REGNUM CHRISTI

RC COLLEGE LIFESTYLE PROJECT

TIMELINE AND ACCOMPANIMENT CURRICULUM

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Overview

Accompaniment requires deep knowledge and understanding not only of the person you are coaching, but also of their world: the people, places, and circumstances that surround them. The goal of this timeline is to provide RC life coaches with a basic framework for the experiences, needs, and opportunities that each stage of the college journey entails. For each year or semester, the timeline offers the following elements to help coach RC members living their identity and mission throughout the college experience:

- **Key Semester Traits:** core experiences or circumstances of each step on the college journey
- **General Coaching Attitudes:** attitudes that are particularly relevant for coaching. RC members through each stage of college life
- **Practical Steps:** realistic calls to action for RC college students
- **Best Practices:** tips and proven strategies
- **RC Elements:** the specific dimensions of RC life most at play in each stage of college

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Freshman Year
semester one

- **Key Semester Traits**
  - Enthusiastic but overwhelmed
  - Great experience of ECYD and RC, but unrealistic vision of what living that in college looks like (can quickly lead to disillusionment and disappointment)
  - First time living on their own; learning new life skills
  - Urgent need for acquaintances and friendships:
    - For extroverts: initial whirlwind tour of clubs and groups and activities
    - For introverts: loneliness, possible isolation
  - Self-discovery: on their own without a family/school etc. that defines them
  - Spiritual life:
    - For former RCMCs, there is a big drop off (often experienced as a failure).
    - For some, prayer is dropped because that seems better than constantly failing at it.
    - For others, organizing their own life sometimes means better spiritual life.
  - Loss of the ECYD/RC community they were comfortable with can mean loss of community and spiritual life altogether, even if there are Catholic communities on campus.

- **General Coaching Attitudes**
  - Encouragement
  - Patience with students' difficulties, and with their poor decisions
  - Supporting the essential, without immediately jumping to criticism of the obvious
  - Genuine care and interest
  - Dependability
  - Proactive monthly contact without pressuring
  - Staying in the RC identity and life-coaching lane

- **Practical Steps**
  - Findacoach and community (team life); encourage them to consider FOCUS, CCO, Newman ministry (they can be RC and still participate).
  - Collaborating with pastor and campus ministry (getting involved)

- **Best practices**
  - Wear ECYD/RC swag - it's a conversation starter and might mean meeting other RC members.
  - Go to SEEK (enthusiasm and confidence boost).

- **RC Elements (for coaches)**
  - **Spiritual Life:** schedule, personal ownership of at least one daily prayer moment (also refer to their gameplan from the launch retreat)
  - **Formation:** monthly coaching
  - **Accompaniment:** monthly coaching
  - **Team Life:** whatever communities are available (peer support and accountability)
  - **Apostolate (mission):** vocation/mission/life building as a student

Freshman Year
semester two

- **Key semester Traits**
  - Cfr.Semesterone
  - Groupthink
  - Desire to make friends with everyone they met in first semester
  - Peer pressure

- **General Coaching Attitudes**
  - Cfr.Semester one
  - Emphasis on the goodness and the bright side of where they are at
  - Keep vision in sight (be their chief reminding officer for RC identity and lifestyle).

- **Practical Steps**
  - Find virtuous friendships and community. Encourage them to make the most of other groups and charisms' offerings - "Christ is Christ." Coach them on enriching their RC identity with what others have to offer without feeling like they are losing their identity. This can even be an opportunity to help them identify what is RC-specific, helping them value the charism more. Use what is life-giving around them.
  - Use what is life-giving around them.

- **RC Elements (see semester one)**

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Sophomore Year

- **Key Year traits**
  - Finding actual friends
  - Growing confidence and realistic enthusiasm for a Catholic and RC lifestyle
  - Life decisions for the future begin: process of locking in a major, etc.
    - Academics can become an important time commitment, even during the summer (internships, etc.).
  - Better life management: students know how much they need to study, what life looks like, and are now more capable of planning their prayer life.

- **General Coaching Attitudes**
  - Emphasis on listening and understanding (year of discernment and important decisions)
  - Boldness in suggesting resources and opportunities
  - Finding and sharing opportunities and resources (even monetary, from adult RC sections)

- **Practical Steps**
  - Discern their personal talents/mission. Resources offered by other sections (SHAPE, etc.) can help.
  - Discern their major.
  - Discern their mission/apostolate on campus by identifying needs, knowing their own talents and identifying resources/people can help them.

