

What is Iowa GROW®?

Iowa GROW® (Guided Reflection on Work) is a program designed to help students connect their classroom learning with their on-the-job experiences. Through structured conversations between student employees and supervisors, Iowa GROW® encourages students to reflect on how their work and academic experiences are related.

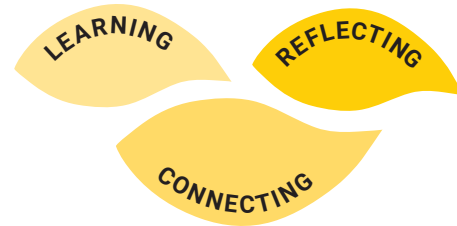
Enhancing Student Success

Iowa GROW® helps students see the relevance of their classroom learning in the workplace, which can boost both their job performance and their academic experience.

Supervisors play a critical role in helping students reflect on their learning. Even brief check-ins that ask students to relate their work experience to coursework can strengthen these connections.

IOWA

IOWA
GROW
Guided Reflection on Work



studentlife.uiowa.edu/grow



"I never realized how much my job was helping me with my studies until we started doing the Iowa GROW® reflections. After talking with my supervisor about how what I'm learning in class connects to my work, I can see how the skills I'm developing are going to be really valuable in my future career. It's about applying what I'm learning and growing both at school and on the job."

- Peyton Weber
Student Life Communications



Key Elements of Iowa GROW®

Structured Conversations

Supervisors should have conversations with student employees guided by four key questions:

- 1 How is this job fitting in with your academics?
- 2 What are you learning here that's helping you in school?
- 3 What are you learning in class that you can apply here at work?
- 4 Can you give me examples of things you've learned here that you'll use in your career?

Students participating in Iowa GROW® are more likely to report campus employment helped them build upon essential skills employers are looking for, including:

- Communication skills
- Time management
- Critical thinking and problem solving

Supervisors should have Iowa GROW® conversations with student employees **two times per semester**. These conversations can be held in a one-on-one setting or among a group of student employees.

