Meet The Challenge

The purpose of the Meet The Challenge Awards is to recognize students who exemplify the values promoted by The IOWA Challenge through their actions within the University of Iowa and surrounding communities. Students who are engaged on campus and in the community often do the work that they do because it is fulfilling to them, not for recognition. The Meet The Challenge Awards will help us to recognize and communicate the many ways our students Excel, Stretch, Engage, Choose, and Serve.

Meet The Challenge is a collaborative program between the Center for Student Involvement & Leadership and Office of the Dean of Students. Our goal is for applicants/nominators to tell us which of the values promoted by The IOWA Challenge students are demonstrating within the University of Iowa and surrounding communities. Students can apply themselves or they can be nominated by a University or community member who believes their nominee exemplifies the values promoted by The IOWA Challenge. Each year one winner will be selected for recognition in each of the five IOWA Challenge areas. Winners will receive a $500 award sponsored by the Office of the Provost and the Office of the Vice President for Student Life.

In 500 words or less, how do you or your nominee Meet The Challenge area (Excel, Stretch, Engage, Choose, or Serve) for which they are being nominated? If you would like to nominate someone or apply yourself for more than one area, you will need to complete an Application/Nomination Form and essay for each area.

The IOWA Challenge

As a University of Iowa student, you become part of the Hawkeye family—students and alumni transformed by their experiences at Iowa. The University asks you to follow their example and rise to the challenge of these five expectations:

Excel. Academic excellence means setting and meeting high standards for yourself as a student. Faculty, staff and other students will ask you to work hard and push yourself intellectually. We expect a lot of you; you should expect only the best from yourself and the University.

Stretch. At Iowa, you will find diversity of people, ideas, opportunities, and experiences. That diversity is one of the benefits of being an Iowa student. Step away from the familiar, try new ideas, experience new cultures, and learn from people different from yourself.

Engage. You will be a more successful student and enjoy yourself more if you spend your time and energy on activities that matter. The University of Iowa offers almost limitless opportunities and the resources to help you become a leader in and out of the classroom. Take advantage of them.

Choose. Every day you make decisions that affect your education and your future. Take your choices seriously and use your freedom wisely. Your Iowa education is what you make it. Make it something you and your university can be proud of.

Serve. As an Iowa student, you are a member of many communities, on and off the campus. You have the opportunity and responsibility to be a good neighbor and citizen and to serve the community. Make your community a great place to live.
Meet The Challenge Awards
2013-2014 Application/Nomination Form

Each Submission Must Include this Page

On an attached page, please provide a detailed explanation about why you are applying for an award or why you are nominating an individual for an award. **In 500 words or less, how do you or your nominee Meet The Challenge area (Excel, Stretch, Engage, Choose or Serve) for which they have applied or are being nominated?** Both nominations and self-applications are accepted.

Please check ONE category only. If you would like to nominate someone or apply yourself for more than one area, you will need to complete an Application/Nomination Form and essay for each category.

- [ ] Excel
- [ ] Stretch
- [ ] Engage
- [ ] Choose
- [ ] Serve

**Nominee/Applicant Information**

Name of Applicant/Nominee:__________________________________________________________

*Phone:_________________________________ *E-mail:_________________________________

*University Address:_____________________________________________________________

Name of Nominator:______________________ Relationship to Nominee:____________________

Nominator’s E-mail Address:_________________________ Nominator’s Phone:_____________

*This information must be included so the nominee can be contacted.

**Completed applications are due to the Center for Student Involvement & Leadership (145 IMU) by 4:00 PM on Friday, March 28, 2014.**

All responses should be no more than 500 words.
The following details are taken from The IOWA Challenge Website (thechallenge.uiowa.edu) and may help you detail how you/your nominee Meets The Challenge at The University of Iowa.

Excel

The IOWA Challenge puts academic achievement first, emphasizing that the University expects students to excel—and that the commitment to excellence comes from students themselves. The following tips can help students meet this challenge:

- Set and pursue ambitious academic objectives that advance your overall goals and challenge your abilities. Setting goals is a great way to stay focused and motivated.
- You’re responsible for your own success, but University advisers, faculty mentors, and others can help you define your goals and determine how to meet them.
- Use campus resources early and often—don’t wait until it’s too late, and don’t hesitate to ask for assistance. Knowing when to seek help shows that you’re committed to your goals.
- Stay active in class and beyond. Interact with your instructors, ask questions, take advantage of office hours, and get involved in research.

Stretch

Living and learning in a diverse environment is central to a University of Iowa education and to the principles established in The IOWA Challenge. The range of people, ideas, and opportunities at the University help UI students learn from each other, discover personal goals, and develop essential skills for education, life, and work:

- All of us achieve our best only in an environment that respects differences in backgrounds, perspectives, and beliefs.
- Be open to considering new ideas that challenge your personal viewpoints—hear people out, and listen without judgment.
- Actively seek out ways to meet people who are different from you.
- Take classes in subjects you haven’t studied before, and find things to do on and off campus that you’ve never tried.

Engage

A University of Iowa education takes place both within and beyond the classroom, and The IOWA Challenge calls on students to be active participants in campus and community life:

- Co-curricular activities, volunteer service, and employment complement classroom education—they can even help you be a better student.
- Getting involved helps you form friendships and support networks that make a big school seem smaller.
- Campus and community activities help you develop leadership, teamwork, and other skills that will prove beneficial for the rest of your life.
- Take the initiative and learn what inspires you. Then you can focus on one or two activities that are personally meaningful and give them your all.
- Be fully engaged in your classes, too—form study groups, talk about the material, and interact with your instructors.

**Choose**

Many UI students are learning to make decisions that affect not only their college experiences, but also their lives beyond the University. The IOWA Challenge urges students to make choices deliberately and thoughtfully, keeping overall goals in sight:

- Choose a path that’s right for you—don’t let others choose for you, and surround yourself with people who support your choices.
- As a student, you’ll be asked to set priorities and make choices in new ways. It’s okay to make mistakes, but learn from the consequences of your decisions.
- Becoming a UI student can be liberating, but the demands can be unexpected, exhausting, and sometimes stressful. Learn when to seek advice or assistance.
- Don’t be afraid to take risks that help you explore your goals, but don’t feel obligated to do things that aren’t in your best interests.

**Serve**

UI students contribute not just to their university, but to their larger communities, too. Service and citizenship offer opportunities for growth, lessons for a lifetime, and feelings of accomplishment:

- Contributing to the community where you live provides a sense of belonging and leaves each place better than you found it.
- As a student, you’re an ambassador for the University and for your fellow students—let your actions show your respect and Hawkeye pride.
- Make service a regular part of your life, and give back to campus and community in ways you can be proud of.
- Lead by example every day. You don’t have to be president of a student organization to be a true leader.