

CONNECTION BETWEEN BE BETTER AND IOWA GROW®

WHAT IS THIS? Be Better is a campus wide initiative that supports leadership development. This document outlines the connection between Be Better and Iowa GROW®.

The University of Iowa offers endless opportunities for students to grow and develop. Be Better helps students connect to academic and co-curricular experiences where they can use their strengths and develop key skills to improve as students, leaders, employees, and citizens.

Why are we focusing on strengths and skills? Because everyone has talents that can help them, but there are also skills that we know are essential to success as a citizen and a leader.

Be Better helps students:

- *better articulate what is learned from their classes, their major(s), and co-curricular experiences*
- *practice transferring learning across contexts*
- *gain self-awareness and reflect on their learning*
- *develop and improve the knowledge and skills employers are seeking from new and recent graduates*

Student employment is one of many opportunities that help students “Be Better”. Student employment in and of itself is a protective factor – students employed on campus are more likely to stay in school and to graduate. But, Iowa GROW® helps student employment also be a learning experience – something that helps students practice the key skills they need to be successful at work, in the classroom, and later in their careers.

In addition to the core four questions, we’ve added questions you can ask your student employees about particular skills, such as conflict negotiation, diversity, or how they can use their strengths at work and in class.