


| Program Meets Following Expectations? | | | | | | | | |
|---------------------------------------|----------------------------|--------------------------|-----------------------|---|--|------------|-----------|-------------------------------------|
| Personal Development [1] | Leadership Development [2] | Cultural Nourishment [3] | Health & Wellness [4] | Title | Description | Date | Time | Location |
| x | | | x | Student Wellness and Health Promotion workshops | Customized workshops led by staff or peers from Student Wellness & Health Promotion. Request the program at https://sites.udel.edu/studentwellness/program-request/ . | | | TBD |
| | x | | | BHLP (Blue Hen Leadership Program) customized workshops for the chapter | Potential topics are how to build a team, conflict management, and goal setting. Please submit a request at https://sites.udel.edu/usc/bhlp-request-a-workshop/ . | | | TBD |
| x | | | | Career Center workshops | This form can be used to request a live, virtual, or asynchronous presentation/workshop for your class, division, or organizational meeting. Please allow a minimum of 2 weeks notice for presentation requests. | | | TBD |
| x | | | x | Center for Counseling & Student Development workshops | Potential topics include healthy relationships, conflict resolution, suicide prevention and building resiliency. Please use this form to request a workshop from the Center for Counseling & Student Development. | | | TBD |
| | | x | | Student Diversity & Inclusion workshops | Potential topics include implicit bias, inclusive language, and LGBTQ+ resource training. Please use this form to request a workshop. | | | TBD |
| X | X | | | Leadership & Service Kick Off Event | Join us on Wednesday, September 4th to kick off the fall semester leadership opportunities! Speaker Rob Lawless will help you get excited about the connections you will make over the next year and you'll be able to mingle with peers and staff who want to help you explore leadership opportunities around campus! | 9/4 | 6-8pm | Trabant MPRS |
| X | | | | Blue Hen Ready: Build Your Brand | In this session, you will learn how to hone your personal narrative in a way that both maintains your privacy in a personal life and shares enough publicly to set you on the path to achieve your dreams (career, etc.). Registration is encouraged: https://ud.alumniq.com/index.cfm/events/register/home/eventId/8827 | 9/17/2024 | 7pm - 8pm | Gore Hall |
| X | | X | | Engaging Matters: Hot Takes Over Hot Plates | Ever in the mood for a deep conversation or just want to talk over some good food? Join the National Association for Black Accountants (NABA), Student Diversity and TBD | 9/25/2024 | 6-8pm | Center for Intercultural Engagement |
| X | | | | Blue Hen Ready: Resume Refinery Workshop | In this session, Cyndi and Lois will help you most effectively market your experience through your resume. We'll talk about formatting, power verbs, impact vs. action, and how to make yourself stand out from the competition. After reviewing some examples, we'll work together in small groups to brush up your technique, and to brainstorm bullet points highlighting your selected achievements and transferable skills. Bring your laptop! You'll walk away with a greater confidence in resume writing, tips about helpful resources, and a refreshed professional document that you can adapt for any future opportunity. Registration is encouraged: https://ud.alumniq.com/index.cfm/events/register/home/eventId/8829 | 10/15/2024 | 7-8pm | Gore Hall |
| X | | | | Blue Hen Ready: Budgeting and Spending Plan | In this session, you will hear from Gary Ulrcih '15 on how to budget your money for the future, covering topics such as renting, buying a home, paying off student loans, purchasing a car, and building your credit. All attendees will receive an insomnia cookie! Registration is encouraged: https://ud.alumniq.com/index.cfm/events/register/home/eventId/8848 | 11/13 | 5-6pm | TBD |

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| Personal Development [5] | Leadership Development [6] | Cultural Nourishment [7] | Health & Wellness [8] | Title | Description | Date | Time | Location | |
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| | | x | | Black Men in Living Color: The Beauty of Black Masculinity: Engaging Matters Series | We'll be in conversation around Black men and masculinity, getting to the core of what masculinity means in the Black community, and discussing ways that Black men can build their own sense of masculinity as individuals to relieve themselves of the social burdens of Western ideas of manhood. RSVPs are highly encouraged, click this RSVP Link (https://studentcentral.udel.edu/event/9724059) as convenient. | 2/28/2024 | 6-8 PM | Center for Intercultural Engagement (Perkins 261) | |
| | | x | | CBC Black History Month Speaker: Nikole Hannah-Jones | Nikole Hannah-Jones has spent her career investigating racial inequality and injustice, and her reporting has earned her the MacArthur Fellowship, known as the "Genius Grant," among other awards. She is the host and an executive producer of The 1619 Project Hulu docuseries, which won the 2024 Emmy Award for Outstanding Documentary or Nonfiction Series. She also serves as the Knight Chair of Race and Journalism at Howard University, where she founded the Center for Journalism & Democracy. RSVP Link (bit.ly/CBC-BHM24) | 3/4 | 6:30 PM | Trabant MPR | |
| x | | | | 2024 Amplify Leadership Conference | Amplify will spark your curiosity and leave you feeling empowered and inspired to take action in your life and the world. With sessions like cooking demonstrations from Chef Robbie Jester (featured on Netflix's "Pressure Cooker"), Restorative Yoga, The Comeback of Kindness, Activism, How to Craft an Elevator Pitch, Authentic Leadership, and keynote speaker Erin Brockovich, this year's conference will help you explore fresh ideas and try something new! Event details and registration can be found on the conference website (https://sites.udel.edu/usc/leadership-service/leadership/#amplify) | 3/2 | 12-5 pm | Trabant University Center | |
| | | | X | Can Celebrating St. Paddy's Day be Fun and Safe? | Calling all LUCKY students, faculty and staff! With St. Paddy's Day around the corner, it's important to learn how we can best support the health and wellbeing of our students during holidays. Come join to learn more about what you and your unit can do to reduce the risks of alcohol-related negative experiences. Additionally, students will be able to see real-world examples of how we use health behavior theories to tackle these issues. Hope to see you there! Want to join on Zoom? Use the following link: https://udel.zoom.us/j/93357837770 | 3/7 | 1-2 | Warner Hall 101 | |
| | | | X | Sex Education Series: 1 <3 Femal Org | Join us to laugh and learn about the "big O," the most popular topic sex educators Lindsay Fram and Marshall Miller teach about! Orgasm aficionados and beginners of all genders are welcome to come learn about everything from multiple orgasms to that mysterious G-spot. Whether you want to learn how to have your first orgasm, how to have better ones, or how to help your partner, Lindsay and Marshall cover it all with lots of humor, plenty of honesty, and an underlying message of sexual health and women's empowerment. **Inclusive of and relevant to people who identify as women, people who were assigned female at birth, and their friends and partners!** | 3/18 | 7:00 PM | Mitchell Hall | |
| | X | | | The Department of Women and Gender Studies presents: Race, Wrongful Conviction, and Exoneration: The "Mock" Trial of Darryl Hunt | Darryl Hunt was only 19 years old when he was wrongfully incarcerated. On June 17, 1985 Darryl Hunt was convicted of rape and murder of Deborah Sykes. Despite his innocence, Darryl spent the next 19 years of his life in prison until exonerated on February 6, 2004. By then, he was 38 years old. This 'Mock Trial' tells the harrowing story of Hunt's never-ending battle against a system designed to work against him. It explores the dark roots of an inherently racist and misogynistic criminal justice system, and how this form of injustice is the ultimate betrayal. | 4/11 | 7:00 PM | Pearson Hall | |
| | | | X | Panhellenic and IFC Sexual Assault Awareness Movie Night | Movie is 'She Said', hosted by Panhellenic and IFC on the Harrington Turf. | 4/23 | 8:00 PM | Harrington Turf | |
| X | | | | Trust Me: A Chaplin Tyler Executive Leadership Lecture with Matthew Blattmachr | Dean Oliver Yao and the Alfred Lerner College of Business and Economics welcome Matthew Blattmachr, President and CEO of Peak Trust Company, for the Chaplin Tyler Executive Leadership Lecture on Friday, April 26 from 3:30 to 5:00 in Purnell Hall room 115 at the University of Delaware. In his lecture "Trust Me," Blattmachr will share lessons in overcoming obstacles, leading with passion over popularity and finding success through resilience in overseeing one of the nation's leading trust companies. | 4/26 | 3:30 | Purnell Hall 115 | |

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| Personal Development [9] | Leadership Development [10] | Cultural Competency [11] | Health & Wellness [12] | Title | Description | Date | Time | Location | |
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| x | | | | Self-Expression | Latinas Promoviendo Comunidad/Lambda Pi Chi Sorority, Inc. No RSVP required. Discussing different forms of poetry and some examples of these forms. After our presentation, we'll give the opportunity for students to try out poetry, and also supply materials needed for other forms of self-expression, and provide an opportunity for students to express themselves if they would like. | 11/9/2023 | 6-7pm | Alison Hall Room 318 |  |
| x | x | | x | Bonny Shade: A conversation to end sexual violence | Talking about sex is hard. Talking about sexual violence is even harder. With 20% of college-age women and 6% of college-age men being survivors of sexual assault, we all need to get more comfortable confidently discussing sex. This conversation isn't meant to make you comfortable- It's meant to make you better! Get ready to laugh, cry, and walk away with new knowledge to end sexual violence and change the damn world! | 12/9 | 7:00 PM | Pearson Hall | |

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| Personal Development [13] | Leadership Development [14] | Cultural Competency [15] | Health & Wellness [16] | Title | Description | Date | Time | Location | |
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| | | | x | Lambda Pi Chi: Save a Life, One Spray | This event is a partnership with the University of Delaware Emergency Care Unit (UDECU) that will include a presentation and training on Narcan, a medication used to battle drug overdose. The UDECU will be providing a thorough presentation on Narcan as well as provide training on how to utilize Narcan and other life-saving techniques. No RSVP is required but if chapters plan to send a large group, they can contact me at lpast@udel.edu . | 3/16 | 6:30 - 7:30 | Memorial Hall 127 | |
| | | x | | Lambda Pi Chi: War in the Classroom | This event will include panelists who will be answering questions regarding the deep-rooted history and legislation being proposed to erase Black History and Black Experiences in curriculums and libraries in states across the nation. This emphasizes the fact that the continued erasure of the truths in Black History diluted within American History is a function of systemic racism that needs to be addressed in the Critical Race Theory (CRT) lens. We will discuss the ideology of Critical Race Theory, which consists of the idea that race is a social construct aimed to keep a group of people (historically, Black people) oppressed systematically - socially, legally, and economically. | 4/10 | 6:30 - 7:30 | 005 Kirkbride Hall | |

