



**RAM PLAN**  
*co-curricular  
experience*

WEST CHESTER UNIVERSITY STUDENT AFFAIRS

# CO-CURRICULAR TRANSCRIPT

# 2023-2024

# Faculty

# Guide

*This guide will be updated regularly as new programs are approved and the contacts change. This guide will be published on the Faculty/Staff Tab at [wcupa.edu/ramplan](http://wcupa.edu/ramplan).*

# Why?

In their academic life, students have a transcript that shows what they learned in their major. Now students also have a transcript that shows what they learn in their experiences outside the classroom. We're asking for your help with supporting students in building their co-curricular transcript and helping expand the number of programs offered.

# How?

Help students build their co-curricular transcript and learn how to best utilize it by:

- Incorporating some of the Ram Plan programs into your courses.
- Providing space and time for students to participate in the Ram Plan Training program during your class.
- Requesting a copy of students' co-curricular transcripts.
- Asking students to create a co-curricular education plan (available on the Ram Plan D2L site).
- Asking for students' co-curricular transcripts before writing reference letters.
- Encouraging students include the co-curricular transcript in their scholarship, job, internship, and graduate school applications and interviews.

Help expand the Ram Plan: Co-curricular Transcript by:

- [Recommending programs](#) and encouraging students to do the same.
- Submitting a [Ram Plan program application](#).
- Applying to serve as a member of the Ram Plan Review Committee.

Questions?

Email [ramplan@wcupa.edu](mailto:ramplan@wcupa.edu).

# Behind the Scenes

Each program is vetted by the Ram Plan Co-curricular Review Committee to ensure the programs are:

- Offered regularly on a long-term basis;
- Grounded in theories, models and best practices; and
- Based on 1-3 learning outcomes that are embedded into the program materials and assessed.

The departments who offer the programs are responsible for scoring the assessments, notifying students of their assessment scores, offering opportunities to re-take assessments (as appropriate), and adding the program to students' transcripts within 30 days from the end of the program. In cases where students need to re-take an assessment, an extension may be necessary.

# Worth Noting

In most cases, students are not required to take the Ram Plan program assessments. It is their choice; however, the program will not be listed on their transcript until they pass all of the assessment questions related to the program learning outcomes.

Students have the right to appeal their assessment score.

Students have the right to remove a program from their transcript at any time and for any reason.

Students can recommend programs they would like to see offered.

See the [Ram Plan Policies and Forms](#) webpage for more information.,



# Asynchronous Experiences

**Add any of these programs to your syllabus as homework assignments or extra credit opportunities. Ask students to share a copy of their co-curricular transcript once they have successfully passed the assessment and the program has been added to their transcript.**

## Program Title

4-Step Strategy for Evaluating Online Sources

All About Anxiety

Creating a Co-Curricular Education Plan

Event Planning 101

Event Planning 102

Fraternity & Sorority Potential New Member Orientation

Introduction to Experiential Learning

Preparing for the Involvement Fair  
Involvement

Seeking Counseling: When? How? Who?

Sober Monitor Training

Student Cybersecurity Awareness (required annually for all students)

Student Research Rights

Sykes Union Building Tour

## Contact Person

Grace Liu, University Libraries

Meg Hoffer-Collins, Counseling Center

Amanda Thomas, Office of the Vice President for  
Student Affairs

Clayton Kolb, Sykes Union & Student Activities

Clayton Kolb, Sykes Union & Student Activities

Elisa Oliver, Fraternity & Sorority Life

Amanda Thomas, Office of the Vice President for  
Student Affairs

Kimmy Farrer, Student Leadership &

Bree Gould & Ken Volk, Counseling Center

Stephen Hopson, Fraternity & Sorority Life

Lauren Keefe, Ed Tech & User Services

Amanda Thomas, Office of the Vice President for  
Student Affairs

Clayton Kolb, Sykes Union & Student Activities

**See the [Ram Plan Catalog](#) for more details on each program.**

# Available By Request

**These programs are available to be offered during classes. Reach out to the contact person early to request their availability. Ask students to share a copy of their co-curricular transcript once they have successfully passed the assessment and the program has been added to their transcript.**

## **Program Title**

Any Ram Can: Bystander Intervention

Discovering Well-Being

From Allyship to Advocacy

Learning Toward Social Justice

Microwaves & Mini-Fridges: Eating Nutritiously on the Go

Ram Plan Training

Rams Step Up!

Shift Happens: Understanding the Social Norms about

Substance Abuse

Understanding Your StrengthsQuest Top 5

## **Contact Person**

Jayme Trogus, Office of Wellness Promotion

Jayme Trogus, Office of Wellness Promotion

Kristin English, Center for Trans & Queer  
Advocacy

Clayton Kolb, Sykes Union & Student Activities

Jayme Trogus, Office of Wellness Promotion

Sara Hinkle, Office of the Vice President for  
Student Affairs

Lindsey Mosvick, Center for Women & Gender  
Equity

Jayme Trogus, Office of Wellness Promotion

Clayton Kolb, Sykes Union & Student Activities

**See the [Ram Plan Catalog](#) for more information**

# August

**Students can attend these programs on their own time or you may be able to schedule these as an in-classroom experience. Reach out to the contact person to learn more. Ask students to share a copy of their co-curricular transcript once they have successfully passed the assessment and the program has been added to their transcript.**

## **Program Title**

Choices About Cannabis

Commuter Success Workshop

Decisions About Drinking

Designing Program Learning Outcomes

Dowdy Multicultural Center Peer Mentoring Program

Drivers Manual Preparation Group

Dub-C Autism Program

First-Gen Meet & Greet

PEERS® Social Curriculum Participant

Rams Integrating Skills & Education

Student Conduct Hearing Board Certification

Voice Your Values

## **Contact Person**

Jayme Trogus, Office of Wellness Promotion

Kelsey Matukas, Office of Off-Campus & Commuter Services

Jayme Trogus, Office of Wellness Promotion

Amanda Thomas, Office of the Vice President for Student Affairs

Martin Lacayo, Dowdy Multicultural Center

Amanda Martin, Autism Services

Cherie Fishbaugh, Autism Services

Amanda Thomas, Office of the Vice President for Student Affairs

Cherie Fishbaugh, Autism Services

Adriane Reilly & Barrett McGee, Sykes Union & Student Activities

Chris Brenner, Office of Student Conduct

Catie Baxter, Office of Wellness Promotion

**See the [Ram Plan Catalog](#) for more details on each program.**

# September

## Program Title

Alcohol Education for Fraternity & Sorority Members

American Red Cross/AED/First Aid Certification

Captains Leadership Advancement Series

Explore Leadership Series Tier I

Intramural Team Captain Training

Introduction to Paddleboarding

Moving Off Campus 101

Nobel Peace Prize leadership Series

Nurturing Relationships

Prepare for the Fair

Refresh Program: Strategies to Achieve Better Sleep

Student Conduct Hearing Board Certification

Trans Advocacy

Voice Your Values

## Contact Person

Stephen Hopson, Fraternity & Sorority Life

Dan Comas, Campus Recreation

Cara Jenkins, Student Leadership & Involvement

Cara Jenkins, Student Leadership & Involvement

Demetrius Isaac, Campus Recreation

Kayla Walden, Campus Recreation

Lexie McCarthy, Office of Off-Campus & Commuter Services

Honors College

Rachel Daltry, Counseling Center

Jen Rossi Long, Career Development Center

Jayne Trogus, Office of Wellness Promotion

Chris Brenner, Office of Student Conduct

Kristin English, Center for Trans & Queer Advocacy

Catie Baxter, Office of Wellness Promotion

See the [Ram Plan Catalog](#) for more information



# October

## Program Title

American Red Cross CPR/AED/First Aid Certification

Graduate School Roadmap

Introduction to Camping

Introduction to Hiking

Olympus Leadership Series

Rock Climbing Advanced: Lead Climbing

Rock Climbing Fundamentals: WCU Belay Certification

Ruby Jones Conference on Race, Social Justice & Civic Leadership Chyna Hart, Dowdy Multicultural Center

