

# CO-CURRICULAR PROGRAMS

An education at Point Loma Nazarene University is characterized by the intentional interrelationship of the life of the mind, the development of character and social graces, and spiritual formation for a life of service. Thus, University life includes an array of activities and experiences designed deliberately to be seamless. Academic study becomes an act of one's "reasonable spiritual worship," community life and social relationships move in the context of a family that is intent on loving God with all one's "heart, soul, mind, and strength." Faith is seen not as a compartmentalized activity but as a way of life that embraces love for humanity and life-long learning.

Realizing that students spend more time out of class and formal academic settings than in class, the University provides a wide variety of opportunities for undergraduates in co-curricular programming. These include activities directly or indirectly related to academic programs, spiritual life options, and student leadership programs that emanate from the University's mission and denominational relationships.

## Academic Affairs

Co-curricular activities in the area of Academic Affairs include, but are not limited to, the following: a nationally ranked forensic team; the annual Sunset Cliffs National Forensics Tournament hosted by the University; California Board of Registered Nursing-approved continuing education courses; the Phi Alpha Theta society for pre-law students; the Point Loma String Project; a wide variety of activities directed by the Fermanian Business Center; and student summer research in Biology, Chemistry, Mathematics, Information Systems, and Computer Sciences.

Other opportunities directly or indirectly related to specific majors and programs include a host of ensembles in the Department of Music such as Chorale, Concert Choir, Point Loma Singers, Choral Union, Chamber Orchestra, Concert Band, and Jazz Band; Urban Term, an intentional living community studying local urban issues in the context of ethnic diversity and low-income environments; radio station KPLR and the University television station, supported by the Department of Communication and Theatre; international study trips sponsored by the

Armenian Center for International Development; summer marketing research, an honors program in the Fermanian School of Business; and an annual series of Literary Teas, Poetry Day, and a writer's symposium featuring nationally known personalities, sponsored by the Department of Literature, Journalism, and Modern Languages.

## Spiritual Development

The mission of the Office of Spiritual Development is to faithfully call Point Loma Nazarene University to spiritual vitality centered on the Lordship of Jesus Christ.

Through relationships and programs the Office of Spiritual Development seeks to teach in ways consistent with the Word of God, shape in the likeness of Jesus Christ, and send toward a lifetime of worship, discipleship, and service.

The following information describes the ministries of the Office of Spiritual Development at Point Loma Nazarene University.

### CORPORATE WORSHIP

**Chapel.** Chapel is an integral part of the Point Loma Nazarene University experience. It is a community gathering with God, and is central to the believers' readiness to engage with a world in need of lives that have been shaped by the grace of God. Chapel is a place of corporate worship, prayer, teaching, education, and growth. The primary purpose of Chapel is to encourage the formation of Christian community and foster the development of a vibrant, life-changing relationship with Jesus Christ.

Chapel is held three times a week on Monday, Wednesday, and Friday at 9:45 a.m. It is the University's belief that Chapel has an important role in Christian liberal arts education, and, as such, is required for all students.

**Time Out.** Every Wednesday night at 9:00 p.m. students gather in an informal worship setting designed to encourage an intimate, personal relationship with God through music, prayer, sharing of life, and teaching from scripture. Time Out is a non-mandatory worship experience for all students.

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## SPIRITUAL CARE

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I Thessalonians 2:8 expresses the heart of the work in the Office of Spiritual Development: *We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.* Spiritual care offered in the context of loving relationships is at the center of the Office.

**Spiritual Direction.** Encouraging a personal relationship with Jesus Christ is the University's highest priority. The prayer for every student is that in their time at Point Loma Nazarene University, God's voice will be heard, God's will discovered, and God's mission embraced.

**Pastoral Care.** The Chaplain and Assistant Chaplain are available for prayer support, spiritual guidance, pastoral counseling, and pastoral care during times of crisis.

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## WORSHIP MINISTRIES

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Worship Ministries creates opportunities for those willing to use their musical talents in a ministry format. Students involved in Worship Ministries assist in leading the University community in praise, worship, and response to God's voice.

**Chapel Bands.** Each fall students may audition to participate in a worship team. These teams provide worship leadership through music in Chapel and Time Out. There are five chapel bands.

**Summer Ministry Teams.** Each summer students are selected to travel across the Southwest Region of the Church of the Nazarene to minister to churches, youth camps, conventions and retreats through music. An open audition and interview process guides the selection of each ministry team. There are two Summer Ministry Teams.

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## DISCIPLESHIP MINISTRIES

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Discipleship Ministries creates opportunities for those willing to take an intentional step to foster their decision to follow Jesus Christ. This is accomplished through a journey of continual growth as friendships are developed with others seeking to do the same.

**Covenant and Discipleship Groups.** Covenant Groups are for freshmen and sophomore students and Discipleship Groups are primarily for juniors, and seniors. These groups commit to meet together weekly for studying God's Word, worship, praying, encouragement, and fellowship.

**Retreats.** Discipleship Ministries also offers Spiritual Formation Retreats, Men's Retreat and a Women's Retreat for the PLNU community. These weekend retreats offer opportunities for students, faculty and staff to come together and build relationships

with one another outside the normal university setting. Retreats focus on Christian formation through fellowship, worship, discussion and sharing about personal life journeys.