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| Personal Development [17] | Leadership Development [18] | Cultural Competency [19] | Health & Wellness [20] | Title | Description | Date | Time | Location | |
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| x | | | x | Hiding in Plain Sight: Youth Mental Illness featuring Loren Ewers and Erik Ewers | <p>The issues surrounding mental illness are extraordinarily complex; the risk factors are daunting, the economics bewildering, the politics contentious. Public policy, research, and education can help. But the most important step—and often the most difficult one—is to start talking about it.</p> <p>Join us for a viewing and discussion of Hiding in Plain Sight, a documentary that gives communities an opportunity to consider the importance of destigmatizing youth mental illness. The documentary features first-person accounts from more than 20 young people, ranging in age from 11 to 27, who live with mental health conditions, as well as parents, teachers, friends, healthcare providers in their lives, and independent mental health experts.</p> <p>The event will begin with highlights from the documentary, followed by a discussion with co-directors Chris and Erik Ewers, and moderated by UD Director of Strategic Wellbeing and Training Helen Ann Lawless on the importance of mental health awareness and the obstacles that young people face. MUST REGISTER at https://docs.google.com/forms/d/e/1FAIpOLScW1xO58wepqvZr8vEkkE6ZPSPYPOTSzITqtgDitm2cY8n8Yg/vieyform.</p> | 9/15 | 6-7:30 pm | The GGreen | |
| | | x | | Biases in Software and Technology | A discussion on an array of topics, including: prejudices and threats to civil liberty in facial recognition algorithms, unfairness examples in machine learning systems, how word embedding models in natural Language Processing applications may inherit strong gender stereotypes, and how scientists are trying to resolve these issues. No RSVP necessary. If you organization plans to send more than 15 people, please contact Lucia at lpast@udel.edu in advance of the program. | 9/28 | 5:00 PM | ISE207 | |
| x | x | x | | Both/And in Women's Leadership: Advancing Gender Equity from the Classroom to the Boardroom | <p>Work or family. Today or tomorrow. Service to self or others. Intrinsic versus extrinsic motivation. These seemingly everyday challenges women business leaders face are often presented and perceived as “either/or” scenarios.</p> <p>In their newly released book, “Both/And Thinking: Embracing Creative Tensions to Solve Your Toughest Problems”, co-authors Marianne Lewis and Wendy Smith offer a solution to those very challenges: a reframing of those “either/or” scenarios as something completely different — and, potentially, transformative.</p> <p>Join us in a webinar as Marianne Lewis, dean and professor of management in the University of Cincinnati's Carl H. Lindner College of Business and Wendy Smith, Dana J. Johnson Professor of Management in the University of Delaware's Alfred Lerner College of Business and Economics talk with 4 successful female leaders about how they navigate both/and solutions to enable more female leadership and diversity in governance.</p> | 9/30 | 9:00 AM | | Must register at https://udel.zoom.us/webinar/register/WN_Z304tzxoT_CBG2XIELcaHQ |
| x | | | x | Debunking BMI Myths. sponsored by Lambda Pi Chi | This event will dive into what BMI (Body Mass Index) is and its interpretations. We will discuss its use in the healthcare world and its indications for a person's health. We will then elaborate on the inaccuracies that accompany BMI and the different components that can affect someone's BMI, such as: age, gender, race, ethnicity, and physical activity level. Then we will study how healthcare providers rely on BMI too heavily and its impacts on a patient's mental health status. Finally, we will discuss other healthcare assessments that providers can utilize to provide a more accurate depiction of a person's health. | 11/15 | 6:00 PM | Allison Hall 228 | |
| x | | | x | Ride Safety | Samantha Josephson was kidnapped and murdered when she was targeted by a person posing as a rideshare driver. Samantha's parents, Seymour & Marci Josephson, will educate others on the importance of ride share safety so that no other family would have to suffer this kind of loss. | 12/4 | 7:00 PM | Smith 130 | |
| x | x | | x | Bonny Shade: A conversation to end sexual violence | Talking about sex is hard. Talking about sexual violence is even harder. With 20% of college-age women and 6% of college-age men being survivors of sexual assault, we all need to get more comfortable confidently discussing sex. This conversation isn't meant to make you comfortable- It's meant to make you better! Get ready to laugh, cry, and walk away with new knowledge to end sexual violence and change the damn world! | 12/6 | 4:00 PM | Pearson Hall | |
| x | | x | | Leading While Black | <p>Join the College of Engineering for Leading While Black, an event that will examine leadership development and experiences of Black professionals and the importance of diversity, equity and inclusion in society. A fireside chat between COE Dean Thompson and University of Maryland President Darryll J. Pines will share how personal experiences have shaped their careers.</p> <p>President Pines will then join a panel discussion with UD Trustee Joan Coker, MD; Codrick Johnson (EG95), president of Airport Design Consultants, Inc.; and Kara Odom Walker (EG99), MD and executive vice president and chief population health officer at Nemours Children's Health. The panel will be moderated by Fatimah Conley, the University's vice president of equity and chief diversity officer, and will include an audience Q&A session. RSVP HERE.</p> | 2/27 | 2 - 4 pm | Mitchell Hall | |

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| Personal Development [25] | Leadership Development [26] | Cultural Competency [27] | Health & Wellness [28] | Title | Description | Date | Time | Location | | |
| x | | | | Fall Career & Internship Fair | The UD Fall Career & Internship Fairs: All Career Communities Fair will bring students and alumni together in a virtual setting. Regional and national employers attend to connect with top UD undergraduate and graduate students and alumni. Please register at https://app.joinhandshake.com/career_fairs/24182 . | 9/22 & 9/23, | 12-4:30 pm | | | |
| | | | | | Join us for a live discussion of masculinity, race, and porn culture with Culture Reframed's Dr. Gail Dines and Byron Hurt, who brings his years of experience as a filmmaker and cultural critic to a discussion of what it means to grow up male in a hypersexualized porn culture. | | | | | |
| | | x | x | Masculinity, Race, and Porn Culture | To view the livestream, visit the Culture Reframed Facebook page on Wednesday, Sept. 22, at 4 pm ET; the discussion will appear in the top post. | | 9/22 4:00 PM | www.facebook.com/culturereframed | | |
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| x | | | | Virtual Conversation with Mike Donilon sponsored by the Biden Institute | Learn about the unique challenges of running a presidential campaign in the middle of a pandemic and protests for racial justice. Join us for a behind-the-scenes look at the campaign from this veteran Democratic strategist, pollster and media specialist who helped shape Biden's 2020 messaging. This event is moderated by Cathy McLaughlin, Executive Director of the Biden Institute. You must register at https://docs.google.com/forms/d/e/1FAIpOLSeDLX3eFKKAwDhgT5u8DELB5_TyBwJYkn2g8SuuijrdKpFg/viewform | 9/29 | 5-6 pm | Virtual | | |
| x | | x | | Biden Institute Opal Lee | | 10/26 | 4-5:15 | Mitchell | | |
| x | x | | | Presidential Leadership: Lessons from the Oval Office | Are leaders born or made? Do the times make the leader or does the leader make the times? Every U.S. president since George Washington has been faced with pressing issues that have had consequential impact on our nation. How each leader has responded has shaped the history of our country and had direct impact on our lives. Join presidential historians Doris Kearns Goodwin and Jon Meacham, in conversation with Valerie Biden Owens, as we explore the qualities that make great leaders and how some of our presidents have responded during turbulent times. Register at https://docs.google.com/forms/d/e/1FAIpOLSeDLX3eFKKAwDhgT5u8DELB5_TyBwJYkn2g8SuuijrdKpFg/viewform | 12/7 | 6:30-7:45 | Mitchell | | |
| X | | | | Spring Career and Internship Fair | These virtual fairs will connect students and alumni with regional and national employers seeking students for both internship and full time positions. All Career Communities Fair will occur on 2/16/22 from 12-4:30pm. The Engineering, Science and Technology Fair will occur on 2/17/22 from 12-4:30pm. https://www.udel.edu/students/career-center/careerfairs/ for=4&utm_source=mass_mailer&utm_medium=email&utm_content=992841&utm_campaign=sim_targeted_email | 2/16 and 2/17 | 12-4:30pm | Zoom | | |
| x | | | | Hospitality Business Management Career Fair | Whether you are a freshman exploring the possibilities, a senior getting ready to graduate or somewhere in between, please join us for the Hospitality Business Management Career Fair! | 2/22 | 2:30-5pm | TBD | | |
| | | | | | Attend this networking event to meet employers seeking undergraduate students with an expected graduation date between December 2023 - May 2025 for their summer externship/leadership programs! | | | | | |
| x | | | | Summer Externship - Networking Night | Students will have the opportunity to go around to different tables in the Lerner Atrium to talk with employers about their opportunities. This networking night is for students interested in accounting, analytics, finance and information systems. | 2/24/2021 | 5-6:30pm | Lerner Atrium | | |
| x | | | | Communications, Marketing and Media Career Meetup | The suggested dress code is business casual. | 3/8 | 5-6:30pm | TBD | | |
| x | | | | Careers in Professional Selling Networking Meetup | Are you interested in engaging with people or organizations that have potential opportunities for pursuing a career in Professional Selling? Then attend this networking event to meet employers and alumni seeking to hire! Students will have the opportunity to interact with employers and learn about career paths in sales and how to apply for jobs and internships. | 3/9 | 5-6:30pm | TBD | | |
| x | | | | Experiential Learning for the Health Professions Meetup | Come hear from healthcare professionals about ways to volunteer, shadow and find direct patient care hours and how to navigate getting healthcare experience during COVID-19. | 3/14 | 5-6:30pm | TBD | | |
| x | | | | Social Impact and Helping Professions Career Meetup | The Social Impact & Helping Professions Career Meetup will provide the opportunity for you to connect with employers at nonprofits, service year organizations, caring facilities and more to learn about internships, job opportunities and industry insights. | 3/22 | 5-6:30pm | TBD | | |

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| | | | | | This event is open to ALL undergraduate and graduate students, alumni and the general public who are considering careers in PK-12 education! | | | | | |
| x | | | | Education Meeting | Participate in this networking event to learn about the many different types of opportunities in education: teachers, counselors, para-educators, administrators, specialists and more! | 4/4 | 4-5:30pm | TBD | | |
| x | | | | Physical Therapy Career Fair | If you are considering the field of physical therapy and looking for a full-time job or internship, this is the event for you! | 4/22 | 1-3pm | TBD | | |

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| Personal Development [29] | Leadership Development [30] | Cultural Competency [31] | Health & Wellness [32] | Speaker/Resource | Title | Description | Date (if applicable) | Link | |
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| x | | | | Career Center | Customized workshops from the Career Center | | TBD based on chapter request/ | MUST SUBMIT REQUEST AT: https://www.udel.edu/students/career-center/program-request/ | |
| x | | | x | SWHP | Naloxone Training | | TBD based on chapter request/ | Request the program at https://sites.udel.edu/studentwellness/program-request/ | |
| x | | | x | SWHP | Recovery Ally Training | | TBD based on chapter request/ | Request the program at https://sites.udel.edu/studentwellness/program-request/ | |
| x | | | | SWHP | Customized workshops from Student Wellness & Health Promotion | | | Request the program at https://sites.udel.edu/studentwellness/program-request/ | |
| x | | | x | Student Wellness Health Promotion (SWHP) | Varied programs on health and wellness | | Varied | Request the program at https://sites.udel.edu/studentwellness/program-request/ | |
| x | | | | Career Center | Career & Internship Fair | | 2/17/2021 12-4:30 PM | Register on handshake to sign up | |
| x | | | | Career Center | Career & Internship Fair | | 2/18/2021 12-4:30 PM | Register on handshake to sign up | |
| x | | | | Career Center | Prepare for the Fair Workshop | | 2/16/2021 11-12 PM | Register on handshake to sign up | |
| | x | | | BHLP | Happiness & Wellbeing with Tracey Holden | | 2/22/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Conflict Resolution with Leann Moore (BOLT!) | | 2/24/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | True Colors (BOLT!) | | 2/24/2021 @ 6:30:00 PM | | |
| | x | | | BHLP | Cultural Consciousness with Dabney Brice (D&I Credit) (BOLT!) | | 2/25/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | The Leadership Challenge (BOLT!) | | 2/25/2021 @ 6:30:00 PM | | |
| | x | | | BHLP | BHLP Info Session | | 3/4/2021 @ 2:00:00 PM | | |
| | x | | | BHLP | Adaptability, Resilience, and Leadership (BOLT!) | | 3/1/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | The Leadership Challenge (BOLT!) | | 3/3/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Dealing with Difficult People (BOLT!) | | 3/4/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | BHLP Info Session | | 3/5/2021 @ 4:00:00 PM | | |
| | x | | | BHLP | ChangeMakers Reflection Event | | 3/7/2021 @ 1:00:00 PM | | |
| | x | | | BHLP | Time Management for Student Leaders (BOLT!) | | 3/8/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Communication for Women Leaders (BOLT!) | | 3/10/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Professional Communication (BOLT!) | | 3/11/2021 @ 3:00:00 PM | | |
| | x | | | BHLP | True Colors (BOLT!) | | 3/11/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Introvert Influence (BOLT!) | | 3/15/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Networking Night with BHLP Alumni | | 3/15/2021 @ 6:30:00 PM | | |
| | x | | | BHLP | The Leadership Challenge (BOLT!) | | 3/17/2021 @ 2:00:00 PM | | |
| | x | | | BHLP | From Passion to Podcast: Starting Your Own Podcast | | 3/18/2021 @ 5:00:00 PM | | |
| | x | | x | NIC | Love, Mom & Dad: Turning tragedy into progress | | 3/21 @ 7:00-00 PM | | |
| | x | | | BHLP | Marketing Your BHLP Skills | | 3/22/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | How to Sound Smart in Your Tier 1 Presentation | | 3/24/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Leadership Disney Style (IN PERSON ONLY) | | 3/25/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Motivating the Middle (BOLT!) | | 3/29/2021 @ 5:00:00 PM | | |
| | x | | | BHLP | Accountability in Organizations (BOLT!) | | 3/31/2021 @ 5:00:00 PM | | |

