

Guidelines for the STAR (Study/Act/Reflect) Exercise

As part of your CMST major, you are required to complete a paper that reflects on the relationship between the knowledge and skills you acquire in your major and their applicability to a particular activity. This activity may include one of the following:

- Internship;
- Employment situation;
- Volunteer activity with a particular community group or organization;
- Community engagement exercise that is part of a class;
- Holding office in an organization.

After completing the paper, you are required to meet with the Coordinator of the STAR program to provide an oral report on your paper. The following steps guide you through completion of both the paper and the oral report.

Step 1

Meet with the STAR Coordinator to discuss the activity you plan to engage in. Currently, Dr. Peter Shields (pshields@ewu.edu) is the Coordinator.

Step 2

Complete the reflection paper. This paper should include the following sections:

Description

Describe the nature of the activity you engaged in. When and for how long did you engage in the activity? What role(s) and task(s) did you perform while engaged in this activity? (200 words)

Relevancy of Communication Concepts and Skills

Discuss your take on the relevancy of the knowledge and skills you have acquired in the major. That is, what communication class(es), concepts and skills did you find relevant when engaging in the activity? In what ways were they relevant? (200 words)

Assessment

Looking back on your activity, what do you see as the strengths and weaknesses of your communication-related knowledge and skills in relation to the role(s) and task(s) you carried out? That is, in what ways were these knowledge and skills helpful during the activity? In what ways do you feel they fell short? Do you think you were well equipped to deal with ethical issues that may have arisen during the duration of your activity? (Ethics has to do with knowing the difference between right and wrong and deciding to do the right thing – it includes upholding qualities of personal integrity such as honesty and fairness). (200 words)

Summary

Summarize what you learned about the organization and yourself during the activity. Include a discussion of your most important learning experiences (300 words)

Guidelines

- The paper should have a separate cover page.
- Avoid using typeface greater than 12-point font.
- The paper should be double-spaced, and pages should be numbered.
- The paper should be organized in sections with the appropriate sub-headings (i.e., Description, Relevancy of Communication Concepts and Skills, and so on).
- Make sure to thoroughly edit the paper for spelling and grammar before submitting.

Submission

On completion of the paper submit an electronic copy to the Coordinator.

Step 3

After reading the paper, the Coordinator will contact you to arrange a time to meet so you can provide a brief oral report. At the meeting you and the Coordinator will also discuss the implications of the paper and oral report for your future course of study.

On the successful completion of the paper and oral report, the Coordinator will ensure your academic transcript and SOAR audit reflects this fact.

Additional points to keep in mind

- A minimum of 10 credits of CMST coursework at EWU must be taken before beginning the STAR activity.
- The STAR paper and oral report needs to be completed during the regular academic year (i.e., during fall, winter, or spring quarters). The Coordinator is not on duty during summer quarter.
- Within the academic year, the latest you can submit your paper is two weeks before the last day of spring classes. This will ensure the Coordinator has adequate time to read the paper and schedule an oral report before end of the academic year.

