

## AFFIRMATION NUMBER THREE

WE BELIEVE IN PERSONAL RESPONSIBILITY; THEREFORE, WE SET THESE EXPECTATIONS FOR STUDENTS:

### 1. AN INQUISITIVE MIND

MVNU is a faith community of learners. We believe God is the source of all truth, and we promote open dialogue about God, humankind, life, death, and eternity. Rigorous academic programs encourage scholarship, critical reflection, and problem-solving. Students are challenged to read good books, journals, and magazines. At the same time, in the example of John Wesley, they are encouraged to be a “man (or woman) of one book – the *Bible*.”

### 2. A DISCIPLINED SCHEDULE

For many students, being away at college for the first time presents new challenges in time management. At MVNU, we provide support and guidance designed to help students maintain a disciplined schedule. Overall, students balance their time wisely between academics and outside activities.

### 3. A MODEST APPEARANCE

Modesty, neatness, and cleanliness form a three-legged stool which provides a perspective for the lifestyle guidelines at MVNU. Most Christians agree on the principle of modesty, but few agree on the details. And that makes it difficult for a college to establish a standard acceptable to all. Generally speaking, we expect our students to exhibit a presence that is qualitatively different from students at colleges where faith in Jesus Christ is not the cornerstone. We believe an individual's appearance, including his/her clothes, should be appealing, not seductive; attractive, not revealing; appropriate, not offensive or extreme.

### 4. A BALANCED DIET

Believing that a Christian's body is the temple of the Holy Spirit, we advise students to eat a balanced diet. The key word is balanced. And since each person is different, a balanced diet for one is not the same for all. An MVNU course, “*Physical Education for Life*,” includes valuable information about health and nutrition. Also focused on helping students maintain good health are the campus nurse and food service personnel.

### 5. A PHYSICAL FITNESS COMMITMENT

Physical exercise is essential for good health. So at MVNU we offer a variety of appropriate resources – from intramural sports to aerobics classes, from indoor athletic facilities to outdoor jogging/walking trails. There are areas for biking and

also for roller-blading nearby. Another vital key to physical fitness is sufficient rest. To promote it, residential facilities are set up with regulations and guidelines that allow for quiet time and a sound night's sleep.

#### 6. A RELIABLE WORD

We believe a person's word, integrity, and credibility are ultimately far greater treasures than popularity, fame, or fortune. These assets can, and do, pass away. But an individual's word remains. At MVNU, we provide an environment that values honesty, trustworthiness, and truthfulness. Through our actions, we exemplify our belief that individual integrity and credibility should be protected with a passion.

#### 7. A LIFELONG LEARNING AND GROWTH PERSPECTIVE

We are committed to instilling within each student a desire for lifelong learning and growth. During the college years, we cannot possibly impact all the knowledge necessary for a lifetime. But we can teach students to learn how to learn – to understand the questions to ask – and to identify a significant direction for the future. Our goal is to help each student build a framework, spiritually and intellectually, upon which to build in the years ahead.