| Program Meets Following Expectations? | | | | | | | | | | |
|---------------------------------------|-----------------------------|--------------------------|------------------------|--|---|---|------------------------|--|--|--|
| Personal Development [29] | Leadership Development [30] | Cultural Competency [31] | Health & Wellness [32] | Speaker/Resource | Title | Description | Date (if applicable) | Link | | |
| | x | | | BHLP | Building Your Personal Brand with Keri Papili | | 3/31/2021 @ 6:30:00 PM | | | |
| | x | | | BHLP | Transitioning Your Organization (BOLT!) | | 4/1/2021 @ 5:00:00 PM | | | |
| | x | | | BHLP | Leadership is Stressful (BOLT!) | | 4/5/2021 @ 5:00:00 PM | | | |
| | x | | | BHLP | Gifts of Imperfection (IN PERSON ONLY) | | 4/7/2021 @ 5:00:00 PM | | | |
| | x | | | BHLP | Fempowerment (IN PERSON ONLY) | | 4/8/2021 @ 6:00:00 PM | | | |
| | x | | | BHLP | Building Self Confidence | | 4/12/2021 @ 5:00:00 PM | | | |
| | x | | | BHLP | LGBTQ+ Session with Rachel Garcia (D&I Credit) (BOLT!) | | 4/14/2021 @ 5:00:00 PM | | | |
| | | | x | Center for the Study & Prevention of Gender-Based Violence | Revenge Porn: An Open Dialogue on Sexual Exploitation in a Digital Age | The Center for the Study and Prevention of Gender-Based Violence Presents: Revenge Porn: An Open Dialogue on Sexual Exploitation in a Digital Age, sexual exploitation has come to the forefront in discussions on gender-based violence. We will be discussing the book "Revenge of the Sluts," written by UD Alumni Natalie Walton and will be joined by a panel of guest speakers in an open dialogue with participants. | April 14, 2021 @ 3PM | The Google form to register for the event HERE. The zoom link will be emailed to attendees. | | |
| | | | x | The Delaware Alliance for Live Respect Delaware – Coaching | A Call to Men's Live Respect – Coaching Healthy Respectful Manhood Curriculum promotes healthy, respectful manhood, decreases language and actions that degrade women, girls and other marginalized groups, challenges harmful cultural and social norms, and decreases instances of dating violence, sexual assault, bullying and homophobia. A Call to Men's training has been proven to increase the principles of healthy, respectful manhood in men, strengthen men's willingness to express emotion and increased men's confidence to engage their community in violence prevention | | April 30th, 2021 | Register for the training at https://zoom.us/join/02spzktH9HcNLSUjRshD8bn7JNGSvhl. For more information: info@delawarealliance.org | | |
| | x | | | Student Diversity & Inclusion | Seeds of Change: "What does 'Defund the Police' Mean? A Real Conversation | Join us for a workshop and moderated conversation on what "defunding the police" means in practice with local organizer Christianne Marguerite. | April 22nd, 6-7:30 pm | RSVP at http://bit.ly/udseedsofchange2 | | |

| Program Meets Following Expectations? | | | | | | | | |
|---------------------------------------|-----------------------------|--------------------------|------------------------|---|---|---|--|--|
| Personal Development [33] | Leadership Development [34] | Cultural Competency [35] | Health & Wellness [36] | Speaker/Resource | Title | Description | Date (if applicable) | Link |
| | | x | | Alejandra Campoverdi | Voces de la Gente Keynote Speaker | Alejandra Campoverdi is a nationally-recognized women's health advocate, host of Pod is a Woman and former and first ever White house Deputy Director of Hispanic Media for the Obama Administration. | October 22, 7pm | bit.ly/voces-2020 |
| | | x | | Ibram X. Kendi | Biden Institute Special Event - Dr. Ibram X. Kendi, Author - "How to Be An Antiracist" | In partnership with the University of Delaware Division of Student Life and Office of the Provost, the Biden Institute is proud to welcome the author of New York Times Bestseller How To Be An Antiracist, Dr. Ibram X. Kendi for a virtual conversation on race in America. In 2020, in response to nationally galvanizing acts of violence and the ongoing open wound of systemic racism, America saw one of the strongest showings of support against racial injustice since the Civil Rights Movement. Through this collective action, we've seen the beginnings of a shift in American thinking — from merely decrying racism to becoming actively and genuinely anti racist. Join us for a conversation on this important issue with the expert who wrote the book on it. | October 26, 6pm | https://forms.gle/kDYCcc4yCFrkFDP7 |
| | | x | | The New Yorker | The History of Black Protest in Sports | Review of Black protest throughout history in sports - In an N.F.L. season marked by President Trump's attacks on football players who have "taken a knee" during the national anthem, a collaboration with Retro Report explores the legacy of dissent in sports (2017) | | https://www.youtube.com/watch?v=GzNb6-rZvAU |
| x | | | | Center for Political Communication - National Agenda; https://www.cpc.udel.edu/national-agenda/national-agenda-2020-we-are-the-people | Satire or Fake News? | As co-founder and longest-serving editor-in-chief of The Onion, Scott Dikkers created the original "fake news" platform and grew it into one of today's most recognized comedy brands. As a child, Dikkers found solace and inspiration from Mad, the groundbreaking satirical magazine, which fed his passion for comedy and later helped inspire him to create The Onion. His 2018 book, Outrageous Marketing, Dikkers details how The Onion broke through the noise in a media-saturated landscape and overcame doubters and legal obstacles. | September 16, 7:30 p.m. | MUST REGISTER AT: http://bit.ly/na2020register |
| x | | | | Center for Political Communication - National Agenda; https://www.cpc.udel.edu/national-agenda/national-agenda-2020-we-are-the-people | Fact vs. Fiction - Presidents in Hollywood | This panel will feature political minds from Washington D.C. to Hollywood to examine portrayals of the White House and the real thing. | September 30, 7:30 p.m. | MUST REGISTER AT: http://bit.ly/na2020register |
| x | | | | Center for Political Communication - National Agenda; https://www.cpc.udel.edu/national-agenda/national-agenda-2020-we-are-the-people | "The Room Where It Happened" - Covering the Trump White House | Mary Louise Kelly is co-host of All Things Considered, NPR's award-winning evening newsmagazine, and a contributing editor at The Atlantic. Last January, a post-interview dispute between Kelly and Secretary of State Mike Pompeo made headlines. Pompeo, angry about Kelly's questions about the Trump administration's Ukraine policy, challenged Kelly to locate Ukraine on an unmarked map (she did). Other recent interviews span from Iranian Foreign Minister Javad Zarif to Jane Fonda and Matt Damon. Previously, Kelly served as national security correspondent for NPR News, reporting on the CIA and the NSA, as well as terrorism, wars, and rising nuclear powers. Her assignments have included North Korea, Russia, Pakistan, Afghanistan, Iran, Iraq, and beyond. Kelly's writing has appeared in the New York Times, The Atlantic, the Washington Post, the Wall Street Journal, POLITICO, Newsweek, and other publications. She is also the author of two novels, Anonymous Sources and The Bullet. | October 28, 7:30 P. M. | MUST REGISTER AT: http://bit.ly/na2020register |
| x | | | | Center for Political Communication - National Agenda; https://www.cpc.udel.edu/national-agenda/national-agenda-2020-we-are-the-people | "Interference" - The Role of Russia in U.S. Politics | Julia Ioffe is a correspondent at GQ Magazine, former staff writer at The Atlantic, and former Russian correspondent for The New Yorker. A leading authority on Russian-US relations, Ioffe's expertise is built on years of in-depth reporting in Russia. Born in Moscow, Ioffe's family moved to the United States when she was seven years old. A graduate of Princeton University and a participant in Columbia Journalism School's Knight Foundation Case Studies Initiative, Ioffe won a Fulbright Scholarship to return to Russia in 2009, where she was the Moscow correspondent for The New Yorker Magazine as well as Foreign Policy. In 2012, she became a senior editor for The New Republic in Washington, DC, before moving to The Atlantic to cover politics and world affairs. | November 11, 7:30 p.m. | MUST REGISTER AT: http://bit.ly/na2020register |
| x | | | | Center for Political Communication - National Agenda; https://www.cpc.udel.edu/national-agenda/national-agenda-2020-we-are-the-people | "Election Aftermath" - We Are The Voters | Steve Scully is C-SPAN's senior executive producer, political editor, and host of the morning call-in show, Washington Journal. He manages a team of field producers who cover the White House, politics, and special projects. He also coordinates C-SPAN's Road to the White House programming and develops media partnerships with CNN, NBC, and the Associated Press. Yamiche Alcindor, White House correspondent for PBS NewsHour since January 2018, often examines the intersection of race and politics as well as fatal police encounters. As a contributor for NBC News and MSNBC, Alcindor appears on Morning Joe, Andrea Mitchell Reports, The Rachel Maddow Show, and Meet the Press with Chuck Todd. | November 18, 7:30 p.m. | MUST REGISTER AT: http://bit.ly/na2020register |
| x | | x | | Hazingprevention.org | Love, Mom & Dad: Turning Tragedy into Progress | The Anti-Hazing Coalition will host a live nationwide presentation and discussion to kick off HazingPrevention.Org's National Hazing Prevention Week. As many campuses have moved away from in-person experiences this fall, the AHC wants to ensure students receive hazing prevention education. The AHC parents will present a program streamed live on social media to share their sons' stories and educate current students about hazing prevention. The program will be available on YouTube and Facebook. | Sunday, 9/20 7pm EST | MUST REGISTER AT : https://www.anti-hazingcoalition.org/events/?fbclid=IwAR2UP3hSnB79sB2SPxwLDfBuGKyXmFShC7yz9stOse4g_rJxv15VKng98vA |
| | x | | | BHLP customized workshops for the chapter | https://sites.udel.edu/use/bhlp-request-a-workshop/ | All requests should be made through this site and a staff member will follow up with groups to determine the best workshop (including customized workshops) for the group requesting services and also to schedule the workshop. Submitting the form does not guarantee our staff will be able to facilitate a workshop at the requested time, but that a staff member will follow up with the group contact to coordinate further details. | TBD based on your chapter's availability | send email |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | True Colors | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/9 at 5:00 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Leadership Challenge | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/10 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Leadership Challenge | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/16 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | True Colors | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/17 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | True Colors | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/21 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Goal Setting | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/23 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Leadership Challenge | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/24 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |

