

# That They Might be Remembered and Nourished

## 30 years of the BYU First-Year Experience

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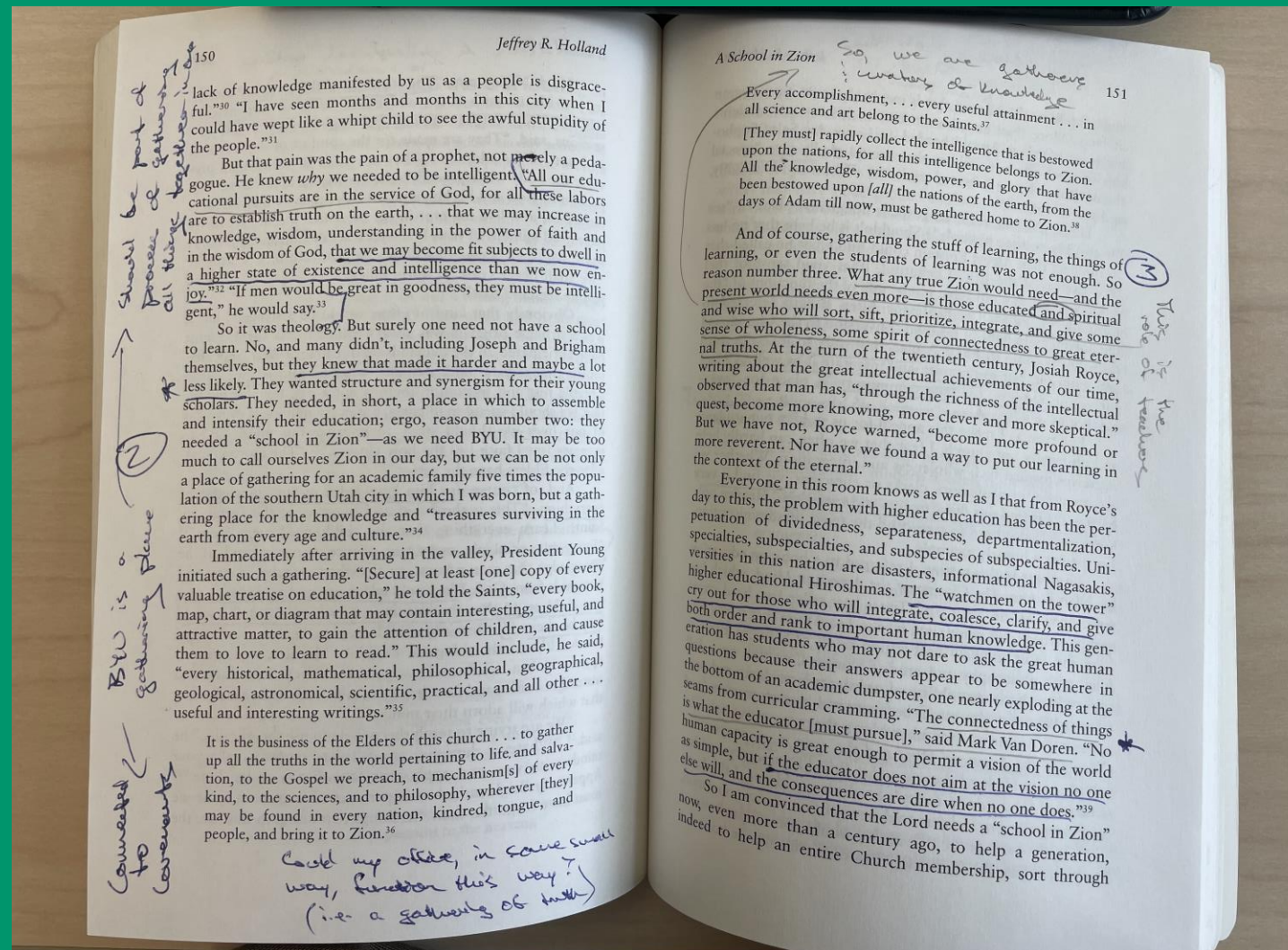
## PEER MENTORS '04



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# Agenda

- Looking back . . .
- Looking ahead . . .
- What can we do today?



# Scriptural Foundations for FYE

## Moroni 6:4

“And after they had been received unto baptism, . . . their names were taken, that they might be remembered and nourished . . .”

## Moses 7:18

“And the Lord called his people Zion, because they were of one heart and one mind, and dwelt in righteousness; and there was no poor among them.”



