Questions: What elements of this definition of discerment* do you find you are able to personally relate to? Why? If none, leave blank. DISCERNMENT What elements of this definition of discerment* do you find you are able to personally relate to What elements of this definition are difficult to personally relate to? Why? If none, leave blank.

PERSONALLY RELATABLE ELEMENTS

Loyola has influenced/

promoted this

fear

reflecting

my choices impact more than just me

college = independence

many opportunities to

make choices

learning from our choices (positive thing)

attend to what others are feeling and thinking

reflecting on the decisions you make + the effect it has on you as a person

Other Responses:

- -cura personalis
- -doing the things you love give you freer mind and spirit
- -using meditation and journaling as tools to help with the decision-making process

Other Responses:

-taking a step back

Key:

connection between responses where students answered both questions

sub-topics of student responses

- personally related to
 - personally did not relate to

what are your priorities? making decisions based off of personal priorities

life experiences with this area

choices define who you are as a person

choices aren't just black+white, there is a spectrum, grey areas

seeking God's will in lifefinding God's path for us

Other Responses:

-decision-making as an opportunity to share in God's grace

humans have freedom, and their choices have consequences

human choices are not only between good and evil, but are often between lesser and greater goods

some choices are better -and freer- than others

it is possible through attending to motivations, feelings, and patterns of decision-making to improve the freedom, goodness, and authenticity of one's choices

> everything about this definition

praying often to receivé enlightenment

> becoming a critical thinker

PERSONALLY NON-RELATABLE ELEMENTS

idea of a choice being

"freer"

choices are either free

or they are not

difficulty of choice-making/

decision-making

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human choices are not only between good and evil, but are often between

lesser and greater goods

some choices are better

-and freer- than others

it is possible through attending to motivations, feelings, and patterns of decision-making to improve the freedom, goodness, and authenticity of one's choices

humans have freedom, and their choices have consequences

> everything about this definition

discernment involves prayer

leaving comfort zone

developing habits of reflection

encouraging others to change when they are having difficulty with making bad decisions

a lot to take in, needs further review

Other Responses:

-seems black + white with little room for acknowledging greater complexities

-all choices are equal and are up to the individual, never just good or bad because choices shape you

-feeling that choices are never limited

-what does this mean?

Other Responses:

-some people are who

Other Responses:

-just don't consider this

Other Responses:

they are

-too vague

-how can you explain situations with a lack of freedom/ability of making choices- ex. slavery?

-anxiety-provoking act

personally not very religious

Other Responses:

-hard to do

-looking inward is difficult, want to do this more

-decisions that have good intentions but have bad outcomes-lead to communities falling apart

-how do you prove evil doesn't exist?

-some choices are just bad

-breaking old habits

not the only way to practice discernment at Loyola which is good

Other Responses:

-facts drive decisions, not feelings & relating to Jesuit values when school supports not inlign with Catholic beliefs

not overstepping

*Description of discernment from the Loyola University Maryland Mission, Vision, and Values website

REFLECTION >>>> Question: Please describe how you have personally taken part in the act of reflection during your first year of college. If you experienced barriers to being able to reflect, or if there were offices/ individuals/ programs that helped you practice reflection please also list these here.