| Program Meets Following Expectations? | | | | | | | | |
|---------------------------------------|-----------------------------|--------------------------|------------------------|--|---|--|----------------------|---|
| Personal Development [33] | Leadership Development [34] | Cultural Competency [35] | Health & Wellness [36] | Speaker/Resource | Title | Description | Date (if applicable) | Link |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Facilitating Effective Meetings | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/28 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Creating a Culture of Reflection | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/28 at 6 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Public Speaking | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/30 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Leadership Challenge | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 9/30 at 6:30 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Professional Communication | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 10/5 at 6 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Conflict Management | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 10/7 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Working through the Tough Times | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 10/8 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | How to Bring Change in your organization | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 10/8 at 7:30 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Time Management | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 10/15 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Psychology Safety in Teams | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 10/26 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | x | | BHLP BOLT! Workshops for Student Organizations | Dumb Things Well-Intended People Say | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 11/2 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | Accountability in Organizations | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 11/9 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | x | | | BHLP BOLT! Workshops for Student Organizations | 5 Dysfunctions of a Team | MUST REGISTER AT: https://sites.udel.edu/use/bhlp-calendar/ | 11/12 at 5 pm | Once a student RSVPs to the workshop, they will be sent the zoom link OR a message that the workshop is full. |
| x | | | | Career Center | Customized workshops from the Career Center | Choose from various topics including Resume writing, networking, and graduate school decision-making | TBD based on chapter | MUST SUBMIT REQUEST AT: https://www.udel.edu/students/career-center/program-request/ |
| x | | | x | SWHP | Naloxone Training | Learn how and when to use the opioid overdose reversal medication Naloxone. This training will outline the signs of an opioid related overdose and train the attendee in how to use the life saving medication, Naloxone. At this time, Naloxone kits are unable to be provided due to the virtual setting of the training however we will learn how to best support a person in recovery from substance use disorder. This training will discuss what recovery means, how to support a friend/family member, support services available on and around campus, and why language matters when we talk about substance use and recovery. | TBD based on chapter | Request the program at https://sites.udel.edu/studentwellness/program-request/staff-led-programs/ |
| x | | | x | SWHP | Recovery Ally Training | Customized workshops from Student Wellness & Health Promotion | TBD based on chapter | Request the program at https://sites.udel.edu/studentwellness/program-request/staff-led-programs/ |
| x | | | | SWHP | Customized workshops from Student Wellness & Health Promotion | Choose from various topics including alcohol and substance use, stress management and mindfulness, and sexual misconduct prevention/education | | Request the program at https://sites.udel.edu/studentwellness/program-request/staff-led-programs/ |
| x | | | | Career Center | Fall Career & Internship Fairs | All Career Communities Fair - Wednesday, 9/16/20 - 12:00 P.M. - 4:30 P.M., Engineering, Science & Technology Fair - Thursday, 9/17/20 - 12:00 P.M. - 4:30 P.M. | 9/16 & 9/17 | Register through Handshake, Find out more at https://www.udel.edu/students/career-center/careerfairs/ |
| x | | | | Career Center | Meet the Firms | Meet the Firms is designed to help employers interact with undergraduate and graduate students from all majors and degrees pursuing full-time positions and internships in financial services, banking, accounting and information systems. | 9/10 5-7:30 pm | Register through Handshake, Find out more at https://www.udel.edu/students/career-center/careerfairs/ |
| x | | | | Career Center | Delaware Graduate & Law School | Whether you are considering Graduate or Law School, trying to decide between programs, or thinking about if more education is right for you, speaking with institution representatives is essential. Join us virtually to learn about the admissions process, the programs in celebration of Latinx Heritage Month, the Biden Institute and Student Diversity and Inclusion at the University of Delaware are proud to host this special event. Ana Navarro will discuss her life journey from Nicaraguan immigrant, to becoming one of the most prominent voices in the Biden administration. | 10/15: 1-5 pm | Register through Handshake, Find out more at https://www.udel.edu/students/career-center/careerfairs/ |
| x | | x | | Biden Institute and SDI | Virtual Conversations: ana Navarro, Political Strategist | Join the College of Arts & Sciences for a Saturday Symposium program offering historical and contemporary perspectives on the important and timely issue of anti-Black racism. | 10/1 at 7 pm | Registration required: https://udel.zoom.us/webinar/register?wn_id=860MWFmJ06JaJ20YT5gGNosIwaccJvIkw443mJlJlUN1pPQzVaWEo2WVNGNEdmWFBCNUVQTJBCUS4u |
| | | x | | College of Arts & Sciences | Historical Perspectives on Racism: Anti-Black Racism Past, Present & Future | Being in a love labyrinth means feeling trapped in an unhealthy situation. This session explores how a person uses gaslighting and intimidation tactics to confuse, frighten and undermine his partner. Open up a dialogue about raising awareness of this form of abuse. | 10/17/2020 2-3:30 pm | Register at https://forms.office.com/Pages/ResponsePage.aspx?id=w860MWFmJ06JaJ20YT5gGNosIwaccJvIkw443mJlJlUN1pPQzVaWEo2WVNGNEdmWFBCNUVQTJBCUS4u |
| x | | | x | One Love Foundation | College Student Love Labyrinth | Social media can skew our view of the relationships around us, including our own. These 10 short films show how unhealthy behavior can be disguised as picture perfect Instagram moments. Start a conversation about separating social media illusion from reality. | 10/13 at 12 pm | Register at https://forms.office.com/Pages/ResponsePage.aspx?id=w860MWFmJ06JaJ20YT5gGNosIwaccJvIkw443mJlJlUN1pPQzVaWEo2WVNGNEdmWFBCNUVQTJBCUS4u |
| x | | | x | One Love Foundation | Behind the Post Workshop for Fraternity & Sorority Members | Social media can skew our view of the relationships around us, including our own. These 10 short films show how unhealthy behavior can be disguised as picture perfect Instagram moments. Start a conversation about separating social media illusion from reality. | 10/15 at 3 pm | Register at https://forms.office.com/Pages/ResponsePage.aspx?id=w860MWFmJ06JaJ20YT5gGNosIwaccJvIkw443mJlJlUN1pPQzVaWEo2WVNGNEdmWFBCNUVQTJBCUS4u |
| x | | | x | One Love Foundation | Healthy Relationships Workshop for Boys & Men | Social media can skew our view of the relationships around us, including our own. These 10 short films show how unhealthy behavior can be disguised as picture perfect Instagram moments. Start a conversation about separating social media illusion from reality. | 10/15 at 5 pm | Register at https://forms.office.com/Pages/ResponsePage.aspx?id=w860MWFmJ06JaJ20YT5gGNosIwaccJvIkw443mJlJlUN1pPQzVaWEo2WVNGNEdmWFBCNUVQTJBCUS4u |
| x | | | x | One Love Foundation | College Student Behind the Post Workshop | Programs include the following topics: Alcohol Awareness and Bystander Intervention (50-60 min) Understanding Alcohol (60 min) Understanding Addiction (60 min, or can be combined with Understanding Alcohol for a 1.5 hour program) Breaking Up With Stress, Short or Extended Version (50 or 90 min, general overview of stress management and resilience-building skills) Busy or Productive: Which One Are You? (45 min, about time management skills) Inside Out-look: How Does Stress Make You Feel? (45 min, about emotional regulation skills) Your Brain Online: Social Media and Your Wellbeing (60 min) | 10/28 at 5 pm | You can find more detailed info about each and the request form here: https://sites.udel.edu/studentwellness/program-request/ Request programs by 11/19 |
| x | | | x | Student Wellness Health Promotion (SWHP) | Varied programs on health and wellness | | Varied | |

We realize that groups are still looking for service opportunities that don't require in-person interaction so we have put a list of ideas together to assist you. You will need to connect with organizations yourself and as always, check for legitimacy.

| | |
|--|--|
| Potential Activities | |
| United Nations Volunteers | UNV connects you with organizations working for peace and development in need of skills like research, writing, art, and design. There are already over 12,000 volunteers from 187 countries lending their talents to organizations around the globe. |
| Smithsonian | The Smithsonian Institution is the world's largest museum, education, and research complex, but even they could use a little help sometimes. Help make their collections more accessible by volunteering online to transcribe historical documents or edit Wikipedia articles related to their artifacts and research. |
| Catchafire | This volunteer search tool is exclusively for online volunteer projects. Each one has a timeline that can range anywhere from an hour to a few weeks. So, whether you have an afternoon or several, you can help not-for-profit with tasks like writing thank you letters or editing photos. |
| Virtual Tutoring to other UD students | |
| Virtual Tutoring to kids | |
| Reading books to children either live or recorded | |
| Teaching Dance/Step lessons to kids live or recorded | |
| Teaching any skill to kids- piano, basketball, spanish | |
| | |
| | |
| | |
| Potential Organizations | |
| Boys and Girls Club | |
| Local High schools/elementary/daycares | |

| Topic | Speaker/Resource | Title | Description | Date (if applicable) | Link |
|---|--|--|--|------------------------------------|---|
| Cultural Competency | Chimamanda Adichie | Danger of a Single Story | Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice -- and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding. | | https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story |
| Cultural Competency | Jay Smooth | How I Learned to Stop Worrying and Love Discussing Race | In this talk, he discusses the sometimes thorny territory of how we discuss issues of race and racism, offering insightful and humorous suggestions for expanding our perception of the subject. | | https://www.youtube.com/watch?v=MbdxFeQtaI4 |
| Health & Wellness | Joelene Park | Gray Area Drinking | In this engaging talk, Jolene Park shares her experience of gray area drinking -- the kind of drinking where there's no rock bottom, but you drink as a way to manage anxiety and then regret how much and how often you drink. Regardless of the cause of anxiety or discomfort in your life, and regardless of whether you're using alcohol or another substance or behavior as an attempt to manage stress, Jolene uses her expertise as a Functional Nutritionist to explain the importance of replenishing your neurotransmitters in a comprehensive and consistent way, especially if you want to get off the stopping and restarting drinking merry-go-round. | | https://www.ted.com/talks/jolene_park_gray_area_drinking/transcript?language=en |
| Health & Wellness or Personal Development | Brene Brown | The Power of Vulnerability | Brene Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share. | | https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en |
| Health & Wellness or Personal Development | Luvvie Ajayi | Get Comfortable with Being Uncomfortable | Luvvie Ajayi isn't afraid to speak her mind or to be the one dissenting voice in a crowd, and neither should you. "Your silence serves no one," says the writer, activist and self-proclaimed professional troublemaker. In this bright, uplifting talk, Ajayi shares three questions to ask yourself if you're teetering on the edge of speaking up or quieting down -- and encourages all of us to get a little more comfortable with being uncomfortable. | | https://www.ted.com/talks/luvvie_ajayi_get_comfortable_with_being_uncomfortable?language=en |
| Health & Wellness or Personal Development | Shawn Achor | The happy secret to better work | We believe we should work hard in order to be happy, but could we be thinking about things backwards? In this fast-moving and very funny talk, psychologist Shawn Achor argues that, actually, happiness inspires us to be more productive. | | https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work/transcript?language=en |
| Health & Wellness/Mental Health | Robert Waldinger | What makes a good life? Lessons from the longest study on happiness | What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone -- but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life. | | https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?referrer=playlist-the_most_popular_talks_of_all#t-3537 |
| Health & Wellness/Mental Health | Olivia Remes | How to cope with Anxiety | Imagine there's someone standing next to you all the time pointing out every 'single' thing you're doing wrong. This is what millions of anxiety sufferers feel on a daily basis, and it's awful. Anxiety researcher Olivia Remes lays out a roadmap to getting rid of that "someone." It begins, she says, with being kinder to ourselves and to others. | | https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety |
| Health & Wellness/Mental Health | Guy Winch | Why we all need to practice emotional first aid | We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene -- taking care of our emotions, our minds, with the same diligence we take care of our bodies. | | https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid?language=en |
| Health & Wellness/Mental Health | Article | Shifting your Mindset from "I Have To" to "I Get To" | An expert tells us that it's possible to find the positive in any situation. | | https://www.bufoffpost.com/entry/shifting-your-mindset-from-i-have-to-to-i-get-to_n_5d14f84ae4b03d6116385558 |
| Leadership Development | Drew Dudley | Everyday Leadership | We have all changed someone's life -- usually without even realizing it. In this funny talk, Drew Dudley calls on all of us to celebrate leadership as the everyday act of improving each other's lives. | | https://www.ted.com/talks/drew_dudley_everyday_leadership?language=en |
| Leadership Development | Margaret Heffernan | Dare to Disagree | Most people instinctively avoid conflict, but as Margaret Heffernan shows us, good disagreement is central to progress. She illustrates (sometimes counterintuitively) how the best partners aren't echo chambers -- and how great research teams, relationships and businesses allow people to deeply disagree. | | https://www.ted.com/talks/margaret_heffernan_dare_to_disagree#t-525371 |
| Leadership Development or Cultural Competency | Ash Beckham | We're all hiding something. Let's find the courage to open up | In this touching talk, Ash Beckham offers a fresh approach to empathy and openness. It starts with understanding that everyone, at some point in their life, has experienced hardship. The only way out, says Beckham, is to open the door and step out of your closet. | | https://www.ted.com/talks/ash_beckham_we_re_all_hiding_something_let_s_find_the_courage_to_open_up?language=en |
| Personal Development | Priya Parker | How to create meaningful connections while apart | Author Priya Parker shares tools for creating meaningful connections with friends, family and coworkers during the coronavirus pandemic -- and shows how we can take advantage of gatherings that are unique to this moment of social distancing. "We don't necessarily need to gather more," she says. "We need to gather better." | | https://www.youtube.com/watch?v=j_1J-T-XYO |
| Personal Development | Susan David | The gift and power of emotional courage | Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness. In this <i>Academy Award</i> winning humorous talk, Brene Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share. | | https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage |
| Personal Development | Brene Brown | The power of vulnerability | Brene Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share. | | https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?referrer=playlist-the_most_popular_talks_of_all |
| Sexual Violence Prevention | LaunchPoint's Speak Up Online Course (Free for the month of April) | SPEAK UP is a Title IX Compliant online course that harnesses the power of storytelling to engage and inform students on their role in stopping sexual violence. | SPEAK UP is rooted in the power of storytelling and real-world narratives. This online sexual assault prevention education program incorporates powerful stories told by survivors of sexual assault, rape, and stalking. The videos, content, and activities presented in SPEAK UP cultivate an atmosphere of individual engagement that promotes student learning. | | https://www.launchpointlearning.com/courses/SUP |
| Diversity & Inclusion | CAMPUSPEAK Virtual Impact Programming: Tara Fuller | Queering Quarantine: Support & Allyship for the LGBTQ+ Community | This virtual time together is for those needing and wanting additional support around LGBTQ+ identities and for folks seeking to provide allyship while social distancing. Tara will discuss ways we can connect as a community during this time and how we can uplift the most vulnerable in our LGBTQ+ community. | Tuesday, April 7th at 3:00pm EST | Request to access past program (fill out form): https://campuspeak.com/webinars/vip-request/ |
| Health/Wellness or Personal Development | CAMPUSPEAK Virtual Impact Programming: Cam Adair | The Quicksand of Social Media & Gaming | With schools being moved to online education and self-quarantines going into effect, students may be turning to social media and gaming as a distraction or to fill their time. In particular, Gaming has been linked to a growing cause of poor academic performance, depression, and dropouts. Cam shares his personal journey of overcoming his addiction to the gaming world and offers key insights he's learned along the way to create and remain in balance. | Thursday, April 9th at 3:00pm EST | Register to attend: https://zoom.us/webinar/register/WN_EH3-HFK_Ssmkh83DmjmkUQ |
| Health/Wellness | CAMPUSPEAK Virtual Impact Programming: Brittany Piper | How to Best Support Survivors Virtually During Sexual Assault Awareness Month and Beyond | At a time when isolation and "shelter in place" procedures intended to protect us, there are also countless survivors of sexual and domestic violence who are struggling to find a sense of safety after being removed from the communities, environments and support systems that brought them comfort. Join Brittany Piper as she provides actionable steps to virtually support the vulnerable populations within our organizations and communities who need our support now more than ever. | Tuesday, April 14th at 3:00pm EST | Register to attend: https://zoom.us/webinar/register/WN_4WKUx0i3T9eLamBh8vJNUA |
| Health/Wellness or Personal Development | CAMPUSPEAK Virtual Impact Programming: Lauren Cook & Sara Lowery | Eat Your G.R.A.P.E.S: Six Ways to Cope During COVID19 | Stress and anxiety are at an all-time high. Lauren Cook and Sara Lowery will present 6 ways to cope during this time of uncertainty. Walk away with helpful resources for balancing your time to be both successful and restful while staying inside. | Thursday, April 16th at 3:00pm EST | Register to attend: https://zoom.us/webinar/register/WN_Np7frUWSz6BVLjNKd2Hrg |

| Topic | Speaker/Resource | Title | Description | Date (if applicable) | Link |
|---|---|---|---|--|---|
| Health/Wellness or Personal Development | CAMPUSPEAK Virtual Impact Programming: Dr. Adi Jaffe | When Things Fall Apart - Managing Drugs and Alcohol in Crisis | When things get hard, it's easy to fall back on substances and comforting behaviors that aren't necessarily good for us. But what's the alternative and how do we make better choices? This program answers those questions with easy to follow guidance and realistic tools. | Tuesday, April 21st at 3:00pm EST | Register to attend: https://zoom.us/webinar/register/WN_1vauDb96TtG7GW5hXOtZA |
| Personal Development | CAMPUSPEAK Virtual Impact Programming: Saul Flores | With Grit | During this national pandemic, Saul explains how students can harness the power of grit to stay centered around purpose-driven goals. Using storytelling, discussion, and practical exercises, students will feel empowered to develop gritty habits and use grit as a tool for moving forward. | Thursday, April 23rd at 3:00pm EST | Register to attend: https://zoom.us/webinar/register/WN_fl3aMqMt6UrfE5RN2o_9g |
| Personal Development | CAMPUSPEAK Virtual Impact Programming: Brian C. Johnson | Netflix & Learn | During this time of quarantine and social distancing, you've probably watched several movies and binged a few shows you've been wanting to see. Have you ever thought of how these films and shows have/are affecting you? Many people are using movies/TV as an escape from the boredom of COVID-19. They just don't want to hear one more coronavirus update. In your escape, it's important not to turn your brains off but to critically engage the films/shows by asking questions. This session will give you the tools to ask "good" questions of the media you consume. | Tuesday, April 28th at 3:00pm EST | Register to attend: https://zoom.us/webinar/register/WN_mHpPEswbSDKuaE-4tDzahA |
| Health/Wellness | CAMPUSPEAK Virtual Impact Programming: Nisan Trotter | Avoiding the Quarantine-15... Pounds | In addition to being a motivational speaker, Nisan is also personal training. Nisan will share his TOP 5 Nutritional Tips To Blast Away the Stubborn Belly Fat and provide a LIVE workout showing you the best, heart-pumping metabolic exercises that burn boatloads of calories with absolutely NO equipment. | Thursday, April 30th at 3:00pm EST | Register to attend: https://zoom.us/webinar/register/WN_H6JhiH03R5uCw2qC58J7pw |
| Personal Development | CAMPUSPEAK Virtual Impact Programming: Rachel DeAlto | Dating in Captivity | Social distancing and quarantining are necessary, but it can certainly feel like captivity at times – just with snacks. Our biology hasn't changed, and more than ever we are craving connection. If you're wondering how you can still date and meet people in the midst of our current situation, relationship expert Rachel DeAlto is here to guide you through it. | Thursday, April 2nd at 3:00pm EST | Request to access past program (fill out form): https://campuspeak.com/webinars/vip-request/ |
| Personal Development | James Robilotta | Unmute Yourself: Virtual Public Speaking Skills | Public speaking is uncomfortable for many in person. Now with screens, miles, and mute buttons between you and your colleagues, teams, and audiences it's even more nerve-racking. Join me for a workshop that will be packed with immediately applicable takeaways that will make you more confident in the virtual world AND when we get to high-5 each other again. | Thursday, April 16th at 12:00pm EST | Register to attend: https://bit.ly/UnmuteYourselfI2 |
| Personal Development | Career Center | Job, Internship & Gig Searching Online | The best methods for job searching are covered, including networking, utilizing online tools, tailoring documents, and organizing your search. | Mondays at 1:00 p.m. EDT (April 13, 20, 27) | https://udel.zoom.us/meeting/register/vpluf-qppjwrgUe5ojnkMvEFZH-0lrBww |
| Personal Development | Career Center | Crafting Your Best Resume | Learn the ins and outs of creating an effective resume. We'll discuss the key components of a resume and how to showcase your experience properly. Differences between a resume and a CV will also be covered. | Tuesdays at 2:00 p.m. EDT (April 14, 21, 28) | https://udel.zoom.us/meeting/register/u5ApcemorTMuo6Fyl_zCOWHr3zvTt-Zse_Q |
| Personal Development | Career Center | Networking while Social Distancing | Identify your personal circle, and to become more comfortable with networking & follow up. Gain an understanding of the value of networking, even during isolating times, while learning of online platforms (e.g. LinkedIn) that can be used to help navigate the nuances of making connections. | Wednesdays at 2:00 p.m. EDT (April 15, 22, 29) | https://udel.zoom.us/meeting/register/uJaveuuoqDgsfBeYMMH0IFwghag9nOeaWg |
| Personal Development | Career Center | Prepping for Varying Interviews | Whether you need to prepare for virtual or in-person interviews for internships, jobs, or gigs, this workshop will get you ready. Main topics include video interview set-up, types of questions, types of interviews, and how to get the most out of the time spent in interviewing. | Thursdays at 3:00 p.m. EDT (April 16, 23, 30) | https://udel.zoom.us/meeting/register/tZEsdCsqj0ilejVjFOF5jveOwRfdACpJw |
| Personal Development | Career Center | Chapter Presentations | The Career Center can organize customized career sessions for chapters using Career Center staff or chapter alumni. The easiest way to begin work on a customized program is to have a | | https://www.udel.edu/students/career-center/virtual-services/#campus-engagement-tab |

| Event-Name- | Date | Time | Location | Description | Will come to your chapter/ group? | Size Restrictions | Program Meets Following Expectations? | | | |
|--|----------------------------|-----------------|----------------------|---|-----------------------------------|--|---------------------------------------|-----------------------------|--------------------------|------------------------|
| | | | | | | | Personal Development [37] | Leadership Development [38] | Cultural Competency [39] | Health & Wellness [40] |
| The below events are pre-approved by FSLL to meet the area indicated. YOU ARE NOT LIMITED TO THESE PROGRAM OPTIONS! This is a list to make it easier for you to know what programs will meet which requirements. If you want to create your own program or invite in a speaker, you just need to meet one of the learning goals in each area. You can find the learning goals by clicking on the note section in the upper right hand corner of each program area. | | | | | | | | | | |
| Naloxone Training | By Request | | | Learn how and when to use the opioid overdose reversal medication Naloxone. This training will outline the signs of an opioid related overdose and train the attendee in how to use the life saving medication, Naloxone. Naloxone kits will be included with each training. | Yes | | | | | X |
| Recovery Ally Training | By Request | | | Learn how to best support a person in recovery from substance use disorder. This training will discuss what recovery means, how to support a friend/family member, support services available on and around campus, and why language matters when we talk about substance use and recovery. | Yes | | | | | X |
| <i>A Picture Paints a Thousand Words: Deconstructing sexual images in the media</i> | By Request | | | This is a media literacy program that looks at how media influences our attitudes, beliefs, and behaviors with a focus on sexual imagery. It is extremely image-based, drawing from advertising. | Yes | 50 people | x | | | |
| <i>Real Man, Strongest Man</i> | By Request | | | This program is about challenging traditional definitions of masculinity and helps participants identify what characteristics we value when it comes to manhood. | Yes | 50 people | x | | | |
| Escalation Workshop with the One Love Foundation | Monday, March 9 | 7-9 pm | Audion at STAR Tower | A film-based discussion about the early signs of relationship abuse | | 150 people | X | | | X |
| Get Up! Stand Up! | By Request | | | This interactive program helps participants learn ways to be a courageous bystander and possibly save someone from victimization and trauma. | Yes | 50 people, unless approved for more | X | | | X |
| Netflix and Chill? | By Request | | | A fun and interactive program about asking for consent. | Yes | 50 people, unless approved for more | X | | | X |
| Where Do You Stand? | By Request | | | This human continuum exercise helps participants identify or clarify their own beliefs and values related to sexual assault, sexual harassment & sexual abuse as they consider and discusses a variety of both provocative and common college sexual scenarios. | Yes | 50 people, unless approved for more | X | | | X |
| Why Doesn't She Just Leave | By Request | | | This is a dating violence program adapted for the campus setting where participants are placed in a dating situation and asked to make some crucial decisions. Will you stay? Will you go? | Yes | 50 people, unless approved for more | X | | | X |
| Patrick Holbert | Wednesday, March | 7:00 PM | TBD | Substance use recovery | | 100 participants, but can accommodate larger groups if notified two weeks in advance. Contact Logan Penna at lpenna@udel.edu for a large group of 50 or more). | X | | | X |
| Summer Bukeavich | Wednesday, April 2 | 7:00 PM | TBD | Anxiety and workplace stress | | 101 participants, but can accommodate larger groups if notified two weeks in advance. Contact Logan Penna at lpenna@udel.edu for a large group of 50 or more). | X | | | X |
| Sadiq Ali | Thursday, May 14 | 7:00 PM | TBD | self esteem and building confidence | | 102 participants, but can accommodate larger groups if notified two weeks in advance. Contact Logan Penna at lpenna@udel.edu for a large group of 50 or more). | X | | | X |
| All Majors Career Fair | 2/20/20 | 3:00 pm-6:30 pm | Little Bob | The Fair will connect you with more than 175 employers hiring students for full-time, part-time and internship opportunities across an array of industries, disciplines and majors. Bring multiple copies of a professional resum. Professional headshots will be available during the whole fair. RSVP at https://www.udel.edu/students/career-center/careerfairs/ | | | X | | | |
| Engineering, Science & Technology | 2/21/20 | 3:00 pm-6:30 pm | Little Bob | The Fair will connect you with more than 175 employers hiring students for full-time, part-time and internship opportunities across an array of industries, disciplines and majors. Bring multiple copies of a professional resum. Professional headshots will be available during the whole fair. RSVP at https://www.udel.edu/students/career-center/careerfairs/ | | | X | | | |
| Summer Externship Networking Night | 2/26/20 | 5:00 pm-6:30 pm | Lerner Hall-Atrium | Attend this networking event to meet employers and alumni seeking undergraduate students with an expected graduation date between December 2021- May 2023 for their summer externship/leadership programs. RSVP at https://www.udel.edu/students/career-center/careerfairs/ | | | X | | | |
| Diversity & Inclusion Professional Dvelopment Conference | 3/7/20 | 9:15 am-2:15 pm | Trabant MPRs | This event is open to all students who are interested in the multi-faceted world of diversity in the workplace. RSVP at https://www.udel.edu/students/career-center/careerfairs/ | | | X | | | |
| Career Fairs by Major | Varies | | | RSVP at https://www.udel.edu/students/career-center/careerfairs/ | | | X | | | |
| True Colors | Thursday 2/13 | 6:30 PM | Trabant 209/211 | bit.ly/BHLPSPRING2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | x | x | | |
| True Colors | Wednesday 2/19 | 5:00 PM | Perkins Collins R | bit.ly/BHLPSPRING2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | x | x | | |
| Leadership Challenge | Wednesday 2/19 | 6:30 PM | Perkins Collins R | bit.ly/BHLPSPRING2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | | x | | |
| Why Leadership | Thursday 2/20 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSPRING2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | | x | | |
| True Colors | Monday 2/24 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSPRING2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | x | x | | |

| Event Name- | Date | Time | Location | Description | Will come to your chapter/ group? | Size Restrictions | Program Meets Following Expectations? | | | |
|--------------------------------|----------------|-----------|-------------------|--|-----------------------------------|---|---------------------------------------|-----------------------------|--------------------------|------------------------|
| | | | | | | | Personal Development [37] | Leadership Development [38] | Cultural Competency [39] | Health & Wellness [40] |
| Leadership Challenge | Monday 2/24 | 6:30 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| Bringing in the Bystander | Wednesday 2/26 | 5:00 PM | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | | x |
| Why Leadership | Wednesday 2/26 | 6:30 PM | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| Leadership Challenge | Thursday 2/27 | 6:30 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| MLK Day of Service | Saturday 2/29 | am-5:00pm | Clayton Hall | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | N/A | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| Change Makers Conference | Sunday March 1 | 9:30 AM | Trabant | bit.ly/BHLPSpring2020 , \$5 tickets for students | N/A | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | x | x |
| Running Effective Meetings | Monday March 2 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| Why Leadership | Wednesday 3/4 | 6:30 PM | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| Leadership Challenge | Thursday 3/5 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| True Colors | Thursday 3/5 | 6:30 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | | |
| Cross Cultural Leadership | Monday 3/9 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | x | |
| Professional Partnerships | Wednesday 3/11 | 5:00 pm | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | No | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | | |
| Crucial Conversations | Thursday 3/12 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | x | |
| Psychological Safety in Teams | Monday 3/16 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Contact BHLIP St | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | x | |
| Bringing in the Bystander | Wednesday 3/18 | 5:00 PM | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | x | |
| Chief Carmine: Tribal Leadersh | Wednesday 3/18 | 6:30 PM | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | No | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | x | |
| Leadership is more than just T | Thursday 3/19 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon Request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| Lightning BOLT! Day | Sunday 3/22 | TBD | Trabant | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | N/A | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | | x | | |
| Presentation Skills | Monday 3/23 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | | |
| Fempowerment | Monday 3/23 | 6:30 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | x | |
| Taking Your Life from Chaos to | Wednesday 3/25 | 5:00 PM | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | | |
| Making Time Count | Thursday 3/26 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | | |
| The Dramatic Triangle of Confl | Monday 4/6 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLIP if want to bring more than 20 people to a session. | x | x | | |

| Event Name- | Date | Time | Location | Description | Will come to your chapter/ group? | Size Restrictions | Program Meets Following Expectations? | | | |
|--|----------------------------|--|--------------------|---|-----------------------------------|--|---------------------------------------|-----------------------------|--------------------------|------------------------|
| | | | | | | | Personal Development [37] | Leadership Development [38] | Cultural Competency [39] | Health & Wellness [40] |
| Leadership Disney Style | Monday 4/6 | 6:30 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | | x | | |
| Solution-Oriented Mindsets | Wednesday 4/8 | 5:00 PM | Perkins Collins R | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | x | x | | |
| Building Teams | Thursday 4/9 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | | x | | |
| Social Media & Leadership | Monday 4/13 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | | x | | |
| TEDxUniversityofDelaware | Wednesday 4/15 | 2:00 PM | Gore Recital Hall | bit.ly/BHLPSpring2020 , tickets available in March. | N/A, Tickets available | Must Coordinate with BHLP if want to bring more than 20 people to a session. | x | x | | |
| What Would You Do? | Thursday 4/16 | 5:00 PM | Trabant 209/211 | bit.ly/BHLPSpring2020 , must RSVP 24 hours in advance. | Upon request | Must Coordinate with BHLP if want to bring more than 20 people to a session. | | x | | |
| Programs from the Career Center | By Request | TBD | TBD | Staff in the Career Center are willing to come to your chapter meeting or program to present on career related topics such as resume writing, professional communication, job/internship search strategies, networking, interviewing, social media/professional branding, graduate school decision-making, and career exploration. | yes | | x | | | |
| Programs from the Center for Counseling and Student Development | By Request | TBD | TBD | Staff in CCSD are willing to come to your chapter meeting or program to present on various topics such as stress management, mindfulness, grief and loss, and mental health. | yes | | x | | | x |
| One Love Escalation | Monday, 3/9/20 | 6:30 PM- 7:30 PM Pizza, Workshop Doors Open, 7:00 pm start | STAR Campus Audion | A powerful, film-based workshop followed by a discussion on healthy and unhealthy relationships and signs of relationship abuse. RSVP to syarr@udel.edu | no | | x | | | x |
| Hazing Speaker: Lianne Kowiak | Monday, 3/9/20 | | Mitchell Hall | Lianne speaks on the dangers of hazing and shares the Harrison Kowiak story. | | First come, first served: Get there early! | X | | | X |
| Public Health In Practice-Cross Sector Career and Research Opportunities for Advancing Health Equity | Tuesday, 4/7/2020 | 12-2:30 pm | Trabant Theatre | Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and healthcare. Register at https://forms.gle/hty5pN3caHPJoBJK6 | NA | | | | x | x |

