERE.

## The Changes Program

### RECEIVE CO-CURRICULAR CREDIT FOR YOUR EXPERIENCE

#### If you are involved in a

- Campus Ministry
- Cardinal Athletic Team
- Community Agency
- Local Church
- Professional Conference
- Student Organization
- University Committee
- Volunteer Opportunity
- Workplace

#### You may be developing

- Character Qualities
- Communication Skills
- Creative Skills
- Interpersonal Skills
- Leadership Skills
- Organizational Skills
- Research Skills
- Technical Skills
- Productivity Skills

### COMPLETE THE CHANGES FORM IN ORGSYNC

- Receive up to 10 co-curricular credits per semester for up to 10 hours of leadership, service or professional experience.
- Document and reflect on your learning and growth using the CHANGES Form. A supervisor, sponsor, coach, professor, pastor, etc. must validate your involvement.
- Access the CHANGES Form on the OrgSync Co-Curricular page.

# TUESDAY CHOICES

August–September

<b>Aug 29</b>	Academic Assemblies	<i>Academic Departments</i>
<b>Sept 05</b>	Short Courses—Block 1.1	<i>Various Locations</i>
<b>Sept 12</b>	Short Courses—Block 1.2	<i>Various Locations</i>
<b>Sept 19</b>	Fall Week of Prayer	<i>PMC</i>
<b>Sept 26</b>	Short Courses—Block 1.3	<i>Various Locations</i>



## Thursday Theme—**Bold as Lions: Justice is Calling**

“Administer true justice; show mercy and compassion to one another. Do not oppress the widow or the fatherless, the foreigner or the poor. Do not plot evil against each other.” Zechariah 7:9–10

Having beliefs and values without corresponding actions is like having the owner’s manual to a Ferrari but no sports car to show for it. Passive support for justice creates apathy toward courageous acts and reduces advocacy to snaps, tweets and posts. We may voice our protest but fall short of actually living in opposition to harms committed in our fallen world. Throughout the 2017–2018 school year, we will echo God’s call to “administer true justice.” We will identify areas in our everyday life where active advocacy is needed. We will identify with the pain and suffering of our neighbors and agree with the cry of our Creator—Justice is Calling.

# THURSDAY CHAPEL

August–September

**Aug 31 ::** President **Andrea Luxton** will address students, faculty and staff at the annual University Convocation, which officially opens the 2017–2018 school year. Andrews faculty will process in full academic regalia and a “Party on the Green” will follow the service.



Convocation  
PMC

**Sept 07 ::** **Jessica Yoong** is a senior chemistry major in the pre-medicine program and president of the Andrews University Student Association. She and her fellow AUSA executive officers and senators represent the interests of undergraduates and will set their vision for the year ahead.



Forum  
HPAC

**Sept 14 ::** **Change Day**, Andrews University’s first service event, invites all students, faculty and staff to make a difference in the community. Commemorating J.N. Andrews’ own world-changing journey, we will “set forth” for a day of serving others right here at home.



Change Day



**Sept 18–22 ::** **David Franklin** is lead pastor of the Miracle City SDA Church in Baltimore, Maryland and co-host of “Let’s Pray,” a live show on the Hope Channel committed to connecting people to Jesus through prayer. A native of northern California, he heard the call to ministry during a year of missionary service in Zambia, Africa. While attending the Seventh-day Adventist Theological Seminary, he led FUSION, a multi-cultural campus ministry, and married his wife Cynthia. They are the parents of two sons.

Week of Prayer  
PMC

**Sept 28 ::** **Carl Wilkens** leads the non-profit World Outside My Shoes. The only American to remain in Rwanda during the 1994 genocide, his experience has been shared in two documentaries and a book titled “I’m Not Leaving.” He is now committed to building bridges of peace with “The Other.”



