

## What's Your Why? - Brandon Schoenfeld

Why are we spending time doing things that we are not passionate about? We live in an era where the norm is to do something because that's what colleges want to see, or that's what our parents or friends think we should do, but we don't often think about our "why". Your "why" is your core personal reasoning for doing or not doing anything. In What's Your Why?, participants will have one on one conversations, in rotations, to discover their "whys". The goal of this program is to have participant's think introspectively about their lives, and connect to one another through thoughtful discussion.

During the program participants will sit in pairs and answer questions read aloud by a group leader. We will cover four questions and ask participants to focus on their "whys" as they answer: 'Why did you come to your first event?', 'What is your favorite thing you do right now?', 'What is your least favorite thing you do right now?', and 'How does what you do make you who you are?' After each one on one discussion, the group will gather for a two part reflection. The first part will prompt three questions: 'Did you learn something new about your partner?', 'Did you realize something unexpected about yourself?', and 'Do you think you know your why?' The second part is handing out strips of paper printed with each one on one question and a space to answer. These strips will be collected, and sealed in an envelope to be returned to the participants at the next event, encouraging members to come back and remember connections they made during the program. After each question and corresponding group reflection, participants will switch partners to maximize the amount of connections made.

This program would allow participants to look at their "why," to discover how little things and big life moments have shaped who they are today. Additionally, this program has a goal of connecting MARites; many people first come to MAR knowing very few other people, so these discussions allow them to get to know other MARites on a deeper level. Helping each other find our "whys" will create lasting friendships and individual discovery, promoting a stronger, more inclusive community.