- **Best Practices**
  - RC app and podcasts **HERE**

- **RC Elements (for coaches)**
  - **Spiritual Life:**
    - Encourage them tofind a spiritual director if they do not have one.
    - Discerning and planning type of prayer
    - Spiritual reading (especially podcasts): resources for growth
    - Attend retreats.
  - **Formation:**
    - Monthly coaching
    - Podcasts
  - **Accompaniment:** Monthly coaching
  - **Team Life (community):** What communities are there for peer support and accountability.
  - **Apostolate (mission):**
    - Vocation/mission/life building as a student.
    - With a strong RC identity, enrich the reality/community already present (FOCUS, Catholic Newman Center Ministry, CCO in Canada, etc.).
    - Serve with knowledge found in SHAPE or other talent-discovering resources.

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Junior Year

- **Key Year Traits**
  - More maturity
  - Stability: more responsibility, more clarity on what they need to achieve, career path
  - Relationships: more stable
  - More leadership on campus
  - Depending on the campus, the possibility to live off campus junior or senior year (intentional living)

- **General Coaching Attitudes**
  - Givespace and support.
  - Co-discerning rather than marking the way
  - Supporting and helping open doors to apostolate without burdening students with unrealistic expectations

- **Practical Steps**
  - Step into leadership on campus.
  - Step into active participation in ministry leadership.
  - Intentionally bring their RC identity and gifts into ministry.
  - Coaching should include apostolic dialogue: re-visiting results of SHAPE course and helping them launch.

- **Best Practices**
  - StartingEncounter with Christ Intentional community living - RC household (start planning junior year to lock
  - it in for senior year) For summer internships that often become job offers: know and leverage the RC young
  - professional communities around the territory and make RC one of the elements of discernment for job offers and destination cities.

- **RC Elements (for coaches)**
  - **Spiritual Life:** cfr.sophomore year
    - Encourage them to find a spiritual director if they do not have one.
    - Discerning and planning type of prayer
    - Spiritual reading (especially podcasts): resources for growth
    - Attend retreats.
  - **Formation:** monthly coaching, SHAPE-results and implementation of apostolic gifts and mission, podcasts
  - **Accompaniment:** monthly coaching
  - **Team Life (community):** cfr. sophomore year
  - **Apostolate:**
    - Apostolate / ministry on campus according to SHAPE results and discernment
    - Connecting with ministry leaders or other ministry-inclined students to learn what opportunities or needs are out there
    - Note: new outreaches on or off campus can be very hard to launch in a way that guarantees a lasting long-term impact with a stable multi-year team. This is possible and powerful but challenging. Best to start new initiatives within existing long-term ministry.

- **RESOURCES:**
  - How to share your testimony/ RC elevator pitch
  - How to coach peers and younger students
  - How form and launch others
  - Individual and person to person; "focus on the few" instead of the masses
  - Encounter with Christ in-a-box
  - Missions in a box (different types)

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SeniorYear

- **Key Year traits**
  - Semester 1:
    - Security, street-smarts, capability, leadership
  - Semester 2:
    - Pass the torch: leadership roles (and identity) ending and being passed on, leaving students the gift of time.
    - Insecurity of the future (final end of studies)
    - The pressure of adulting

- **General Coaching Attitudes**
  - Finalmomentof formation for life, vocation and mission
  - Ideally: enthusiasm and desire for "real living", as opposed to college life which has culturally become a test tube to try out all the different versions of life without consequences
  - Help them live the moment well:
    - Recapping the life led and the progress made
    - Accompaniment for the lay vocation, made real and no longer abstract
    - Trusting that the Lord will bless the path chosen, whether He has made that very clear or left that up to them

- **Practical Steps**
  - Passoff apostolate/ministry roles to new leaders.
  - Choose a next step and own it even if it is not permanent.
  - Discern what your spiritual life and prayer life looks like in the next step.
    Discern what the next stage of RC life looks like and make connections:
    - In person in their new/home locality
    - Virtual RC team, online formation opportunities, etc.
    - RC friends and community from RC Vacation

- **Best Practices**
  - Know and leverage the RC network of coaches to connect college grads with the local or virtual RC community.
  - Know and leverage the RC young professional communities around the territory.
  - Make **RC** oneofthe elements of discernment for job offers and destination cities.

- **RC Elements (for coaches)**
  - **Spiritual Life:** cfr. sophomore year
    - Encourage them to find a spiritual director if they do not have one.
    - Discerning and planning rhythm of prayer.
    - Spiritual reading (especially podcasts): resources for growth.
    - Attend retreats.
  - **Formation:** monthly coaching, SHAPE-results and implementation of apostolic gifts and mission, podcasts.
  - **Accompaniment:** monthly coaching.
  - **Team Life (community):** cfr. sophomore year.
  - **Apostolate:** Pass off apostolate/ministry roles to new leaders.