# Looking Back: *FYE over the Years*

## SHINE/Freshman Academy

(1993 – 2010)

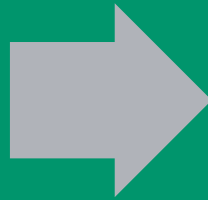
- Learning Communities (Linked GE courses)
- Small classes
- Regular meals and activities with faculty
- Emphasis on sense of community & peer connections
- ~40% of incoming class



# FYE over the Years

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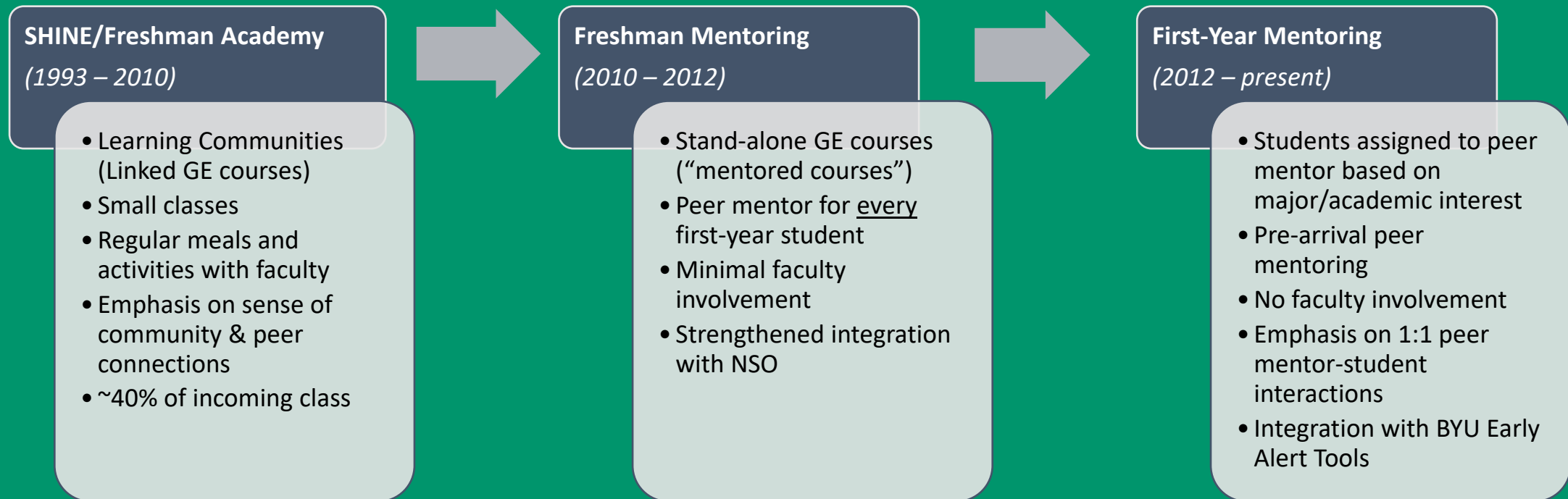


## Freshman Mentoring (2010 – 2012)

- Stand-alone GE courses (“mentored courses”)
- Peer mentor for every first-year student
- Minimal faculty involvement
- Strengthened integration with NSO



# FYE over the Years



# Looking ahead: *BYU Foundations for Student Success (UNIV 101)*



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# Gospel Methodology & the roots of the FYE @ BYU

- Their names were taken . . .  
*(Moroni 6:4)*
- One heart and one mind  
*(Moses 7:18)*
- No poor among them  
*(Moses 7:18)*
- That all may be edified of all  
*(Doctrine & Covenants 88:122)*



# *BYU Foundations for Student Success (UNIV 101)*

- Small classes
- Personal connection with faculty member
- Embedded peer mentor
- Every student takes the course their first semester
- Focus on Mission & Aims
- “Student care team”



# *BYU Foundations for Student Success (UNIV 101)*



- Sense of mission & purpose
- Connections
- Resources



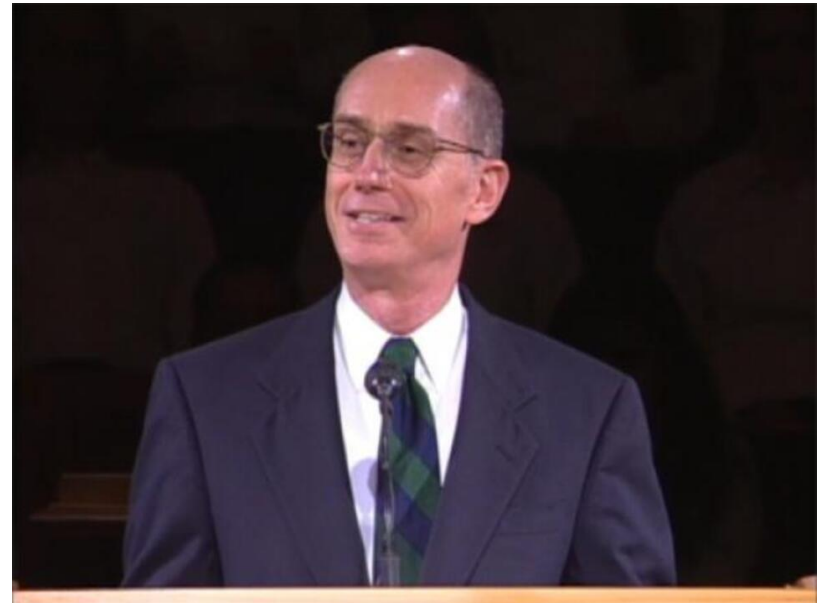
# One heart and one mind . . .