| Event Name | Date | Time | Location | Description | Will come to your chapter/group? | Size Restrictions | Program Meets Following Expectations? | | | |
|--|--|------------------|---------------------------|--|----------------------------------|--|---------------------------------------|-----------------------------|--------------------------|------------------------|
| | | | | | | | Personal Development [41] | Leadership Development [42] | Cultural Competency [43] | Health & Wellness [44] |
| The below events are pre-approved by FSLL to meet the area indicated. YOU ARE NOT LIMITED TO THESE PROGRAM OPTIONS! This is a list to make it easier for you to know what programs will meet which requirements. If you want to create your own program or invite in a speaker, you just need to meet one of the learning goals in each area. You can find the learning goals by clicking on the note section in the upper right hand corner of each program area. | | | | | | | | | | |
| Meet the Firms | 9/5/19 | 5-7:30 pm | Trabant | Meet the Firms is open to all undergraduate and graduate students from all majors and degrees pursuing full-time positions and internships in financial services, banking, accounting and information systems. | no | | x | | | |
| Fall Career & Internship Fair | 9/12/19 | 3-6 pm | Little Bob | Two fairs - one day! The Engineering, Science & Technology Fair and the All Majors Fair - both at The Little Bob (The Carpenter Sports Building) - will connect you with 200+ employers hiring students for full-time, part-time and internship opportunities across an array of industries, disciplines and majors. | no | | x | | | |
| Life After UD Senior Series Insurance - We've Got You Covered | 9/23/19 | 5:30pm - 7:00pm | Kirkbride 004 | FOR SENIORS ONLY! Learn what to look for when selecting your health benefits as well as auto, renters and homeowners insurance. All attendees will receive a free UDAir coupon. If you have questions about this event, please contact cfrink@udel.edu. | no | Must register ahead of time: https://ud.alumniq.com/index.cfm/events : | x | | | |
| Civil, Environmental & Construction Engineering Career Fair | 9/24/19 | 5-7 pm | Trabant | Build your network and connect with 30+ employers hiring UD students for internships, co-ops, and full-time jobs in civil, environmental, and construction engineering industries! | no | | x | | | |
| One of the Exonerated: Yuself Salaam "The Central Park Five" | 9/24/19 | 7:00 PM | Clayton Auditorium | | no | no | x | | x | |
| Biotechnology and Biomedical Career Fair | 10/2/19 | 6-8pm | Perkins | Connect with 10+ employers hiring UD students for internships, research, and full-time jobs in biotechnology, pharmaceuticals, medical devices, life sciences and biomedical engineering industries. | no | | x | | | |
| Careers in Behavioral Health & Nutrition Meetup | 10/3/19 | 6-7:30 pm | Perkins | What can you do with an education in health behavior science or nutrition? There are many careers in the industry and this event is intended to help you discover the right pathway for you! Speak to employers and alumni about their careers, the various career pathways in the behavioral health and nutrition industries and also about potential internship experiences! | no | | x | | | |
| Wealth Management Networking Night | 10/7/19 | 5-6:30 pm | Lerner Hall Atrium | Are you interested in engaging with people or organizations in the financial planning and wealth management industry? Students will have the opportunity to go around to different tables in the Atrium and interact with the employers and learn about wealth management career paths and how to apply for jobs | no | | x | | | |
| Law School Fair | 10/9/19 | 11:30-2:00 pm | Perkins | The Law School Fair provides the opportunity for students to explore options for furthering their education in the field of law, as well as, allowing institutions to meet potential students. Admissions representatives from over 50 law schools will be in attendance. Don't miss this chance to get a head start on your graduate education! | no | | x | | | |
| Life After UD Senior Series Budgets & Brownies | 10/15/19 | 5:30pm - 7:00pm | Kirkbride 004 | FOR SENIORS ONLY! Learn how to create a financial plan and stick with it. All attendees will receive an NDB gift card. If you have questions about this event, please contact cfrink@udel.edu | no | Must register ahead of time: https://ud.alumniq.com/index.cfm/events : | x | | | |
| Dining Etiquette- A Seat at the Table | 10/17/19 | 5:30-7:30pm | Trabant | You'll learn proper dining etiquette, networking strategies, and how to develop your conversation style over a FREE three course plated meal. You'll also have the opportunity to have meaningful interaction with all recruiters over dessert and coffee during the open networking portion of the evening. tudents who RSVP and no-show and/or cancel with less than 48 hours notice (after 5:30pm | no | | x | | | |
| Fashion Career Meetup | 10/22/19 | 4-6:30pm | Trabant | Are you interested in engaging with organizations in the Fashion and Design industry? The program will start off with a panel of employers introducing themselves and discussing their journey to their current roles, company culture, career advice and types of careers and internship openings in their organization. | no | | x | | | |
| Celebrate Free Speech Workshop | 10/23/19 | 5:30pm - 7:00pm | Alison Hall West Room 206 | Join PEN America for an interactive program just for students about free speech, diversity, and inclusion in the United States today. PEN America's Campus Free Speech Director, Jonathan Friedman, will explain the concept of free speech and why it's important in the US and around the world to democracy and social change. He'll cover the basics of the First Amendment | no | Registration preferred but not required: https://tinyurl.com/freespeechw | | x | x | |
| Education Meetup | 10/29/19 | 5-7pm | Trabant | This event is open to ALL undergraduate and graduate students, as well as alumni, who are considering careers in K-12 education! Plan to attend this networking event to learn about the many different types of opportunities in education: teachers, counselors, para-educators, administrators, specialists, and more! | no | | x | | | |
| Life After UD Senior Series Landing Your Dream Career | 11/18/19 | 12:00pm - 1:30pm | Kirkbride 004 | FOR SENIORS ONLY! Learn how to stand out and excel in the critical steps toward landing your dream job. Career services expert Jill Pante will discuss networking, building a resume, applying for jobs, and interviewing. Lunch will be provided! All attendees will receive a gift card to Central Perk. If you have questions about this event, please contact cfrink@udel.edu. | no | Must register ahead of time: https://ud.alumniq.com/index.cfm/events : | x | | | |
| Nursing Career Fair | 12/3/19 | 5-7pm | Trabant | The Nursing Career Fair is designed for UD nursing students and alumni to interact with employers, and to help identify full-time, part-time, externship and volunteer opportunities. Students can network with employers from the field and learn more about their hiring needs. | no | | x | | | |
| BHLP Leadership Programs | bit.ly/bhlpcalendar | Varied | Varied | Any BHLP event is pre-approved for Leadership Development but you must register through BHLP and please pay attention to how many people you send to the same program. You should ask BHLP about size restrictions for each event. | no | | | x | | |
| Understanding Alcohol | By Request | TBD | TBD | Program focuses on how alcohol impacts the body, brain, stress, and academics and covers topics including alcohol overdose and impairment, signs of misuse and problematic drinking, and how to intervene and connect with resources | yes | | x | | | x |
| Breaking Up With Stress | By Request | TBD | TBD | Program focuses on stress management, developing resilience, and how to handle different kinds of stressors. It covers things like signs of burnout, time management, priorities and boundaries, stress and emotions, and many different methods of managing stress | yes | | x | | | x |
| A Picture Paints a Thousand Words: Deconstructing sexual images in the media | By Request | TBD | TBD | This is a media literacy program that looks at how media influences our attitudes, beliefs, and behaviors with a focus on sexual imagery. It is extremely image-based, drawing from advertising. | yes | cap is around 50 | x | | | x |
| Real Man, Strongest Man | By Request | TBD | TBD | This program is about challenging traditional definitions of masculinity and helps participants identify what characteristics we value when it comes to manhood. | yes | cap is around 50 | x | | | x |
| Get Up! Stand Up! | By Request | TBD | TBD | This interactive program helps participants learn ways to be a courageous bystander and possibly save someone from victimization and trauma. | yes | ideal with 50 or less | x | | | x |
| Netflix and Chill? | By Request | TBD | TBD | A fun and interactive program about asking for consent. | yes | ideal with 50 or less | x | | | x |
| Where Do You Stand? | By Request | TBD | TBD | This human continuum exercise helps participants identify or clarify their own beliefs and values related to sexual assault, sexual harassment & sexual abuse as they consider and discusses a variety of both provocative and common college sexual scenarios. | yes | ideal with 50 or less | x | | | x |

| Event Name | Date | Time | Location | Description | Will come to your chapter/group? | Size Restrictions | Program Meets Following Expectations? | | | |
|---|--|------|----------|---|----------------------------------|-----------------------|---------------------------------------|-----------------------------|--------------------------|------------------------|
| | | | | | | | Personal Development [41] | Leadership Development [42] | Cultural Competency [43] | Health & Wellness [44] |
| Why Doesn't She Just Leave | By Request | TBD | TBD | This is a dating violence program adapted for the campus setting where participants are placed in a dating situation and asked to make some crucial decisions. Will you stay? Will you go? | yes | ideal with 50 or less | x | | | x |
| Alcohol and substance use Jeopardy | By Request | TBD | TBD | It's Jeopardy, but with an alcohol and substance abuse twist! | yes | cap is around 50 | x | | | x |
| Sex Jeopardy | By Request | TBD | TBD | It's Jeopardy, but with a healthy sexuality twist! Participants will test their knowledge of STIs, gender identity, sexual orientation, sex drive, anatomy and more. | yes | cap is around 50 | x | | | x |
| Stressed Out | By Request | TBD | TBD | College is an amazing experience, but it can also be stressful! In this program, students will develop a stress management plan to use during trying times in college and post graduation. | yes | cap is around 50 | x | | | x |
| Chapter Specific Leadership Programs | By Request | TBD | TBD | If possible, BHLP directs groups to attend an already scheduled workshop. However, if the needs of the group are such, or the size of the group are such that it is necessary to schedule a separate workshop for an individual group, we will do that as our staff availability allows. | yes | | | x | | |
| Programs from the Career Center | By Request | TBD | TBD | Staff in the Career Center are willing to come to your chapter meeting or program to present on career related topics such as resume writing, professional communication, job/internship search strategies, networking, interviewing, social media/professional branding, graduate school decision-making, and career exploration. | yes | | x | | | |
| Diversity, Inclusion, and Implicit Bias | By Request | TBD | TBD | Learn core terms and ideas related to diversity & inclusion such as social identity, power and privilege, implicit bias, allyship, and resources on UD's campus. Uncover and discuss the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner and unpack the process by which these attitudes and stereotypes come into being. | yes | | | | x | |
| GRASP (Gender Role and Sexuality Programming) Panel | By Request | TBD | TBD | LGBTQ+ students share testimonies of their experiences with their gender identities and sexual orientations, followed by a Q&A session for audience engagement and shared learning. | yes | | | | x | |
| Inclusive Language | By Request | TBD | TBD | Our language has complex and nuanced cultural connotations and implications in relationship to our varied identities and it has historically evolved with our ever-changing culture over time. As such, it's important to discuss the different ways our words affect our community and how we can become more mindful of the language we choose to use with others. | yes | | | | x | |
| LGBTQ+ Identities and the Cycle of Socialization | By Request | TBD | TBD | Learn terminology and concepts related to LGBTQ+ identities as we discuss the social constructions of gender and sexual identity, structural heteronormativity, intersectionality of identity, and how our cultural understandings of sexual and gender identity have come into being. | yes | | | | x | |
| Sexual Identities & Best Practices | By Request | TBD | TBD | Learn terminology and concepts related to sexual identities as we discuss the social constructions and nuances of sexuality, in addition to learning how you can be an effective ally as we discuss best practices and available resources for the LGBTQ+ community. | yes | | | | x | |
| Gender Identities & Best Practices | By Request | TBD | TBD | Learn terminology and concepts related to gender identities as we discuss the social constructions and nuances of gender identity, in addition to learning how you can be an effective ally as we discuss best practices and available resources for the trans, genderqueer and gender non-binary community. | yes | | | | x | |
| Programs by Student Diversity & Inclusion | By Request | TBD | TBD | Staff in Student Diversity & Inclusion are willing to develop workshops based on your interests and needs. You can complete the form with your topic area and they will work with you to develop a related workshop. | yes | | | | x | |
| Programs from the Center for Counseling and Student Development | By Request (link coming soon) | TBD | TBD | Staff in CCSD are willing to come to your chapter meeting or program to present on various topics such as stress management, mindfulness, grief and loss, and mental health. | yes | | x | | | x |
| Community Behavior Update Presentation by Student Conduct | By Request- Email Vinny at vincee@udel.edu | TBD | TBD | Student Conduct staff will share vital statistics and knowledge regarding fraternity and sorority behavior in the Newark community. The presentation will include a conversation about how your organization can play a role in making Newark a safer and better place to live. | yes | | | | | x |
| Naloxone Training | Email jestok@udel.edu | TBD | TBD | Learn how and when to use the opioid overdose reversal medication Naloxone. This training will outline the signs of an opioid related overdose and train the attendee in how to use the life saving medication, Naloxone. 2 Naloxone kits will be included with each training. Additional kits are available for purchase and arrangements can be made while scheduling the training. | yes | | x | | | x |
| Recovery Ally Training | Email jestok@udel.edu | TBD | TBD | Learn how to best support a person in recovery from substance use disorder. This training will discuss what recovery means, how to support a friend/family member, support services available on and around campus, and why language matters when we talk about substance use and recovery. | yes | | x | | | x |
| Recovery Speaker: Experience in Fraternity and Sorority Life | Email jestok@udel.edu | TBD | TBD | Hear from someone who was involved in a fraternity or sorority at UD and now shares lessons learned from recovery. This is a special request so email jestok@udel.edu if interested. | yes | | x | | | x |