Chapel  
PMC

# TUESDAY CHOICES

October

<b>Oct 03</b>	Short Courses—Block 1.4	<i>Various Locations</i>
<b>Oct 10</b>	Fall Break	
<b>Oct 17</b>	Short Courses—Block 1.5	<i>Various Locations</i>
<b>Oct 24</b>	Academic Assemblies	<i>Academic Departments</i>
<b>Oct 31</b>	Short Courses—Block 2.1	<i>Various Locations</i>

## Co-Curricular Short Courses

Co-curricular short courses offer opportunities for personal, academic, professional and leadership development that complement your regular academic classes. These five-session courses are not graded, but you will receive one co-curricular credit for each weekly session you attend. If you attend all five sessions and complete a course assessment, you receive an additional, **sixth** co-curricular credit. Short courses meet on Tuesdays during the 11:30 a.m. to 12:20 p.m. period. A list of courses for each block will be emailed to you in advance and also posted in OrgSync



BLOCKS	SESSION DATES
<b>Short Courses—BLOCK 1</b>	Session 1—Sept 09 Session 2—Sept 12 Session 3—Sept 26 Session 4—Oct 03 Session 5—Oct 17
<b>Short Courses—BLOCK 2</b>	Session 1—Oct 31 Session 2—Nov 07 Session 3—Nov 14 Session 4—Nov 21 Session 5—Nov 28
<b>Short Courses—BLOCK 3</b>	Session 1—Jan 16 Session 2—Jan 30 Session 3—Feb 06 Session 4—Feb 13 Session 5—Feb 20
<b>Short Courses—BLOCK 4</b>	Session 1—Mar 06 Session 2—Mar 13 Session 3—Mar 27 Session 4—Apr 03 Session 5—Apr 10

# THURSDAY CHAPEL

October



## A HEALTHY U

- Build Physical Fitness
- Maintain Balanced Nutrition
- Achieve Personal Wellbeing

**Oct 05 :: Damian Chandler** is lead pastor of the Capitol City SDA Church in Sacramento, California. Born in Canada, raised in Barbados, educated at Oakwood and Andrews, his call to ministry began as a teen in a church that met in his parents' basement. He and his wife Tanzy parent three children.



Chapel  
PMC

**Oct 12 :: Leslie Samuel** is a teacher and blogger who helps others create inspiring and world-changing content. His website ([becomeablogger.com](http://becomeablogger.com)) has been featured by Fast Company, Business Insider and Entrepreneur. He and his wife Marguerite, both Andrews alumni, have two children.



Chapel  
PMC

**Oct 19 :: REFRAME** is a live, interactive discussion with the goal of seeing things from a new perspective. Panelists will be asked to take truths that have guided Christians for generations and reframe them for our 21st-century context. We'll be looking for practical, relevant, out-of-the-box ideas.



Chapel  
PMC

**Oct 26 :: Ken Nwadike Jr** is a peace activist and video journalist. Founder of the Free Hugs Project, his videos spreading love and social awareness have reached hundreds of millions of views. As a former homeless student, he is now an advocate for homeless teens.



Forum  
HPAC

# TUESDAY CHOICES

November–December

<b>Nov 07</b>	Short Courses—Block 2.2	<i>Various Locations</i>
<b>Nov 14</b>	Short Courses—Block 2.3	<i>Various Locations</i>
<b>Nov 21</b>	Short Courses—Block 2.4	<i>Various Locations</i>
<b>Nov 28</b>	Short Courses—Block 2.5	<i>Various Locations</i>
<b>Dec 05</b>	Academic Assemblies	<i>Academic Departments</i>



## A SUCCESSFUL U

- Sharpen Academic Skills
- Boost Creative Capacities
- Ensure Career Readiness



Please remember to check your Co-Curricular Record in Vault on a regular basis. Missing credits must be reported within 21 days of the actual event.

# THURSDAY CHAPEL

November–December

**Nov 02 :: Rebecca Puii** is a junior nursing major at Andrews. Born and raised in Myanmar, she spent some of her teenage years in the Philippines before coming to the United States in 2012. She feels privileged to have the Creator of the entire universe as her best friend.



Chapel  
PMC

**Nov 09 :: Cassie Hales** is a senior marketing major at Andrews and also pursuing a minor in leadership. Hailing from Magnolia, Delaware, she appreciates that God sees the bigger picture even when we cannot—that we can trust Him to guide us through seemingly impossible situations.



Chapel  
PMC

**Nov 16 :: Kevin McDonald** is chief diversity, equity and inclusion officer for the University of Missouri System and vice chancellor of the same for the University of Missouri. An alum of Andrews, he holds a law degree from Ohio State University and a doctorate from University of Rochester.