“I saw. . .gifted work in the creation and implementation of the Freshman Academy. That proposal received the warmest response I have ever seen in the Board of Trustees.

The members there knew what it meant for hundreds of faculty and staff to put aside the old ways of doing things, to put students first, especially the most vulnerable and insecure.

The evident appreciation of the Board was not just for what the Academy would mean for the young people you would serve, but what it meant about you and your hearts.”

*(Henry B. Eyring, BYU Annual Conference  
August 24, 1998)*



# Becoming BYU . . . by Becoming Zion



“And the Lord called his people ZION,  
because they were of one heart and one  
mind, and dwelt in righteousness, and  
there was no poor among them.”

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# What can we do today?

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# Scriptural Foundations for FYE

## Moroni 6:4

“And after they had been received unto baptism, . . . their names were taken, that they might be remembered and nourished . . .”

## Moses 7:18

“And the Lord called his people Zion, because they were of one heart and one mind, and dwelt in righteousness; and there was no poor among them.”



# Scriptural Foundations for FYE

## Moroni 6:4

“And after they had been received unto baptism, . . . their names were taken, that they might be **remembered and nourished**”

## Moses 7:18

“And the Lord called his people Zion, because they were of one heart and one mind, and dwelt in righteousness; **and there was no poor among them.**”



# Two Practical Strategies

- 1) The stories we tell
- 2) The questions we ask



# BYU by the NUMBERS:

## Our Stellar 2016 Freshman Class

**7,200**

Admitted out of 13,000 applicants



**70%**

Played high school

SPORTS

**3.85**

average GPA



**= 22%**  
Arrived with a 4.0 GPA



**80%**

Participated in

PERFORMING ARTS

**29.2**

Average ACT score

**54**

Number of students entering with a perfect ACT score



**80%**

Were employed during high school or summer

WORK

**870**

Number of new students ranked No. 1 in their graduation class

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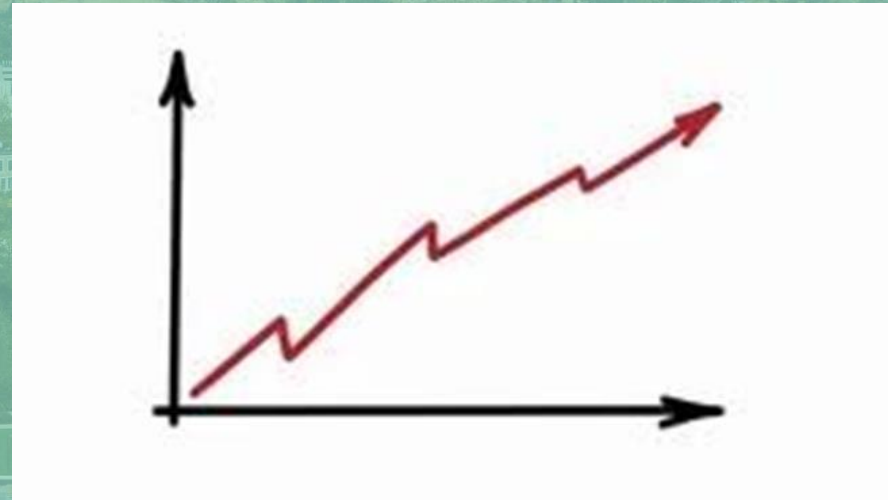
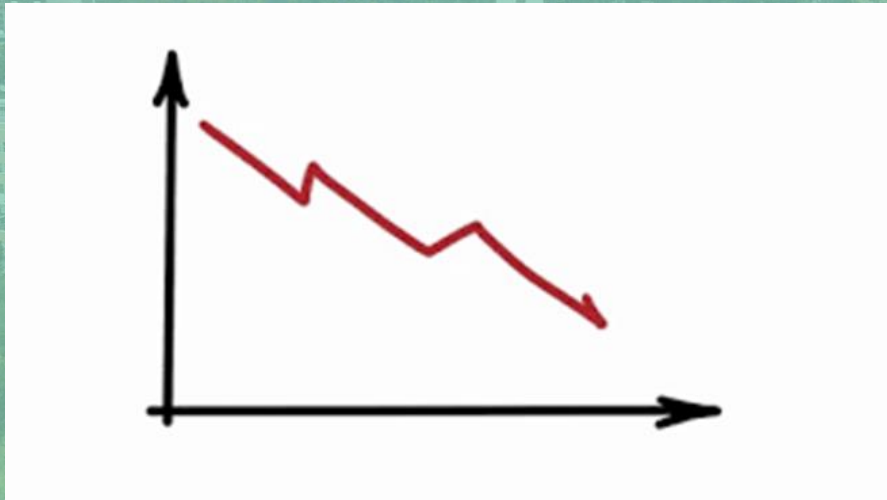
*“Learning is always a perilous  
undertaking”*

