

# REAL Tide Summary of Experiences

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**Classification:** Junior

**Major:** Criminology and Criminal Justice

**Minor:** Cyber Criminology



Economic Impact

This student has completed REAL Tide experiences by participating in engagement wave-tagged events and opportunities. These tagged experiences represent 5 core areas of emphasis that they are encouraged to track. These highlight the depth and breadth of their involvement and contributions made during their time in college.

## Community Service Economic Impact

This number reflects the value of a student's community impact (i.e.- engagement, including donations, fundraising, goods contributions) at the rate it would cost if not provided through service.



COMMUNITY  
SERVICE

**298**

Hours Completed



LEADERSHIP  
DEVELOPMENT

**274**

Hours Completed



PROFESSIONAL  
DEVELOPMENT

**305**

Hours Completed



HOLISTIC  
DEVELOPMENT

**182**

Hours Completed



GLOBAL & INTERCULTURAL  
LEARNING

**320**

Hours Completed

**2021**

FALL



[Ripple Effect 2021](#)



[Hands-On Tuscaloosa](#)

WINTER



[Adopt-a-Grandparent](#)



[Community Partner Tabling Expo](#)



[Learner Lab](#)



[Virtual Volunteer Tutor](#)



[Perspectives on Leadership - ESG](#)

**2022**

SPRING



[Aquatics Leadership Lab](#)



[Young Women's Leadership Program](#)



[#Adulting Workshop](#)

SUMMER



[Habitat for Humanity](#)



[Volunteers Around the World Fundraiser](#)

FALL



[Study Abroad](#)



[Volunteer and Service Expo](#)

WINTER



[UA SHRM & ASA Toy Drive](#)

**2023**

SPRING



[Cyber Security Workshop](#)



[Campus Bookstore](#)



[Internship](#)

SUMMER



[Habitat for Humanity](#)

FALL



[Study Abroad](#)



[Tide2: Strengths Based Leadership](#)



[Japanese Language and Culture Society](#)

**2024**

## REAL Tide Depth Levels

On the breakout pages for each engagement wave, data will include a summary of depth levels. These depth level help students embody the five engagement waves in the measure and amount that they have experienced through their unique set of learning opportunities. Real Tide provides three learning levels: **Exploration, Integration, and Transformation.**







## Community Service

**\$\$**

Economic Impact

**298**

Hours Completed

| PROGRAM ACTIVITY   | DEPTH LEVEL  | HIGHLIGHTS  |
|--|--|---|
| <p><a href="#">Adopt-a-Grandparent</a> </p> <div> <div>  80 HRS </div> </div>                                    | <p><b>Exploration: 90 hours</b></p> <div> <div>1</div> <div>2</div> <div>3</div> </div>  |   |
| <p><a href="#">UA SHRM &amp; ASA Toy Drive</a> </p> <div> <div>  10 HRS </div> </div>                            |  |   |
| <p><a href="#">Habitat for Humanity of Tuscaloosa</a> </p> <div> <div>  208 HRS<br/>  Project Lead </div> </div> | <p><b>Integration: 208 hours</b></p> <div> <div>1</div> <div>2</div> <div>3</div> </div> | <p><b>Leadership Position and Duration:</b><br/>Project Lead, 170 Hrs</p> <p><b>Description:</b><br/>The student is questioning, planning or beginning to expand upon previously held understandings and is embedding themselves in experiences that expand their knowledge and understanding</p> |



## Leadership Development

**274**

Hours Completed

### LEADERSHIP UNDERSTANDING LEVELS

Some descriptive text here about the leadership understanding levels that tie into understanding of self, understanding of self and how you relate to others, and understanding organizations and systems.