Forum  
HPAC

**Nov 30 :: Iki Taimi** is lead pastor of the Gardena Genesis Community Church, a congregation he helped to establish in his home town of Los Angeles. A Tongan-born native, with degrees from Pacific Union College and La Sierra University, he and his wife, Melanie, are the parents of two children.



Chapel  
PMC

**Dec 07 :: The Christmas season** is short at Andrews University, crammed with tests and long overdue projects. So when you can, it's good to stop and enjoy the sights and sounds of the Season. Join the Department of Music for a special Yuletide program filled with Christmas cheer and reflections on the greatest Gift of all. And wherever you may go over the break, we wish you and your loved ones Happy Holidays!



Chapel  
PMC

# TUESDAY CHOICES

January–February

<b>Jan 09</b>	Academic Assemblies	<i>Academic Departments</i>
<b>Jan 16</b>	Short Courses—Block 3.1	<i>Various Locations</i>
<b>Jan 23</b>	Spring Week of Prayer	<i>PMC</i>
<b>Jan 30</b>	Short Courses—Block 3.2	<i>Various Locations</i>
<b>Feb 06</b>	Short Courses—Block 3.3	<i>Various Locations</i>



## #AULetsTalk

Thursdays, 7 p.m., Garber Auditorium

Let's talk about what's on your mind after select Thursday Forums. How do you feel about what was presented? Do you agree or disagree? Can you apply it to your life?

Come and practice the art of civil discourse, moving from contentious argument to respectful dialogue. Our goal is a healthier, more resilient campus—where students can talk and listen to one another with understanding as the goal. We will feature a panel of students, faculty and staff with a moderated discussion on each topic.

**Oct 26**—Justice Calling: Peace

**Feb 15**—AUSA: Officer Candidates

**Nov 16**—Justice Calling: Diversity

**Feb 22**—Justice Calling: Stories

**Jan 11**—Justice Calling: Forgiveness

**Mar 08**—Faith & Entrepreneurship

“Civility does not...mean the mere outward gentleness of speech cultivated for the occasion, but an inborn gentleness and desire to do the opponent good.”

—Mahatma Gandhi

# THURSDAY CHAPEL

January–February

**Jan 11 :: Sharon Risher** was a chaplain and trauma specialist who lost her mother, two cousins and childhood friend in a 2015 church shooting in Charleston, North Carolina. Following that tragedy, she has now become a public figure, speaking with candor about race, violence and forgiveness.



MLK Forum  
HPAC

**Jan 18 :: Arlyn Drew** is an adjunct professor of religion at Andrews, a PhD candidate in systematic theology and the teaching pastor at the multiethnic Living Word Fellowship. Previously a family medicine physician, she parents six children with her husband Kevin.



Chapel  
PMC

**Jan 22–26 :: Elizabeth Talbot** is speaker and director for the Jesus 101 Biblical Institute, a media ministry of the Adventist church. Born in Argentina to missionary parents, she has authored numerous books and earned degrees in organizational behavior (MA) and biblical studies (PhD). After working in the business world for many years, she now travels internationally to share the good news of Jesus Christ. For more information go to [www.Jesus101.tv](http://www.Jesus101.tv).



Week of Prayer  
PMC

**Feb 12 :: Michael Nixon** is the new VP for Diversity & Inclusion at Andrews. As an alum, he has served as legal coordinator for the Fair Housing Justice Center in New York City and is co-founder of Against the Wall, a movement for racial reconciliation. He and his wife Tacyana have one daughter.



Chapel  
PMC

**Feb 08 :: Heather Thompson Day** is an author and speaker. Her latest book is titled “The God Myth and Other Lies.” A doctoral candidate, she teaches communication courses at Southwestern Michigan College, Ferris State and Andrews. She and her husband Seth are raising two children.



Chapel  
PMC

# TUESDAY CHOICES

February–March

<b>Feb 13</b>	Short Courses—Block 3.4	<i>Various Locations</i>
<b>Feb 20</b>	Short Courses—Block 3.5	<i>Various Locations</i>
<b>Feb 27</b>	Academic Assemblies	<i>Academic Departments</i>
<b>Mar 06</b>	Short Courses—Block 4.1	<i>Various Locations</i>



## Learn to be a **CRITICAL THINKER**

One of the goals of a university education is to become a critical thinker. This involves engaging with multiple perspectives while testing and sharpening your own views. You may not agree with everything that is presented by our speakers—and that's okay. Critical thinkers learn to ask good questions, are open to having their ideas challenged, and constantly seek to understand issues more broadly and clearly.