*- Patrick Parrish*

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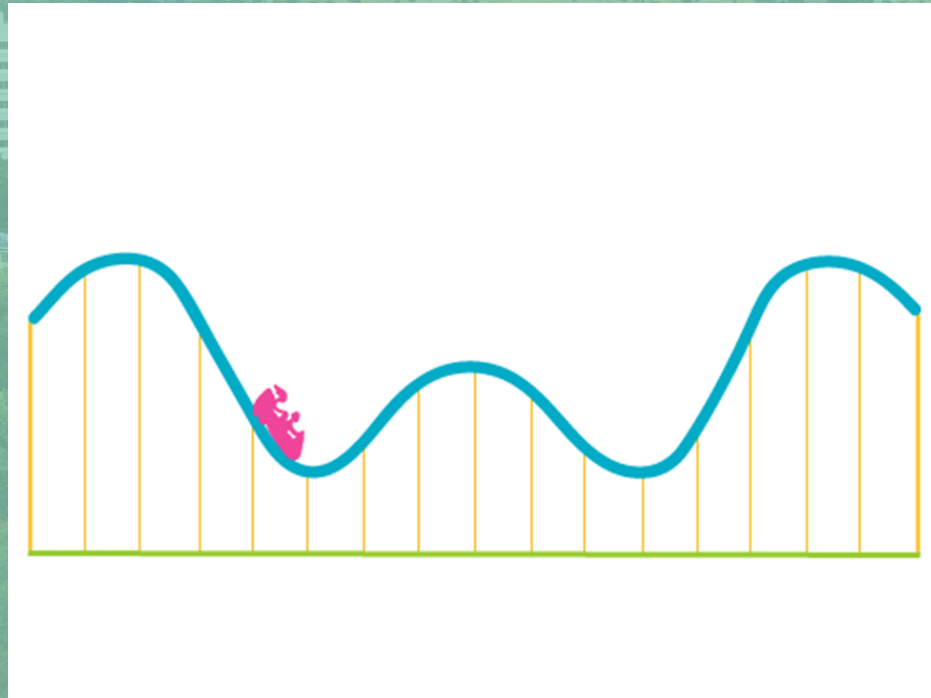
# What is the “shape” of the story we’re telling students?



