Shaping Your Image

Issue Program Addresses: Body Image

Best Time to have Program: (e.g., homesickness in September)
Fall

Materials needed: (include outside speakers, food, etc.)
Healthy food, WRC speaker

Description of program:
WRC programs, hours, classes. Wellness Lab: Resources. Health Beat, Counseling Center, Health Clinic. Give residents something to take with them?brochures, etc.
Also give residents small mirrors and craft supplies. They should write a word on the mirror that will be a positive inspiration to them every time they look into the mirror.

How would you advertise?
Mail invite, hall e-mail, house e-mails

What immersion topics (if any) does this program address?
wellness topics (e.g., sleep)

How would this program add to your community (i.e., what would residents gain from attending this program)?
Learn to keep healthy lifestyles
Building a community with a common interest/vision (e.g., being positive about each other and ourselves)

Battle of the Sexes

Issue Program Addresses: Gender conflicts, relationships, gender stereotypes

Best Time to have Program: (e.g., homesickness in September)
Beginning of the year

Materials needed: (include outside speakers, food, etc.)

Paper, markers, resource information, guest speaker (optional), Battle of the Sexes board game, Battle of the Sexes activities (e.g., balloon shaving contests). Food/drink, prizes.

Description of program:
Program used to familiarize students with each other, educate them of information they may not know about and get residents out of their comfort zones.

How would you advertise?
Door to door, bulletin boards, notes on door, attach bra or other attention-getter to advertisements

What immersion topics (if any) does this program address?
Identity issues, friendships, inclusiveness

How would this program add to your community (i.e., what would residents gain from attending this program)?
A better outlook of others in the community and of residents? own gender identity.

Community

Source URL: http://uni.edu/dor/housing/springboard-program-planner