“Examine everything carefully;  
hold fast to that which is good.”  
1 Thessalonians 5:21



# THURSDAY CHAPEL

February–March



## A COMMITTED U

- Engage in Faith Development
- Seek Spiritual Support
- Pursue a Life Purpose

**Feb 15 :: Candidates** running for executive office in the Andrews University Student Association will present their election platforms in a series of speeches just before polls open in the 2018 election. Hear directly from aspiring leaders and become an informed voter.



Forum  
HPAC

**Feb 22 :: Kane Smego** is an international touring spoken-word poet and cultural diplomat. A National Poetry Slam finalist, he co-founded the award-winning youth arts non-profit, Sacrificial Poets. His work focuses on storytelling and social justice through the use of the arts and spoken word.



Forum  
HPAC

**Mar 01 :: Katia Reinert** is associate director of health ministries for the General Conference of Seventh-day Adventists. As a family nurse practitioner and public health clinical nurse specialist, she focuses on spirituality and health and the wholistic treatment of physical, mental and emotional disorders.



Chapel  
PMC

**Mar 08 :: Jeff Tatarчук** is a theologically trained entrepreneur and evangelist. He and his wife, Joyce, own and operate Life RX Fitness in Berrien Springs. He is also the founder and CEO of Fruition Lab, a non-profit that inspires, educates and connects faith-driven entrepreneurs.



Forum  
HPAC

# TUESDAY CHOICES

March–April

<b>Mar 13</b>	Short Courses—Block 4.2	<i>Various Locations</i>
<b>Mar 20</b>	Spring Break	
<b>Mar 27</b>	Short Courses—Block 4.3	<i>Various Locations</i>
<b>Apr 03</b>	Short Courses—Block 4.4	<i>Various Locations</i>
<b>Apr 10</b>	Short Courses—Block 4.5	<i>Various Locations</i>
<b>Apr 17</b>	Academic Assemblies	<i>Academic Departments</i>
<b>Apr 24</b>	Awards Celebrations	<i>HPAC</i>



## A BETTER U

- Gain Cultural Competence
- Practice Service to Others
- Develop Leadership Ability



# THURSDAY CHAPEL

March–April

**Mar 15 :: REFRAME** is a live, interactive discussion with the goal of seeing things from a new perspective. Panelists will be asked to take truths that have guided Christians for generations and reframe them for our 21st-century context. We'll be looking for practical, relevant, out-of-the-box ideas.



Chapel  
PMC

**Mar 29 :: MyRon Edmonds** is lead pastor of Grace Community SDA Church in Euclid, Ohio. With a DMin from Andrews, he is a dynamic speaker who confronts contemporary issues both inside and outside the church. He and his wife Shanee are parents to two teenage children.



Chapel  
PMC

**Apr 05 :: David Kim** is a senior executive at a global financial services company and a former cellist with the Hong Kong Philharmonic. As an Adventist businessman, he is co-founder of the Nicodemus Society, a ministry focused on reaching the wealthy, worldly and well-educated. He lives with his wife Grace and their children in Philadelphia.



Chapel  
PMC

**Apr 12 :: Jephthah Ndlovu** is a sophomore aviation major at Andrews. Born and raised in Zimbabwe, he has always aspired to be a pilot. He is confident that there is an inevitable Countdown to Heaven. And although he yearns to gain wings, he believes that eternity is all that counts.



Chapel  
PMC

**Apr 19 :: Ruth Burn** is a freshman pursuing a double major in English and religion at Andrews. A Berrien Springs native, her family originates from South Africa. She readily names Jesus as her closest friend and says that His love is what makes life on this planet worth living.



Chapel  
PMC

**Apr 26 :: Campus Ministries, Student Life and AUSA** invite you to look back over the year and then forward to a summer of opportunities ahead. We'll also take time to honor our seniors who will be graduating in just a few days. Let's make this a great send-off for everyone!