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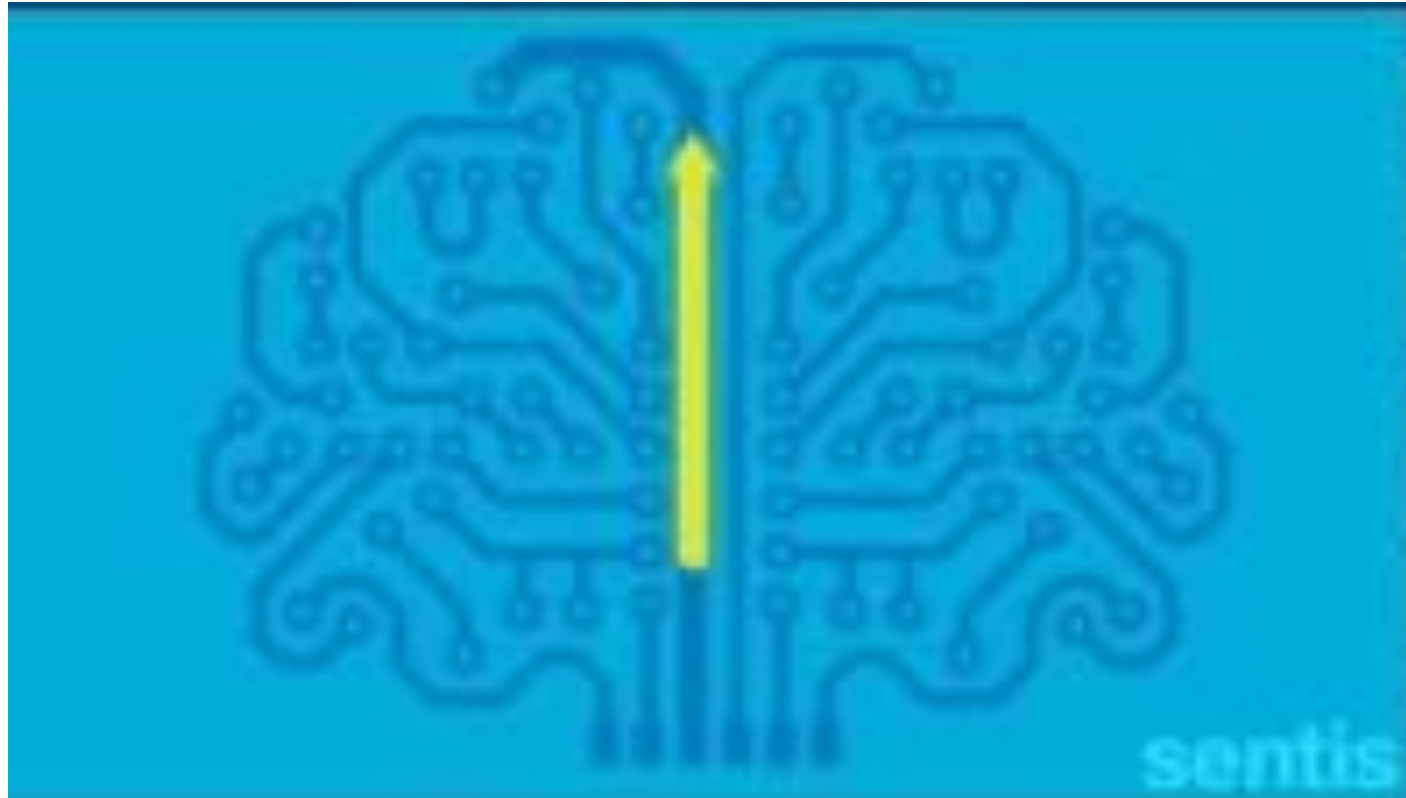
# What is the “shape” of the story you’re telling your student?



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# Neuroplasticity



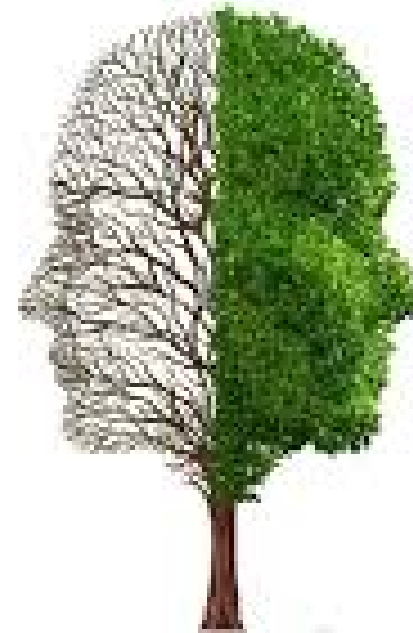
# Shifting student mindsets: A “stealthy” approach *(Yeager, et al., 2016)*

