



GROWTH PLAN

“Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From Him, the whole body joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.” Eph 4:15-16

Name

Diploma in Intercultural Studies



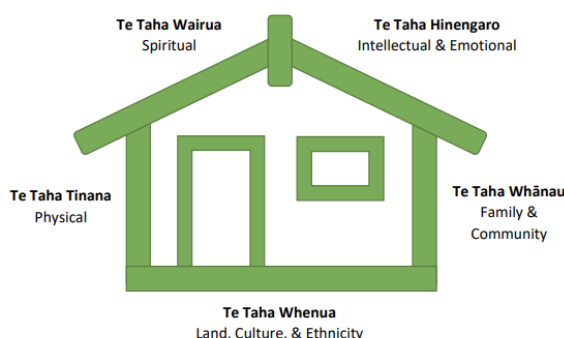
Growth Plan

Eastwest is a place where it is all about growing and learning. This growth plan is part of that process and is meant to help you in your ongoing personal growth.

At Eastwest, we view wellbeing holistically, but also understand every person grows in different interrelated areas as part of their holistic personal growth journey. The five areas or dimensions of wellbeing that this growth plan focuses on are:

- Spiritual
- Physical
- Intellectual and Emotional
- Family and Community
- Ethnic and Cultural

We often present or discuss these interrelated areas using Te Whare Tapa Rima, the Five-Sided House model.¹



What to do

For this Growth Plan, you will reflect on the above five areas **three times** during your year of study.

- Once at the **Beginning**
- Once in the **Middle**
- Once at the **End**

At each of these points, you will be asked to think about your areas of growth and reflection related to each of these areas. These may include personal goals you set for yourself.

You will also have an opportunity to discuss this Growth Plan with your Care Group Leader at each point of reflection and once a semester with the Eastwest Vocational Advisor to discuss your next steps. This may be further study or opportunities regarding future ministry and mission.

Ka Mua, Ka Muri – “Walking backwards into the future” a whakataukī which speaks of the importance of looking to the past to inform the future. A key aspect of the Growth Plan is to develop reflective practice, to reflect on who you are, how you are going, how you got to where you are, what the Lord is leading you to next, and what you can do to get there.

¹ Adapted from Te Whare Tapa Rima - The five-sided home; a best practice holistic learner support model. (Ako Aotearoa, 2020) as derived from Te Whare Tapa Whā by Mason Durie.



Spiritual Wellbeing

Spiritual wellbeing concerns your relationship with God, your personal devotional life (Bible reading, prayer, worship), freedom from sin, connection with a local church, using of giftings, etc.

On a scale of 0-10 rate your Spiritual wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

When you consider your Spiritual wellbeing what are the areas of growth you would like to see develop over the coming season (or any other areas of reflection in this space)?

Beginning:

Middle:

End:



Physical Wellbeing

Physical wellbeing concerns your physical self and lifestyle patterns, physical activities and exercise, recreational activities, quantity and quality of sleep, rest, material needs (finances, clothing, transport, etc.), and nutrition.

On a scale of 0-10 rate your Physical wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

When you consider your Physical wellbeing what are the areas of growth you would like to see develop over the coming season (or any other areas of reflection in this space)?

Beginning:

Middle:

End:



Intellectual and Emotional Wellbeing

Intellectual and Emotional wellbeing concerns two interrelated areas that involve your attitudes and motivations for life and study, coping responses to demands of life and study, sense of joy and contentment, self-worth, sense of purpose and confidence in study and future life and ministry.

On a scale of 0-10 rate your Intellectual wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

On a scale of 0-10 rate your Emotional wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

When you consider your Intellectual and Emotional wellbeing what are the areas of growth you would like to see develop over the coming season (or any other areas of reflection in this space)?

Beginning:

Middle:

End:



Family and Community Wellbeing

Family and Community wellbeing concerns interrelated areas that involve your interpersonal relationships with family, friends, and close communities. It also includes how well connected and supported you feel in these relationships, contentment and satisfaction with your relationship status (single or married). This includes matters relating to the wellbeing of children.

On a scale of 0-10 rate your Family wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

On a scale of 0-10 rate your Friends/Community wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

When you consider your Family and Community wellbeing what are the areas of growth you would like to see develop over the coming season (or any other areas of reflection in this space)?

Beginning:

Middle:

End:



Ethnic and Cultural Wellbeing

Ethnic and Cultural wellbeing concerns interrelated areas that involve your ethnic and cultural background(s) and unique identity. Study at Eastwest is by design an intercultural environment which will likely differ from the cultural context that you are most familiar with or those you are most comfortable living within. Ethnic and Cultural wellbeing is focused on how you are growing in terms of understanding your own cultural values and identity as well as how you are finding learning from your cultural perspective in an intercultural learning environment.

On a scale of 0-10 rate your Ethnic and Cultural wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

When you consider your Ethnic and Cultural wellbeing what are the areas of growth you would like to see develop over the coming season (or any other areas of reflection in this space)?

Beginning:

Middle:

End:



Overall Wellbeing and Goals

This section covers your overall wellbeing and incorporates all the above five areas and any they may have missed. It also concerns any personal goals you may have for yourself while you are studying at Eastwest (this may or may not directly relate to the programme of study).

On a scale of 0-10 rate your Overall wellbeing (0 = not good, 10 = excellent).

Beginning:	0	1	2	3	4	5	6	7	8	9	10
Middle:	0	1	2	3	4	5	6	7	8	9	10
End:	0	1	2	3	4	5	6	7	8	9	10

When you consider your Overall wellbeing what are the areas of growth you would like to see develop over the coming season (or any other areas of reflection), specifically those not covered in the previous sections?

Beginning:

Middle:

End: