

## Residence Life Campus IMPACT Programming Report - March/April 2010

Date(s)	Event Title & Description (Describe briefly what was held or done)	I	M	PA	C	T	Outcomes: (Describe what either you or students learned from this event)
3/3/2010	<b>Self-Esteem Night:</b> a guest speaker from the Women's Center gave an informal presentation and discussion in the Luzerne Fireside Lounge about self-esteem issues that young women in American society face.	X		X		X	CAs learned that it is possible to collaborate with Area Coordinators and realized that other people share similar programming goals. Female residents learned that their peers suffer from the same self-esteem issues and learned how to combat negative thinking about body image.
3/15/2010	<b>Know to NO!</b> - A program that focused on the effects of date-rape drugs and preventative measures	X		X		X	This session provided residents the opportunity to look at their own personal habits and the dangers of alcohol and date rape drugs. The residents were provided material and case scenarios of how to avoid difficult situations.
3/17/2010	<b>Alice in Wonderland Drug Program:</b> A building-wide program in the Luzerne Hall Fireside Lounge in which the DAWN office gave a presentation about hallucinogenic drugs and residents played a game to test their knowledge afterwards.	X		X		X	This program had a large attendance. Residents learned about the dangers of psychedelic drugs, while also connecting the information to the themes in Alice in Wonderland.
3/18/2010	<b>Quizzo:</b> At Monty's, residents were able to partake in a trivia game in their own teams against other teams. Free wings were provided and the winners won husky gold.	X				X	Resident bonded together through this game, while learning random and fun facts.
3/21/2010	<b>Take Back the Night</b> - Campus-wide event that educated students about sexual assault awareness. HIV/AIDS speaker was also on hand and a candlelight vigil was organized.	X		X		X	It was eye-opening to see the shirts of the survivors and to also walk to Carver with the candles.
3/24/2010	<b>Food or Foe?</b> was a program that allowed residents to discover and experience vegan foods.	X	X			X	Residents enjoyed increasing their knowledge of the vegan culture! They learned that foods on the vegan diet include more than vegetables. We all learned to appreciate the vegan lifestyle once we abandoned the stereotype. We ate several vegan options such as oreoes, juice boxes, and even vegan ice cream!
3/24/2010	<b>Exercise Science and Two-Hand Touch Football-</b> the residents were broken into 3 teams of 5. Before they went onto the field we talked about exercise science major and how stretching can help before playing a sport. Also, while the one team was resting we talked more about the Exercise Science major here on campus. The residents got to play two hand touch football. The residents could also donate to Relay for Life.	X		X	X	X	This I-Program taught the residents about the importance of stretching. It also promoted the Exercise Science major and gave them information about the major. They also learned a little bit about Relay for Life and some facts about cancer.
3/26/2010	<b>International Banquet</b> - The International Students Association held a meet and greet in the KUB with campus and town delegates.	X	X	X		X	The event wasa focused at a get together for students both domestic and international to know the campus community and the town community

3/28/2010	<b>Empty Bowls</b> - a community service event sponsored by the SOLVE Office where patrons bought a ceramic bowl and taste tested a variety of soups. Funds raised benefitted the Bloomsburg Food Cupboard.				X	X	Attendees ate soup and listened to live entertainment while learning a little about the Food cupboard and the problem of hunger while they socialized with other students, faculty, and community members.
3/31/2010	<b>Battle of the Sexes:</b> a building-wide program in the Luzerne Hall Fireside Lounge with the game "Battle of the Sexes" and educational awareness about gender differences in males and females.		X			X	Residents learned about stereotypes of men and women. They learned that although there are differences between genders, every person should be treated respectfully. Free condoms were distributed to residents, which reinforced the topic of practicing safe sex and making informed decisions.
4/5/2010	<b>Capture the Flag-</b> Residents learned static and dynamic stretching techniques before playing capture the flag in the dark, with glow in the dark flags.	X		X		X	Before the game they learned about their bodies and how stretching is important. Residents and non-residents could engage in friendly athletic competition after they learned basic dynamic stretching techniques. Individuals learned how to work as a team while using their athletic abilities to promote a healthy and active lifestyle.
4/6/2010	<b>Hakuna Matata-</b> an attempt to help inform residents how to alleviate stress prior to finals by offering hand massagages, a juice bar, the option to make a stress ball, and yoga.	X		X		X	Students learned different ways to both manage and alleviate stress.
4/7/2010	<b>Casino Night</b> - This UCA sponsored event was held to arrange a game show of poker and blackjack to help the residents learn a new game and bond with each other.				X	X	Residents learned to play casino style games while bonding with each other.
4/14/2010	<b>CarBQ</b> - This UCA sponsored event was held to help residents showcase their cars and others to learn more about them.	X			X	X	Residents bonded, ate food while looking at great American classic cars. Donations were accepted that were transferred to the Haiti Relief Fund.
4/14/2010	<b>Piecing Together the Nutritional Puzzle</b> - Residents were educated about the Nutritional grid by first searching for clues around the residence hall and then returning to the lounge to piece them together.	X		X		X	Residents learned some healthy tips to improve their diet intake. Some residents have even applied the knowledge to their summer plans, how they work out at the rec and then eat.
4/19/2010	<b>Ultimate Frisbee: Glow Off</b> - Organized athletic tournament to benefit local animal shelters.	X			X	X	Frisbee encouraged participants to utilize skills such as communication, teamwork, and good sportsmanship. Students had a great time competing for a good cause. The \$100 earned was donated to the local animal shelters.
4/19/2010	<b>BUSTED - Episode # 37</b> Bloomsburg University Student Theatrical Educational Drama. Student actors use musical theater and improvisational acting to present stories/events that happen to college students. They put a comedic spin on serious topics such as dating, STDs, self-injurious behavior, alcohol abuse, racial differences, relationship issues, academic integrity, GLBTQA issues, communication, respect and pregnancy.	X	X	X		X	We learned about handling difficult situations in the college environment, and had some fun doing it. Audience members have a great time following the story lines of the characters of the show. The stories are easily relatable to student issues. This was the Season Finale and they said goodbye to several graduating members.