**Step 1** – A small “dose” of science/research

**Step 2** – A “model” story

**Step 3** – Students reflect on and tell their own story

**Step 4** – “Saying is believing”



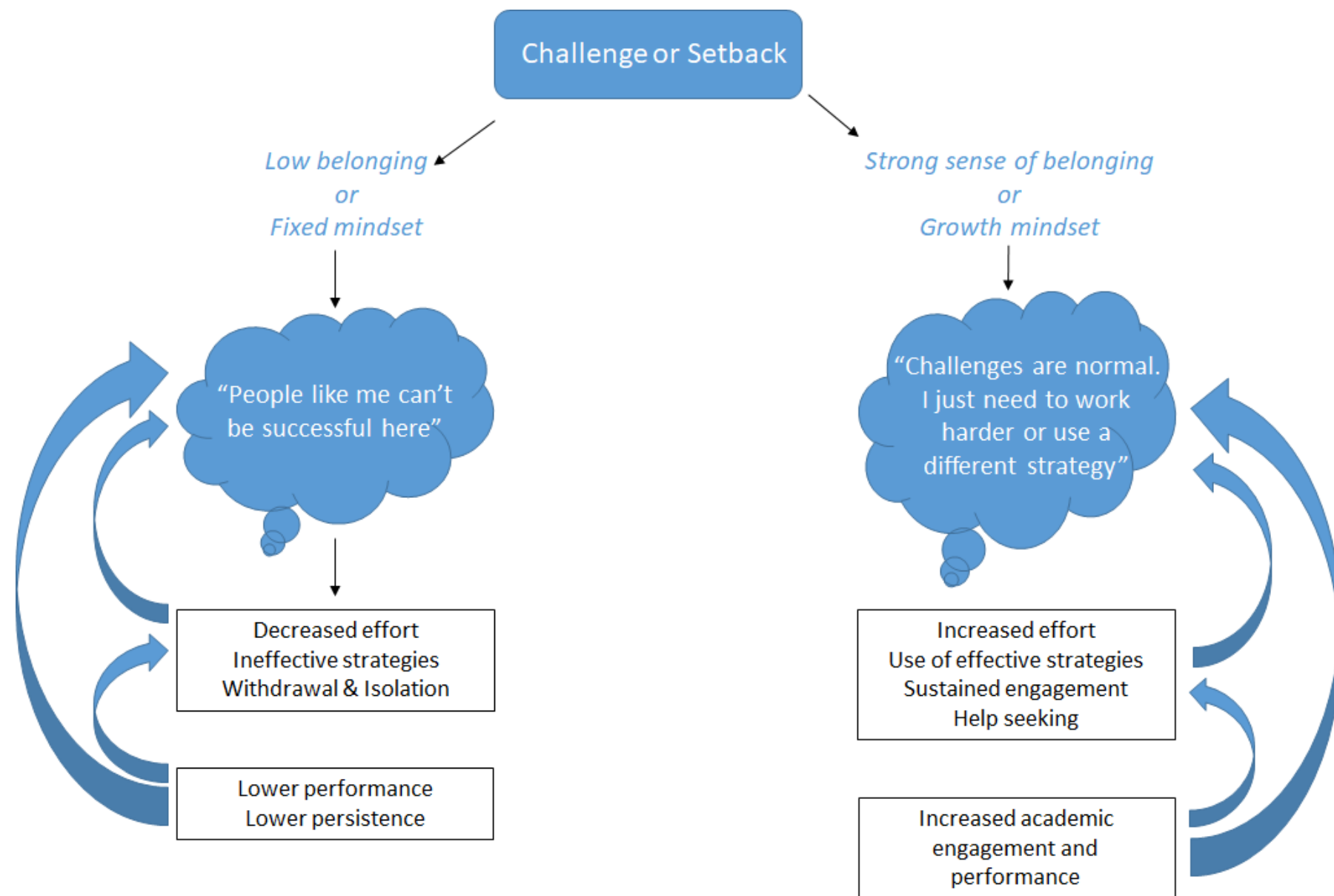
# An Equation for Becoming

$$\begin{aligned} &\text{Growth} \\ &= \\ &\text{Effort} \\ &+ \\ &\text{Effective Strategies} \\ &+ \\ &\text{Help-Seeking} \end{aligned}$$



# Recursive Effects

(Walton, 2014)



## A bold claim . . .

“Supporting students in developing productive learning mindsets may be the single most important outcome for the first year of college.”

*(Baldwin, Bunting, Daugherty, Lewis  
& Steenbergh, 2020)*



When do you see these “crises” among  
your students?

What are your opportunities  
to intervene?





# Belonging Uncertainty

(Walton & Cohen, 2011)



Doubts about whether we are fully accepted (or ever could be) in a particular environment

- Less likely to engage or participate in social or academic settings
- More sensitive to criticism & feedback
- Less likely to seek out or accept challenges

# The power of reflective conversations

- Help them evaluate their effort
  - *What have you tried?*
  - *How is it working?*
- Help them identify adjustments
  - *What can you do differently?*
- Encourage them to reach out
  - *Who can help?*