**Film Forum.** Once a month the Film Forum offers an opportunity to view classic and contemporary films. Each film is followed by a discussion of how faith and film intersect in our world today and how we might better use this medium toward Christian formation both individually and corporately.

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## COMMUNITY MINISTRIES

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Community Ministries creates opportunities for those willing to put their hands and hearts to work in the lives of people throughout the greater San Diego area and northern Mexico. Lives are changed when students are willing to give and receive in the context of the ongoing relationships that are formed in Christian ministry.

**Student Ministries.** There are over 20 student ministries actively serving God in greater San Diego community and northern Baja Mexico.

**Urban Ministries.** Urban ministry teams range from building relationships with homeless families to serving in inner-city churches.

**Compassionate Ministries.** Compassionate ministries include spending time with disabled persons, persons with AIDS, and the elderly.

**Creative Ministries.** Creative ministries utilize music, drama, and puppetry to spread the Gospel.

**Cross-cultural Ministries.** Cross-cultural ministries serve in orphanages, medical clinics, and churches throughout northern Mexico.

**On-campus Ministries.** On-campus ministries offer activities such as prayer ministries, Bible Study groups, and tutoring programs for lower-income children.

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## INTERNATIONAL MINISTRIES

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International Ministries creates opportunities for those willing to be taught by brothers and sisters around the world. Those involved in international ministries have the privilege of coming alongside ongoing efforts of ministry in a variety of world settings as they allow God to impact and shape their hearts and minds.

**LoveWorks Short Term Missions.** The LoveWorks Short Term Mission Program functions as a resource to missionaries, pastors, and congregations serving Christ in various international settings. Through the LoveWorks program, over 1,200 students, faculty, and staff from PLNU have served on every continent.

The safety and well-being of those involved in the trips are taken into account at all times, and all team members are required to participate in weekly training sessions conducted by the Office of Outreach Ministries.

*YouthWorks* is a summer ministry opportunity bringing together high school students, University students and adults from all over the southwestern region of the U.S. Teams travel to homes, churches, and community projects in international locations. The goal of YouthWorks is to build much needed facilities, to foster relationships between team members and local people, and most significantly, to share the love of Christ with those who do not know Him.

## **Student Development**

Student Development at Point Loma Nazarene University is dedicated to engaging students in the active and energizing process of learning.

Point Loma Nazarene University believes that the most complete education prepares a person to live a full life. This quality education incorporates intelligence and reason as well as character, integrity, commitment, and faith. With this in mind, PLNU strives to educate the whole student. This holistic approach challenges students to integrate their knowledge – even as they are attaining and processing it – with their beliefs, values, and actions.

The holistic way of thinking seeks to encompass multiple layers of meaning and experience. Each relationship that a student develops with the University community serves to increase the depth of learning that occurs in the student's life. These relationships are built and the learning is accomplished in both curricular and co-curricular settings.

Through their relationships with faculty, staff, and administration, students are motivated not only to acquire specific knowledge in an academic specialty but also to increase personal understanding and make meaning of their own lives emotionally, socially, physically, spiritually, and cognitively. Faculty and staff incorporate the students' "meaning-making" into the learning process. They help students to work with others, to establish professional relationships, to manage change, to assess self, to clarify values, and to broaden the individual student's perspective of life.

The total experience for students at Point Loma teaches and shapes individuals. In the experience, students integrate an understanding of themselves and their future. Stimulated by the positive influence of both the environment and people, students are prepared and sent from the University to have a positive and courageous impact on their world.

Student involvement with every aspect of University life is designed to give students the following message: "Learn all you can, shape your life through quality relationships, and serve Christ, church, community, and the world."

Student Development coordinates a multitude of co-curricular programs in the areas of Academic Support, Athletics, Public Safety, Residential Life, Student Engagement and Retention, and the Wellness Center.

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## **ACADEMIC SUPPORT**

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### **Academic Advising**

The Office of Academic Advising enhances the quality of the educational experience of the student through responsible advising. This advising facilitates the development of an academic program by helping students identify their social, personal, and career goals and to plan an academic program to meet those goals.

Each student is assigned an advisor on the following basis: all students with a declared major are advised by a faculty academic advisor from the department of their major; all undeclared majors are advised by the Director of Advising until a major is selected. After a major is selected, the student is advised by a professor in that department.

**Special Needs.** Students having special needs are required to produce documentation of a specific learning disability conducted within the last three years, to be placed on file in the Advising Office. A complete set of aptitude and achievement test results is required. Once this is done, a needs assessment is worked out with the student. Because the provision of all reasonable accommodations and services is based upon assessment of the current impact of the student's disabilities on academic performance, it is in the student's best interest to provide recent and appropriate documentation. Special physical accommodations must be addressed before the start of the semester.

**Probationary Student Services.** The Academic Support Center is committed to encouraging and supporting all students in their academic pursuits. For provisional admission and Academic Probation students, a program is in place that connects these students with mentors and University resources.