Understanding Self



Understanding Others



Understanding  
Organizations & Systems

| PROGRAM ACTIVITY  | DEPTH LEVEL   | HIGHLIGHTS   |
|---|---|--|
| <a href="#">Hands-On Tuscaloosa</a> <br> 8 HRS               | <b>Exploration: 58 hours</b><br><div> <div>1</div> <div>2</div> <div>3</div> </div> | <b>Leadership Level: Understanding Self</b><br> ...  ...  |
| <a href="#">Perspectives on Leadership - ESG</a> <br> 2 HRS |   | <b>Leadership Level: Understanding Self</b><br> ...  ...  |
| <a href="#">Virtual Volunteer Tutor</a> <br> 40 HRS         |   | <b>Leadership Level: Understanding Others</b><br> —  ...  |
| <a href="#">Community Partner Tabling Expo</a> <br> 8 HRS   |   | <b>Leadership Level: Understanding Others</b><br> —  ...  |




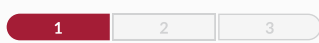











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## Leadership Development

**274**

Hours Completed

| PROGRAM ACTIVITY  | DEPTH LEVEL   | HIGHLIGHTS   |
|---|---|--|
| <a href="#">Aquatics Leadership Lab</a> <br>  10 HRS   | <b>Integration: 14 hours</b><br>       | <b>Leadership Level:</b> Understanding Others<br>   |
| <a href="#">Tide2: Strengths Based Leadership</a> <br>  4 HRS  |   | <b>Leadership Level:</b> Understanding Systems<br>  |
| <a href="#">Young Women's Leadership Program</a> <br>  202 HRS<br> Event Coordinator | <b>Transformation: 202 hours</b><br> | <b>Leadership Level:</b> Understanding Systems<br><br><b>Leadership Position and Duration:</b><br>Event Coordinator, 100 Hrs<br><b>Description:</b><br>The student is questioning, planning or beginning to expand upon previously held understandings and is embedding themselves in experiences that expand their knowledge and understanding |



## Professional Development




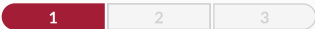













**305**

Hours Completed

### NACE COMPETENCIES

The University of Alabama Career Center follows first destination survey reporting standards by the National Association of Colleges and Employers (NACE). Each star icon represents this student's exposure to these competencies based on submitted program activities and outcomes.

|                           |                 |                   |                    |
|---------------------------|-----------------|-------------------|--------------------|
| Career & Self-Development | Communication   | Critical Thinking | Equity & Inclusion |
| ★                         | ★ ★             | ★                 | ★                  |
| Leadership                | Professionalism | Teamwork          | Technology         |
| ★ ★                       | ★               | ★ ★               | ★ ★                |

| PROGRAM ACTIVITY  | DEPTH LEVEL   | HIGHLIGHTS   |
|---|---|--|
| <a href="#">Learner Lab</a> <br>  52 HRS   | <b>Exploration: 77 hours</b><br>     | <b>Description:</b><br>The tools you need to build better learners in the classroom, including mindset, & growth mindset culture.  |
| <a href="#">#Adulting Workshop</a> <br>  25 HRS  |   | <b>Description:</b><br>The tools you need to build better learners in the classroom, including mindset, & growth mindset culture.  |
| <a href="#">Cyber Security Bootcamp</a> <br>  20 HRS<br> Training           | <b>Integration: 20 hours</b><br>     | <b>Description:</b><br>Covers cybersecurity fundamentals, systems and network security, vulnerability assessment and security operations.  |
| <a href="#">Crimson Defense Cyber Security</a> <br>  208 HRS<br> Internship | <b>Transformation: 208 hours</b><br> | <b>Position:</b><br>Assistant<br><br><b>Description:</b><br>The student is beginning to expand upon previously held understandings and expand their knowledge and understanding. |



## Holistic Development

**182**

Hours Completed

### ALABAMA MODEL INTEGRATION

The Alabama Model of Student Health and Wellbeing is grounded in the fundamental understanding of student development and cultural competence. Understanding student development provides the knowledge that student growth and maturity is vital in establishing and maintaining a healthy lifestyle as well as ways to provide appropriate prevention and intervention.



