

# Chickering's Seven Vectors

## Possible Programs in Residence Halls

### VECTOR 1- Developing Competence

Study Skills Workshops  
Assertiveness Training  
Time Management  
Communication Skills  
Alcohol Education  
Floor/Hall Party  
Note/Test Taking  
Weight Training  
College Bowl Competition  
Aerobic Program



### VECTOR 2- Managing Emotions

Conflict Resolution  
Human Sexuality  
Dealing with Depression/Loneliness  
Developing Friendships  
Racial Awareness  
Maintaining Long Distance Relationships  
Communication Skill Workshops



### VECTOR 3- Moving Through Autonomy Toward Interdependence

Decision Making Skills  
Whose Life Is It - Your Values vs. Your Parents  
Your Legal Rights  
Student Rights and Responsibilities  
Money Management  
Developing Confidence  
Debates on Social Issues  
Improving Communication Skills  
Values Clarification



### VECTOR 4- Developing Mature Interpersonal Relationships

Handicap Awareness  
Exploring Religious Options  
Living with a Black/White Roommate  
Fraternities and Sororities  
Motherhood vs. Career



### VECTOR 5- Establishing Identity

Values Clarification  
Sex Role Awareness  
Leadership Workshops  
Power of Positive Thinking  
Wellness  
Developing leisure time activities



### VECTOR 6- Developing Purpose

Life Planning Workshops  
Career Planning  
Job Search Strategies  
Interviewing Skills  
Parenting  
Aspect of Aging  
Setting and Achieving Life Goals



### VECTOR 7- Developing Integrity


Values Clarification Workshops  
Ethnic Awareness Programs  
Alcohol and Drug Awareness  
Discussion Sessions  
Decision Making: Examine the Alternative




# Chickering's Seven Vectors

## Possible Problems in Residence Halls


### VECTOR 1- Developing Competence

Inappropriate Social Interactions   
Experimenting with Alcohol & Drugs  
Failure to see logical consequences of actions  
May be aggressive in interactions with others  
May be passive in interactions with others  
Unable to effectively communicate with others  
Experimenting with sexuality


### VECTOR 2- Managing Emotions

Roommate and other interpersonal conflicts  
Lack of self-control - Peer influence  
Fail to accept responsibility for actions  
Overly emotional   
May have difficulty with persons of  
different race/culture/sexual  
orientations


### VECTOR 3- Moving Through Autonomy Toward Interdependence

Emotional dependency  
Problems with parental control   
Problems with authority figures  
Values crisis - what is right and wrong  
Developing self-confidence

### VECTOR 4- Developing Mature Interpersonal Relationships

Stereotypes  
Dating relationships   
Changes in friendship patterns

### VECTOR 5- Establishing Identity

Sexual Orientation issues  
Establishing personal values system   
Body acceptance  
New parental relationship  
Acceptance of personal responsibility

### VECTOR 6- Developing Purpose

Need for direction  
Application of personal values system  
Vocational commitment

### VECTOR 7- Developing Integrity

Decisions about life plans  
Congruence between values and actions  
Connecting rules and their purposes