Chapel  
PMC

# LIVING-LEARNING CHOICES

## LAMSON HALL

	7:30 p.m.	8 p.m.	9:30 p.m.
Sun		<b>Virtuous+Capable</b> 2nd Middle East Lobby <i>(women only)</i>	
Mon			<b>Cultivate: Prayer</b> <b>Cultivate: Scripture</b> <b>Cultivate: Steps to Christ</b> 1st, 2nd, 3rd Floors
Tues		<b>Professors in Residence</b> LH Chapel	
Wed	<b>Grown (Life Skills)</b> Living Learning Center <i>(women only)</i>		
Thurs			<b>Synthesis</b> LH Chapel—Spring Semester



# LIVING-LEARNING CHOICES

## UNIVERSITY TOWERS

	8 p.m.
Mon	Life After AU (UT Auditorium)
Thur	Deans' Worship (UT Auditorium)

## MEIER HALL

	Fall	Spring
Sun 9:30 p.m. MH Chapel	<b>The Perspective</b> Sept 24, Oct 15, Nov 12	<b>The Perspective</b> Jan 28, Feb 25, Apr 4
Mon 9:30 p.m. MH Chapel	<b>TVMA—A Documentary Series</b> Sept 25; Oct 2, 9, Oct 30; Nov 6, 13	<b>TVMA—A Documentary Series</b> Jan 8, 15, 22; Feb 12, 19, 26
Tues 9:30 p.m. MH Chapel	<b>Odgeo Symposium</b> Sept 5; Oct 17; Nov 14, 28 <i>(men only)</i>	<b>Odgeo Symposium</b> Jan 23; Feb 20; Mar 27; Apr 10 <i>(men only)</i>
Wed 9:30 p.m. MH Chapel	<b>The Exchange</b> Every Week	<b>Life 101</b> Jan 17, 31; Feb 14, 28; Mar 14, 28; Apr 4, 18
Thur 2–9 p.m. MH Health Club	<b>Circuit   Max 4</b> <i>(men only)</i>	<b>Circuit   Max 4</b> <i>(men only)</i>
Thur 9:30 p.m. MH Chapel	<b>Synthesis</b>	
By Week 6:30–8 p.m. MH Lobby	<b>You're Hired</b> Resume Week: Sept 10–14 Profile Photo Week: Oct 8–12 Social Media Week: Nov. 5–9	<b>You're Hired</b> Interview Week: Jan 7–11 Resume Week: Feb 4–8

**PLEASE NOTE:** Living-Learning Choices are open to **all students**, except where noted as *women only* or *men only*.

# MORE CHOICES

## Proximity Vespers



**Proximity Vespers** takes place every Friday evening at 7:30 p.m. Smaller vesper programs hosted by student clubs, academic departments or faculty and staff also meet periodically. If your organization is planning one of these and would like to offer co-curricular credit, please mention it on your Event Approval form in OrgSync.

## Grow Groups

**Grow Groups** are an excellent way to connect with other students and church members around a common interest or Bible study topic. Some Grow Groups will meet on Tuesdays at 11:30 a.m., others at various times. If you would like to join a Grow Group or talk to someone about starting one of your own, contact the PMC office.



# MORE CHOICES

## Art Gallery Openings

**Art Gallery Openings**, featuring the work of student photographers and artists, will be announced throughout the year. You will be the first to view original artwork and have an opportunity to interact with those who created it. Check campus posters and the Andrews website for more information about upcoming openings.



## Music Concerts and Recitals



**Department of Music Concerts and Recitals** offer the opportunity to enjoy the rich musical talent on campus and to gain an appreciation for a wide variety of genres and composers. To receive credit, please scan in and out of the program with the co-curricular usher, stationed at the concessions booth in the Howard Performing Arts Center lobby.

# QUESTIONS & ANSWERS

**Why is it required?** The University's educational plan is built on three pillars: General Education (to provide a broad foundation), Co-Curricular Education (to enhance personal and professional development), and an Academic Major (to gain disciplinary knowledge and skills). All three are an essential part of earning an Andrews degree.

**How much does it cost?** The co-curricular fee is charged at the *end* of the semester and accumulates on the basis of non-participation. There will be a fee of \$25 for the first credit short of the requirement and \$13 for every credit short thereafter. A maximum of \$402 may be charged to traditional students and \$142 to non-traditional students, per semester. As an incentive for participation, this fee can be minimized or completely eliminated by fulfilling the requirement.