Academic



Career



Financial



Psychological






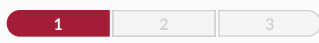

















Physical



Social



Spiritual

| PROGRAM ACTIVITY  | DEPTH LEVEL  | HIGHLIGHTS  |
|---|--|---|
| <a href="#">Ripple Effect 2021</a> <br>  10 Hrs   | <b>Exploration: 22 hours</b><br>   | <b>Model Integration:</b><br>   |
| <a href="#">Volunteer and Service Expo</a> <br>  12 Hrs  |  | <b>Model Integration:</b><br>    |
| <a href="#">Campus Book Store</a> <br>  160 Hrs<br> Campus Employment | <b>Integration: 160 hours</b><br> | <b>Model Integration:</b><br>   <br><b>Description:</b><br>The student is questioning, planning or beginning to expand upon previously held understandings and is embedding themselves in experiences that expand their knowledge and understanding |



## Global & Intercultural Learning

**320**

Hours Completed

### STUDY ABROAD



 Study Abroad: [Course JSB224](#)  
Queensland University of Technology  
Brisbane, Australia  
AUG 2023 - OCT 2023  
 100 Hrs

### MICRO CREDENTIALS









#### Japanese Language and Culture Society

In recognition of service and learning of Japanese language and culture from social, historical and theoretical perspectives.

Achieved: OCT 29, 2023

[Learn More](#)

| PROGRAM ACTIVITY   | DEPTH LEVEL  | HIGHLIGHTS  |
|--|--|---|
| <a href="#">Volunteers Around the World Fundraiser</a><br>  10 Hrs | <b>Exploration: 10 hours</b><br>  |   |
| <a href="#">Japanese Language and Culture Society</a><br>  210 Hrs | <b>Integration: 210 hours</b><br> | <b>Leadership Position and Duration:</b><br>Event Coordinator, 170 Hrs<br><br><b>Description:</b><br>The student is questioning, planning or beginning to expand upon previously held understandings and is embedding themselves in experiences that expand their knowledge and understanding<br><br><div>Micro Credential Earned</div> |





## Global & Intercultural Learning

**320**

Hours Completed

### STUDY ABROAD



Study Abroad: [Course JSB224](#)



Queensland University of Technology

Brisbane, Australia

AUG 2023 - OCT 2023



100 Hrs

| PROGRAM ACTIVITY   | DEPTH LEVEL  | HIGHLIGHTS   |
|--|--|--|
| <p><a href="#">Volunteers Around the World Fundraiser</a></p> <div>  <p>🕒 10 Hrs</p> </div> | <p><b>Exploration: 10 hours</b></p> <div> <div>1</div> <div>2</div> <div>3</div> </div>  |  |
| <p><a href="#">Japanese Language and Culture Society</a></p> <div>  <p>🕒 210 Hrs</p> </div> | <p><b>Integration: 210 hours</b></p> <div> <div>1</div> <div>2</div> <div>3</div> </div> | <p><b>Leadership Position and Duration:</b><br/>Event Coordinator, 170 Hrs</p> <p><b>Description:</b><br/>The student is questioning, planning or beginning to expand upon previously held understandings and is embedding themselves in experiences that expand their knowledge and understanding</p> |





## Global & Intercultural Learning

**320**

Hours Completed

### STUDY ABROAD

Study Abroad: Course JSB224



🕒 100 Hrs



Queensland University of Technology



Brisbane, Australia



AUG 2023 - OCT 2023

### PROGRAM ACTIVITY

### DEPTH LEVEL

### HIGHLIGHTS

Volunteers Around the World Fundraiser



🕒 10 Hrs

**Exploration: 10 hours**

1

2

3

Japanese Language and Culture Society



🕒 210 Hrs

**Integration: 210 hours**

1

2

3

**Leadership Position and Duration:**

Event Coordinator, 170 Hrs

**Description:**

The student is questioning, planning or beginning to expand upon previously held understandings and is embedding themselves in experiences that expand their knowledge and understanding