# Scriptural Foundations for FYE

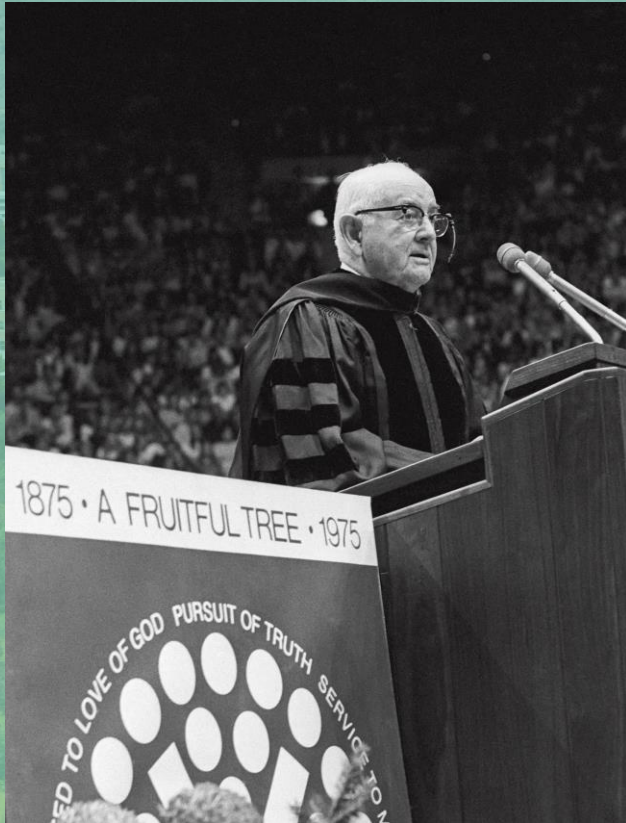
## Moroni 6:4

“And after they had been received unto baptism, . . . their names were taken, that they might be remembered and nourished . . . **relying alone upon the merits of Christ**”

## Moses 7:18

“And the Lord called his people Zion, because they were of one heart and one mind, **and dwelt in righteousness;** and there was no poor among them.”





“Gospel methodology, concepts, and insights can help us to do what the world cannot do in its own frame of reference.”

*Spencer W. Kimball, 2<sup>nd</sup> Century Address*

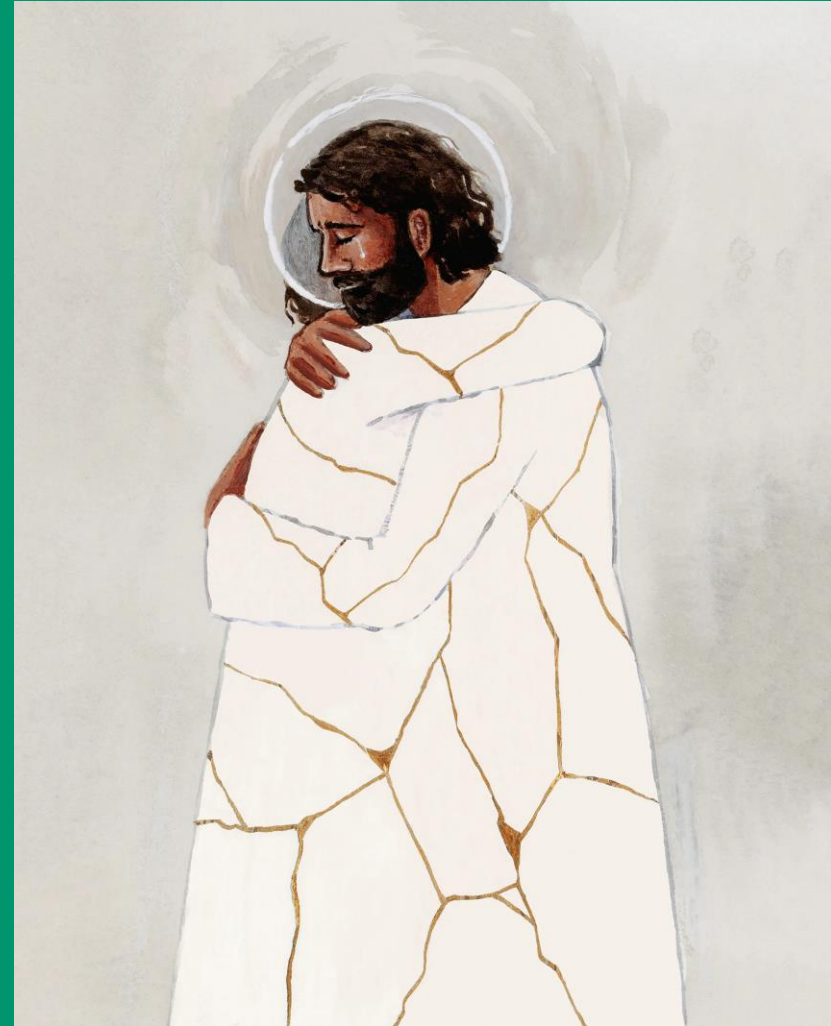
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“ . . . sometimes grit alone is not enough. To do all that is expected of you as a student, you will need to work hard and demonstrate grit. **But to go where you need to go will take something more. You will need to seek after the strengthening power of the Atonement of Jesus Christ.**

Yes, we have to work hard, do our best, and marshal all of the personal grit we can; but in the end, **we must rely on the Savior and His grace.** Be prepared to move from grit to grace. Involve the Lord. Pray for His help, and He will magnify your efforts.”