**What if I don't participate?** Just like classes, you must complete at least 60 percent of the requirement in order to pass. A failure to pass places you on co-curricular probation. This will be noted on your iVue account. Your academic registration may be put on hold if your participation does not return to a satisfactory level the following semester.

**Who keeps track of co-curricular credits?** The Student Life office takes attendance at events and records all credit. However, students are responsible for keeping track of their online record throughout the semester.

**How do I view my co-curricular record?** Go to Andrews Vault and click on "The Co-Curriculum" link. Check your co-curricular record every couple of weeks. Also, please read your Andrews email. We use this to send important updates throughout the semester.

**What if a credit is missing from my record?** You must report it within 21 days using the "missing programs" link in your co-curricular record in Vault. Credit will not be restored for programs at which you failed to scan, sign-in, or did not have your ID card. Those missing three or more programs should report the problem in person to the Student Life office.



To find the latest information about co-curricular events, click on the Co-Curricular Education page in OrgSync. A link to OrgSync is located on the Current Students tab of the Andrews website.

# PROGRAM REQUIREMENTS

## What is Required?

	Traditional Students	Non-Traditional Students*
<b>Tuesday/Thursday Programs</b>	15 credits minimum	No minimum
<b>Total Required</b>	<b>30 Credits</b>	<b>10 Credits</b>

\* **Non-Traditional Students** are students 25 years and older and/or parents with a child in their care. Non-traditional students may fulfill their requirement by viewing programs online. Please contact the Student Life office for details.

### Tuesday/Thursday Minimum | 15 credits

The 11:30 a.m.–12:20 p.m. period each Tuesday and Thursday is set aside for co-curricular programs. Please treat this period as any other class commitment when setting your schedule.

Of the 30 credits required of first year and traditional undergraduates, a minimum of 15 must come from programs offered during this period (all morning Week of Prayer programs also count toward this minimum).

### Co-Curricular Exemption | 120+ Earned Academic Credits

Students who begin a semester with 120 or more earned academic credits on their University Academic Record in iVue will be exempted from the co-curricular requirement after the drop/add date. If you do not see confirmation of your exemption after this date in Vault, do not assume that you are exempt. Please contact the Student Life office for clarification of your status.

### PLEASE REMEMBER:

Check your Co-Curricular Record in Andrews Vault on a regular basis. Missing credits must be reported within 21 days of the actual event.

## MY WHOLE WEEK

Focus each day on becoming  
Stronger. Healthier. You.



## STRESS-FREE SUNDAY

Do not be *anxious* about anything, but present your requests to God. Philippians 4:6

**Plan ahead today!**  
Get organized.  
Visualize your success.

## MINDFUL MONDAY

May my *meditation* be pleasing to him, as I rejoice in the Lord. Psalm 104:34

**Take a break today!**  
Find some quiet.  
Breathe deeply.  
Reflect on your life.

## TASTY TUESDAY

So whether you *eat or drink*, do it all for the glory of God. 1 Corinthians 10:31

**Eat healthy today!**  
Lots of fruits and veggies. Avoid fried and processed foods.

## WORKOUT WEDNESDAY

Love the Lord with all your heart, soul, mind and *strength*. Mark 12:30

**Get moving today!**  
At least 10,000 steps.  
Train all major muscles.  
Stretch all major joints.

## THOUGHTFUL THURSDAY

Therefore *encourage* one another and build each other up. 1 Thessalonians 5:11

**Be nice today!** Thank a family member.  
Encourage a friend.  
Be kind to a stranger.

## FLUID FRIDAY

With joy you will draw *water* from the wells of salvation. Isaiah 12:3

**Drink water today!**  
Consume at least eight cups. No sugary drinks, juice, coffee or tea.

## SPECTACULAR SABBATH

This is the day the Lord has made. *Rejoice* and be glad in it. Psalm 118:24

**Be glad today!** Rest. Worship. Get out in nature. Read. Reflect. Pray. Bless others.

## Questions?

Contact the co-curricular records manager or Steve Yeagley, director of co-curricular education, at the Student Life office (269-471-3215; [slife@andrews.edu](mailto:slife@andrews.edu)).





ANDREWS UNIVERSITY  
7-DAY ADVENTIST HIGHER EDUCATION

# Andrews University

Berrien Springs, Michigan 49104  
andrews.edu 800-253-2874

