Free Programming Ideas - Fall 2024

These programs can be geared towards any community or area, but were specifically created with the Residential First Year Experience in mind!

Spring Programming deadlines:
1st Program: February 28th
2nd Program: March 31st
3rd Program: May 2nd

January

- **Reflect on the Fall Semester & Become Re-Involved On-Campus; Healthy Communication (Friendships & Relationships); Inclusivity Conversations**

1. Gratitude and Goals Gala - Residents have the opportunity to create personal "gratitude lists" for the past semester and "goal trees" for the upcoming one using paper cutouts.
    a. Materials: Paper, markets, pens canva
    b. Programming area: Mindfulness/spirituality
2. Midnight Vision Board Bash - Have a late night vision board making event for residents to set intentions for the upcoming semester or reflect on things they loved about the fall semester.
    a. Materials: Paper, modge podge, canvas, magazines, glue sticks
    b. Programming area: Social belonging, mindfulness/spirituality
3. Craft & Communicate: Friendship Bracelet Workshop - have a friendship bracelet making night that includes some conversation about building meaningful relationships and ways to connect with friends on campus.
    a. Materials: Embroidery floss, elastic cord, beads
    b. Programming area: Social belonging
4. Inclusivi-Tea Party - A tea party where residents share stories and experiences over various teas, and have an opportunity to learn more about the people they share the building with.
    a. Materials needed: kettle, tea bags, cups
    b. Programming area: Social belonging, Cultural awareness and responsiveness

February

- Housing & Roommate Selection; Stress Relief & Study Skills; Relationship Assessment; Class Registration, Academic Advising, and Picking a Major

1. Roomie Match Night - A fun speed-dating style event where residents chat with potential roommates using fun icebreaker questions, afterwards the RA can share more about the housing selection process.
    a. Materials needed: None!
    b. Programming area: Social belonging
2. DIY Stress ball - host a night of diy stress ball making with water beads and balloons to help promote healthy responses to stress. Can invite someone from counseling to help out or reach out to them to get hand outs for residents.
    a. Materials needed: Water beads (like Orbees), balloons
    b. Programming area: Health wellness and personal safety
3. Brain Food & Flashcards Frenzy - stock up on some of the most popular "Brain Foods" like dark chocolate, berries, nuts, green tea, and whole grains for residents to try while they make flashcards or cue cards to prep for their next exam or presentation.
    a. Materials needed: "Brain Foods" listed above, some flashcards, and writing utensils.
    b. Programming area: Health wellness and personal safety, academic or educational
4. Major Mixer - A casual late-night social where residents chat with peers (or you can invite your friends to help out!) about different majors, and include some helpful sheets for course planning
    a. Materials needed: Snacks, paper, writing utensils
    b. Programming area: Academic or educational

March

- Benedictine Values & Spiritual Inclusivity; Alcohol Education & Social Decision Making; Planning for Summer

1. Meditation & Mandalas - Residents participate in a guided meditation from YouTube or you can lead it, followed by creating their own mandala art to represent spiritual inclusivity.
    a. Materials needed: computer/speaker, mandala coloring pages, markers
    b. Programming areas: Spiritual and mindfulness
2. DIY Summer Planner - Residents craft their own personalized summer planners, including calendars, goal-setting pages, and budget trackers.

    a. Materials needed: printable planners (canva templates), markers, pens
    b. Programming area: Academic or educational, health wellness and personal safety
3. Luck of the (Sober) Irish - A St. Patrick's Day-themed event with mocktail stations serving green drinks, a trivia game about alcohol myths and facts.
    a. Materials needed: trivia (could make a Kahoot for free), green mocktail
    b. Programming area: Health wellness and personal safety

April

- Sustainability; Mental Health Awareness; 2024-2025 Reflection; Finals Preparation

1. Upcycle and Swap Party - encourage residents to bring old clothes they'd like to swap with someone else, or use craft supplies to up cycle into a fun new piece of clothing!
    a. Materials needed: sewing supplies, scissors, denim, sequins
    b. Programming area: Social belonging
2. Sustainability Scavenger Hunt - A building-wide scavenger hunt focused on finding sustainable practices, like recycling bins, water bottle refill stations, and energy-saving features.
    a. Materials needed: a prize for the winner- maybe a reusable water bottle
    b. Programming area: social belonging
3. Late-Night Self-Care Spa - Residents enjoy a DIY spa night with activities like making face masks and hand scrubs, while discussing the importance of self-care.
    a. Materials needed: Things for face masks/scrubs
    b. Programming area: health wellness and personal safety
4. Study Buddies - Residents make small plushies or stress balls to keep as "study buddies" during finals, with tips on staying focused and stress-free.
    a. Fabric, stuffing, sewing supplies (kits probably available online)
    b. Programming area: Academic or educational, health wellness and personal safety

May

- Closing!