

THE "BIG SIX" EXPERIENCES



In a study of over 30,000 U.S. college graduates, Gallup (2014) found that six key college experiences determined if individuals were engaged at work or thriving in their well-being. Sixty-five percent of participants who had all six experiences were engaged at work versus only twenty-five percent of those who did not have any of these experiences. Moreover, the study determined that establishing important relationships in college were essential to thriving careers and lives and that *professors had the biggest impact on the lives of alumni*.

1

Had at least one professor who made one excited about learning

2

Had professors who cared about one as a person

3

Had a mentor who encouraged one to pursue their goals and dreams

4

Worked on a project that took a semester or more to complete

5

Had an internship or job that allowed one to apply what they were learning in the classroom

6

Were extremely active in extracurricular activities and organizations

FIU
Center for
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