

March Talking Points

Topics

- Safe Spring Break
 - Safe Spring Break bulletin board
 - Working out finances for dream spring break trip
 - Safe sex/healthy choices
 - Alcohol/drugs – statistics on increased use over spring break
 - Assessment: before and after survey for programs; or survey post-spring break on how much they used the information
- Staying in Iowa City for spring break?
 - Where staying?
 - Budget-friendly things to do in Iowa City
 - Job/volunteer opportunities; Alternative Spring Break
 - Make a brochure
 - Assessment-like piece: After spring break, speak with one of the students who stayed for tips on improving the brochure
- Start thinking about moving out
 - Start taking loads home?
 - Bulletin Board on top 10 ways to make checking out a cinch
 - Summer planning – where to live over the summer? Finding a job? Start apartment/job hunting
 - Informal Assessment: Monitoring crowds on checkout week; monitoring how much stuff is coming out of the building prior to checkout week
- Spring fever
 - Topics on safe sex – bulletin board or active programming
 - Have safe sex resources – condom bowl with more diversified products
 - Healthy Relationships / Spring Fling program – invite counselor in to talk about relationships up to that point—is it going somewhere?
 - Assessment: Follow up conversations with students when they return from spring break trips
- Time management
 - Lots to plan on – apartment hunting, job hunting, finals, mid-terms
 - Handout w/tips; how to prioritize your schedule
 - Assessment: General follow up conversations with students
- Financial management
 - Faculty program and Iowa City Community Credit Union
 - Do worksheets / online calculators in ITCs
 - Assessment: Pre- and post- program surveys
- Internship and Career Fair
 - Go to x-amount of tables w/signatures for a prize given by RA
 - Start thinking about declaring a major – invite academic advisor
 - Assessment: Sheets with signatures can determine how much info students were exposed to
- Spending time outside
 - Outdoor activities – plan weekly floor get-togethers outside
 - Balance

- Outside study sessions
- Publication from Rec Services and Iowa City
- Star gazing, faculty program
- The benefits of sunlight, but also the dangers
- Informal Assessment: General observations of how many students are outside studying, playing Frisbee, etc.
- Spring cleaning
 - Get things pre-cleaned for check-out
 - How to best divide up tasks among roommate(s)
 - RAs to have incentive for rooms/suites cleaned
 - Assessment: RA will continuously follow up with rooms/suites on how they did their part to clean; general assessment can occur when assessing cleaning charges at the end of the semester
- Major League Baseball Pre-Season
 - Do brackets-like program
 - Door decorating contest of favorite teams
 - Assessment: Amount of participation in program
- Work Out Tips/ Summer Swim Suit bodies
 - Program/Bulletin board on body image
 - Simple work out tips you can do in your room
 - Yoga program
 - Have a goal worksheet – are your goals realistic?
 - Healthy eating
 - Disordered eating – signs to watch for
 - Assessment: Follow up on goal sheets
- Spring Fashion
 - Fashion show!
 - Bulletin board on what's hot and what's not
 - This season's colors
 - Assessment: Amount in attendance to program
- Women's History Month
 - Lobby display/bulletin board on important Women in history
 - Host Vagina Monologues – or come up with something the students can do
 - Lecture on Women's movement
 - Assessment: Amount of attendance at programs; could also have a section of general thoughts/comments on bulletin board
- Identity Development: Lessons learned from the first year
 - A group therapy session lead by counselor – most important lesson learned first year of college? Mistakes made? How much have you changed?
 - Open forum about sex and drugs
 - Fears about moving home; fears about letting parents see the “new you”; coming out to family
 - Assessment: Amount present; also do pre- and post-program surveys
- Superlative Days/Calendar
 - Potato Chip Day – have a potato chip party!
 - Dr. Seuss' birthday – share favorite Dr. Seuss books!
 - Assessment: Amount participating
- Transfer to other colleges

- Thinking about transferring? Hold an open/nonbiased forum about those wishing to transfer to other colleges at the end of the year; weigh the pros and cons
- Assessment: Follow up conversations; knowing how many transfer; knowing how students came to conclusions
- Live on- or off-campus
 - Bulletin board
 - Have financial advisor (faculty member) come in to weigh the pros and cons
 - Legal Services come and discuss the student's rights
 - Assessment: Is there an increase in students living on campus the following year?
- Declaring majors
 - Bulletin board of general timeline of the different points of career development you should be in while in college
 - Invite academic advisor to discuss majors
 - Bulletin board of different majors offered at UI and careers associated with them; also include starting salaries and areas of advancement
 - Assessment: Follow up conversations with students; have students set goal worksheets on when they want to decide major, then follow up

Possible Building-Scale Programs provided by RAs, Hall Government, or Department

- Fashion Show of Spring Wears
- Declaring their majors/Transfer to schools – Academic advisor forum along with transfer students
- Health Iowa – Safe Spring Break in regards to alcohol and sex
- Counseling Center come talk about healthy relationships
 - Deciding the priorities of a relationship; Is this going somewhere?
 - How to break up from high school romances?
 - LGBT and gender issues
- Vagina Monologues – invite a makeshift Vagina Monologues performance or have someone in hall organize a similar homemade program
- Someone coming in from the History department talking about the women's movement
- Credit Union talk about financial management, how to build a credit score or getting your first credit card
- How to work out in your own college room? Exercise on a budget
 - LIVEwell come and talk about it
 - Also discuss body image issues
 - Healthy eating habits
- Legal Services coming to talk about your rights living in an apartment/ renter's right – how to negotiate a fair lease
- Counselor come in and talk about group therapy, people's concerns they made have made for their first year, concerns with parents, how to dialogue the conversation with family

Passive Programs

- Many bulletin boards and brochures listed above

Large Scale/Campus Wide Programs

- UI Student Health Fair

- Blood Drives
- Feminists, Freaks, and Fairies – Sponsored by GLBT Resource Center
- Career/Internship Fairs