[1] Personal Development Learning Goals:

- Build self-awareness related to strengths, abilities, values, and areas of growth
- Learn skills and knowledge that will enhance success in their academic pursuits
- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[2] Leadership Development Learning Goals:

- Create self-awareness related to strengths, abilities and areas for growth
- Develop an awareness of problems affecting campus, local, and global communities
- Develop knowledge, skills, and dispositions required of a leader, with or without positional authority
- Topics include but are not limited to: management vs. leadership, cross-cultural leadership, leadership-follower dynamics, service learning, theories and strategies of change, social change, global citizenship, leadership skills (e.g., communication, critical thinking, problem solving) etc.

[3] Cultural Nourishment Learning Goals:

- Develop knowledge, attitudes, and skills to expand understanding of diverse perspectives, identities, and communities
- Learn about life experiences and identities/communities that are different from their own
- Learn to promote a culture of respect and inclusion of difference within their organization
- Topics include but are not limited to: identity - race, ethnicity, socioeconomic status, gender, sex, sexual orientation, national origin, first language, disability, age, religious or spiritual affiliation; culture, social justice, power, privilege, oppression, inclusion, worldview, implicit bias, etc.

[4] Health & Wellness Learning Goals:

- Gain an understanding of how to practice self-care
- Learn how to identify and respond to concerning health behaviors in peers
- Understand the dimensions of wellness including mental, physical, sexual, emotional, nutritional, and more
- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.

[5] Personal Development Learning Goals:

- Build self-awareness related to strengths, abilities, values, and areas of growth
- Learn skills and knowledge that will enhance success in their academic pursuits
- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[6] Leadership Development Learning Goals:

- Create self-awareness related to strengths, abilities and areas for growth
- Develop an awareness of problems affecting campus, local, and global communities
- Develop knowledge, skills, and dispositions required of a leader, with or without positional authority
- Topics include but are not limited to: management vs. leadership, cross-cultural leadership, leadership-follower dynamics, service learning, theories and strategies of change, social change, global citizenship, leadership skills (e.g., communication, critical thinking, problem solving) etc.

[7] Cultural Nourishment Learning Goals:

- Develop knowledge, attitudes, and skills to expand understanding of diverse perspectives, identities, and communities
- Learn about life experiences and identities/communities that are different from their own

- Learn to promote a culture of respect and inclusion of difference within their organization
- Topics include but are not limited to: identity - race, ethnicity, socioeconomic status, gender, sex, sexual orientation, national origin, first language, disability, age, religious or spiritual affiliation; culture, social justice, power, privilege, oppression, inclusion, worldview, implicit bias, etc.

[8] Health & Wellness Learning Goals:

- Gain an understanding of how to practice self-care
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- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.

[9] Personal Development Learning Goals:

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- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[10] Leadership Development Learning Goals:

- Create self-awareness related to strengths, abilities and areas for growth
- Develop an awareness of problems affecting campus, local, and global communities
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- Topics include but are not limited to: management vs. leadership, cross-cultural leadership, leadership-follower dynamics, service learning, theories and strategies of change, social change, global citizenship, leadership skills (e.g., communication, critical thinking, problem solving) etc.

[11] Cultural Competency Learning Goals:

- Develop knowledge, attitudes, and skills to expand understanding of diverse perspectives, identities, and communities
- Learn about life experiences and identities/communities that are different from their own
- Learn to promote a culture of respect and inclusion of difference within their organization
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[12] Health & Wellness Learning Goals:

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- Understand the dimensions of wellness including mental, physical, sexual, emotional, nutritional, and more
- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.

[13] Personal Development Learning Goals:

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- Learn skills and knowledge that will enhance success in their academic pursuits
- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management,

interview skill development, values clarification, life skills, etc.

[14] Leadership Development Learning Goals:

- Create self-awareness related to strengths, abilities and areas for growth
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[15] Cultural Competency Learning Goals:

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- Learn about life experiences and identities/communities that are different from their own
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[16] Health & Wellness Learning Goals:

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- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.

[17] Personal Development Learning Goals:

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- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[18] Leadership Development Learning Goals:

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[19] Cultural Competency Learning Goals:

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[20] Health & Wellness Learning Goals:

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- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.

[21] Personal Development Learning Goals:

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[22] Leadership Development Learning Goals:

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[23] Cultural Competency Learning Goals:

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[24] Health & Wellness Learning Goals:

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[25] Personal Development Learning Goals:

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- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[26] Leadership Development Learning Goals:

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[27] Cultural Competency Learning Goals:

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[29] Personal Development Learning Goals:

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[31] Cultural Competency Learning Goals:

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- Topics include but are not limited to: identity - race, ethnicity, socioeconomic status, gender, sex, sexual orientation, national origin, first language, disability, age, religious or spiritual affiliation; culture, social justice, power, privilege, oppression, inclusion, worldview, implicit bias, etc.

[32] Health & Wellness Learning Goals:

- Gain an understanding of how to practice self-care
- Learn how to identify and respond to concerning health behaviors in peers
- Understand the dimensions of wellness including mental, physical, sexual, emotional, nutritional, and more
- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality,

gender based violence, bystander intervention, self-care, mental health, etc.

[33] Personal Development Learning Goals:

- Build self- awareness related to strengths, abilities, values, and areas of growth
- Learn skills and knowledge that will enhance success in their academic pursuits
- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[34] Leadership Development Learning Goals:

- Create self-awareness related to strengths, abilities and areas for growth
- Develop an awareness of problems affecting campus, local, and global communities
- Develop knowledge, skills, and dispositions required of a leader, with or without positional authority
- Topics include but are not limited to: management vs. leadership, cross-cultural leadership, leadership-follower dynamics, service learning, theories and strategies of change, social change, global citizenship, leadership skills (e.g., communication, critical thinking, problem solving) etc.

[35] Cultural Competency Learning Goals:

- Develop knowledge, attitudes, and skills to expand understanding of diverse perspectives, identities, and communities
- Learn about life experiences and identities/communities that are different from their own
- Learn to promote a culture of respect and inclusion of difference within their organization
- Topics include but are not limited to: identity - race, ethnicity, socioeconomic status, gender, sex, sexual orientation, national origin, first language, disability, age, religious or spiritual affiliation; culture, social justice, power, privilege, oppression, inclusion, worldview, implicit bias, etc.

[36] Health & Wellness Learning Goals:

- Gain an understanding of how to practice self-care
- Learn how to identify and respond to concerning health behaviors in peers
- Understand the dimensions of wellness including mental, physical, sexual, emotional, nutritional, and more
- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.

[37] Personal Development Learning Goals:

- Build self- awareness related to strengths, abilities, values, and areas of growth
- Learn skills and knowledge that will enhance success in their academic pursuits
- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[38] Leadership Development Learning Goals:

- Create self-awareness related to strengths, abilities and areas for growth
- Develop an awareness of problems affecting campus, local, and global communities
- Develop knowledge, skills, and dispositions required of a leader, with or without positional authority
- Topics include but are not limited to: management vs. leadership, cross-cultural leadership, leadership-follower dynamics, service learning, theories and strategies of change, social change, global citizenship, leadership skills (e.g., communication, critical thinking, problem solving) etc.

[39] Cultural Competency Learning Goals:

- Develop knowledge, attitudes, and skills to expand understanding of diverse perspectives, identities, and communities
- Learn about life experiences and identities/communities that are different from their own
- Learn to promote a culture of respect and inclusion of difference within their organization
- Topics include but are not limited to: identity - race, ethnicity, socioeconomic status, gender, sex, sexual orientation, national origin, first language, disability, age, religious or spiritual affiliation; culture, social justice, power, privilege, oppression, inclusion, worldview, implicit bias, etc.

[40] Health & Wellness Learning Goals:

- Gain an understanding of how to practice self-care
- Learn how to identify and respond to concerning health behaviors in peers
- Understand the dimensions of wellness including mental, physical, sexual, emotional, nutritional, and more
- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.

[41] Personal Development Learning Goals:

- Build self-awareness related to strengths, abilities, values, and areas of growth
- Learn skills and knowledge that will enhance success in their academic pursuits
- Hone skills and knowledge to prepare them for life after college
- Topics include but are not limited to: career fairs or career exploration, study skills, time management, interview skill development, values clarification, life skills, etc.

[42] Leadership Development Learning Goals:

- Create self-awareness related to strengths, abilities and areas for growth
- Develop an awareness of problems affecting campus, local, and global communities
- Develop knowledge, skills, and dispositions required of a leader, with or without positional authority
- Topics include but are not limited to: management vs. leadership, cross-cultural leadership, leadership-follower dynamics, service learning, theories and strategies of change, social change, global citizenship, leadership skills (e.g., communication, critical thinking, problem solving) etc.

[43] Cultural Competency Learning Goals:

- Develop knowledge, attitudes, and skills to expand understanding of diverse perspectives, identities, and communities
- Learn about life experiences and identities/communities that are different from their own
- Learn to promote a culture of respect and inclusion of difference within their organization
- Topics include but are not limited to: identity - race, ethnicity, socioeconomic status, gender, sex, sexual orientation, national origin, first language, disability, age, religious or spiritual affiliation; culture, social justice, power, privilege, oppression, inclusion, worldview, implicit bias, etc.

[44] Health & Wellness Learning Goals:

- Gain an understanding of how to practice self-care
- Learn how to identify and respond to concerning health behaviors in peers
- Understand the dimensions of wellness including mental, physical, sexual, emotional, nutritional, and more
- Topics include but are not limited to: substance use, recovery, stress management, healthy sexuality, gender based violence, bystander intervention, self-care, mental health, etc.