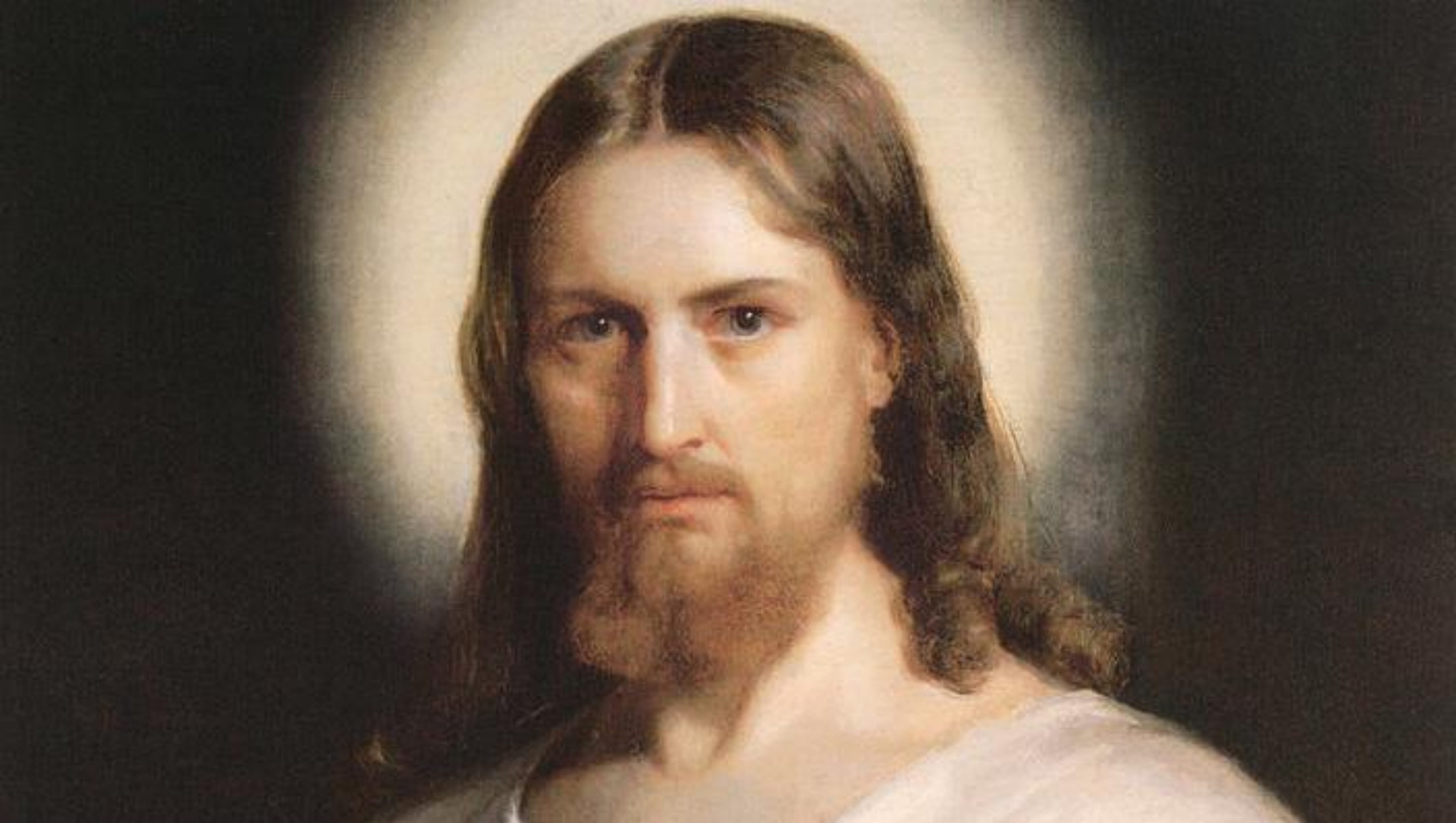
*Elder Clark Gilbert, “From Grit to Grace, 2018*



# An Equation for Becoming

$$\begin{aligned} &\text{Growth} \\ &= \\ &\text{Effort} \\ &+ \\ &\text{Effective Strategies} \\ &+ \\ &\text{Help-Seeking} \\ &+ \\ &\text{Divine Power \& Grace} \end{aligned}$$





# References

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An aerial photograph of a university campus, likely Brigham Young University, featuring a large white classical building with columns in the foreground, surrounded by green trees. In the background, there are mountains and other campus buildings. The entire image has a green tint.

# Questions?

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An aerial photograph of the Brigham Young University (BYU) campus. In the foreground, a large, white, classical-style building with columns is surrounded by lush green trees. Behind it, several modern, multi-story buildings with orange and white facades are visible. The campus is set against a backdrop of rugged, brown mountains under a cloudy sky. A large white 'Y' logo is visible on the right side of the mountain range.

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