Sports Official Certification

Student Conduct Hearing Board Certification

Trans Advocacy

Voice Your Values

## Contact Person

Dan Comas, Campus Recreation

Jen Rossi Long, Career Development Center

Kayla Walden, Campus Recreation

Kayla Walden, Campus Recreation

Stephen Hopson, Fraternity & Sorority Life

Kayla Walden, Campus Recreation

Kayla Walden, Campus Recreation

Dan Comas, Campus Recreation

Chris Brenner, Office of Student Conduct

Kristin English, Center for Trans & Queer Advocacy

Catie Baxter, Office of Wellness Promotion

See the [Ram Plan Catalog](#) for more information

# November

## Program Title

American Red Cross/CPR/AED/First Aid Certification

Intramural Team Captain Training

Introduction to Camping

Introduction to Hiking

Nurturing Relationships

Olympus Leadership Series

Sexy Bingo

Student Conduct Hearing Board Certification

Voice Your Values

## Contact Person

Dan Comas, Campus Recreation

Demetrius Isaac, Campus Recreation

Kayla Walden, Campus Recreation

Kayla Walden, Campus Recreation

Rachel Daltry, Counseling Center

Stephen Hopson, Fraternity & Sorority Life

Lindsey Mosvick, Center for Women & Gender Equity

Chris Brenner, Office of Student Conduct

Jayne Trogus, Office of Wellness Promotion

# December

## Program Title

Student Conduct Hearing Board Certification

Voice Your Values

## Contact Person

Chris Brenner, Office of Student Conduct

Catie Baxter, Office of Wellness Promotion

See the [Ram Plan Catalog](#) for more information

# January

## Program Title

Alcohol Education for Fraternity & Sorority Life Members  
Collegiate Leadership Competition  
Commuter Success Workshop  
  
Drivers Manual Preparation Group  
Dub-C Autism Program  
Explore Leadership Series Tier 2  
Intramural Team Captain Training  
Moving Off Campus 101  
  
New Student Orientation  
PEERS® Social Curriculum Participant  
Student Conduct Hearing Certification  
Voice Your Values

## Contact Person

Stephen Hopson, Fraternity & Sorority Life  
Cara Jenkins, Student Leadership & Involvement  
Kelsey Matukas, Office of Off-Campus and Commuter Services  
  
Amanda Martin, Autism Services  
Cherie Fishbaugh, Autism Services  
Cara Jenkins, Student Leadership & Involvement  
Demetrius Isaac, Campus Recreation  
Lexie McCarthy, Office of Off-Campus and Commuter Services  
  
Jennifer Ruggiero-Patel, New Student Programs  
Cherie Fishbaugh, Autism Services  
Chris Brenner, Office of Student Conduct  
Catie Baxter, Office of Wellness Promotion

See the [Ram Plan Catalog](#) for more information

# February

## Program Title

American Red Cross CPR/AED/First Aid  
Captains Leadership Advancement Series  
Prepare for the Fair  
Preparing for Life Off Campus  
  
Refresh Program: Strategies to Achieve Better Sleep  
Sport Club Leadership Seminar  
Student Conduct Hearing Board Certification  
Voice Your Values

## Contact Person

Dan Comas, Campus Recreation  
Cara Jenkins, Student Leadership & Involvement  
Jen Rossi Long, Career Development Center  
Kelsey Matukas, Off Campus & Commuter Services  
  
Jayme Trogus, Office of Wellness Promotion  
Demetrius Isaac, Campus Recreation  
Chris Brenner, Office of Student Conduct  
Catie Baxter, Office of Wellness Promotion

# March

## Program Title

American Red Cross CPR/AED/First Aid

Intramural Team Captain Training

Preparing for Life Off Campus

Sports Official Certification

Student Conduct Hearing Board Certification

Voice Your Values

## Contact Person

Dan Comas, Campus Recreation

Demetrius Isaac, Campus Recreation

Kelsey Matukas, Office of Off-Campus and  
Commuter Services

Dan Comas, Campus Recreation

Chris Brenner, Office of Student Conduct

Catie Baxter, Office of Wellness Promotion

# April

## Program Title

American Red Cross CPR/AED/First Aid

Club and Organization Executive Board Training

Introduction to Paddleboarding

Student Conduct Hearing Board Certification

Voice Your Values

What's Next: Life After Athletics

## Contact Person

Dan Comas, Campus Recreation

Kimmy Farrer, Student Leadership &  
Involvement

Kayla Walden, Campus Recreation

Chris Brenner, Office of Student Conduct

Catie Baxter, Office of Wellness Promotion

Rachel Daltry, Counseling Center

See the [Ram Plan Catalog](#) for more information

# May

## Program Title

Student Conduct Hearing Board Certification

Voice Your Values

## Contact Person

Chris Brenner, Office of Student Conduct

Catie Baxter, Office of Wellness Promotion

# June

## Program Title

Charge Into Involvement at WCU

New Student Orientation

Student Conduct Hearing Board Certification

Voice Your Values

## Contact Person

Kimmy Farrer, Student Leadership and Involvement

Jennifer Ruggiero-Patel, New Student Programs

Chris Brenner, Office of Student Conduct

Catie Baxter, Office of Wellness Promotion

See the [Ram Plan Catalog](#) for more information

# July

## Program Title

Charge Into Involvement at WCU

New Student Orientation

Student Conduct Hearing Board Certification

Voice Your Values

## Contact Person

Kimmy Farrer, Student Leadership and Involvement

Jennifer Ruggiero-Patel, New Student Programs

Chris Brenner, Office of Student Conduct

Catie Baxter, Office of Wellness Promotion

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