4/22/2010	<b>The Amazing Bloom Race:</b> Residents created teams and raced through activities. The winner was the first team to complete the course of activities, and they won a prize.	X				X	Residents had fun competing with each other and hanging out. It was fun to take an Emmy award-winning tv show and make it our own.	
4/23/2010	<b>The Environment and Social Responsibility II</b> -Kehr Union. Bloomsburg Students presented information on Global Warming: Does it Lead to Deadly Effects?	X					Learned about many topics including how to go green, history of recycling, and positive and negative effects of recycling.	
4/23/2010	<b>Weenies on Wheels</b> - Residents were able to purchase hot dogs made and delivered from the desk for one week. CAs cooked the hot dogs and collected money for UNICEF				X	X	The resulting amount donated was \$200! It was fun to serve others.	
4/28/2010	<b>The Doggone Fun Event:</b> This event was a bake/ hot dog sale and chance to play games and socialize with other residents with the aim of raising money for the ASPCA.				X	X	The program definitely had a positive outcome, since we raised about \$40 for the ASPCA. Many residents showed up for water pong (go figure) to show off their skills, and many people purchased baked goods and hot dogs.	
4/28/2010	<b>Lyco Lounge</b> - Residents and CA's had an informal concert in the lobby where they sang, played the keyboard and guitar.	X	X			X	X	the residents had the opportunity to spend time together and relaxed before finals week while listening to and supporting their peers musical talents and enjoying coffeehouse drinks and snacks.
4/29/2010	<b>Quizzo 2:</b> Residents were able to partake in a trivia game in their own teams against other teams. The winners won husky gold.	X					X	Resident bonded together through this game, while learning random and fun facts.
3/26-3/27/10	<b>Relay For Life:</b> This is a natiowide fundraiser for the American Cancer Society. A variety of student groups and residence halls raised funds throughout the semester for this overnight event.					X	X	Team members walked the track, participated in activities and sold baked goods to raise money for cancer research for the American Cancer Society. They were also able to have fun, hang out with friends and get to know new people at the event.
March/April	<b>Religious/Cultural Events:</b> Campus Crusade, GSA Drag Show, Gospelrama, Sigma Gamma Rho Grammy's, Black Cultural Society Meetings, Church visits, Operation Abroad,TWLOHA 30 second art project, IMPACT movement religious group, Interpretive Dance, BTE production of Hamlet, ASL performance	X	X	X		X	X	Residents had the chance to learn about different services offered in the area and to take part in the night's service. We were informed about different things that happen in our community, ways to deal with situations in a Godly manner, and ways to deal with relationship problems between girls and guys.
March/April	<b>Games</b> - Battle of the Sexes, Bingo, Dominos, Card Games, Washers, Monopoly, Sorry, Apples to Apples, Pokerama, CLUE, March Madness Tournament, Super Smash Brothers, Rummy, Monopoly, Checkers, Chess, Connect Four, Yo-Yo, Blokus, Marvel vs. Capcom 2, Buzz Trivia, Ping Pong, NHL '10, FIFA '10, Mario Kart 3, Modern Warfare 2, Gears of War 2	X	X			X	X	Engaging in competitive games that don't require physical strength can be more inclusive of community members. Playing light games allowee us to socialize and de-stress from the day. Provided alternative weekend programming for residents on campus.
March/April	<b>Meals/Food Socials</b> - ate lunches and dinners with residents at Commons, Union, Midnight Pizza, Caribbean Diversity Dinner, Starbucks, Italian Kitchen, Program Board Banquet, Chinese Buffet, Applebee's, Rita's Ices, Late Night, Monty's, Aramark Food Show, Perkins, Alumni House Dinner, Cookouts, Pizza Night, Rootbeer Floats, Restaurant Night, Taco Bell, Smoothie Night	X	X	X		X	X	We learned more about each other and the value of building friendships. Through this relationship the residents are better able to trust me more and I find that they come to me with their concerns and problems more often We talked about family, classes, and things we can do as a wing or apt community

March/April	<u>Academic Activities</u> - Health Sciences Symposium, Alphasemics, Finals Cram Sessions, Book Club, Sun Safety Seminar, Psychology Study Session, Art Projects, Economics Study Group, Term Paper Review, New Plays in Bloom, Earth Day Panel, Culture and Disability Seminar, Session on Percussion Instruments, English Paper Proofreading Study Session, Math Study Session, Study Session for Criminal Justice	X	X	X		X	Studying for exams together helps us bond, but also helps us understand the information better. Having a decorated study lounge is a good way for everyone to be relaxed to study and motivates people to help each other out. Great hit with residents!! Discussed various political issues that are hot topics in the election
March/April	<u>DASL Meetings &amp; Events</u> - Took residents to leadership workshops & service project planning meetings every other week. Supported KIDSFUN Carnival, TWLOHA 30 second Art Project, Window Painting for Recyclemania, Green Campus Initiative, Relay for Life fundraising, Animal Shelter Care Donations	X	X	X	X	X	Residents participated in activities that addressed communication skills, teamwork, leadership styles, diversity, service to others, time management and project management. Helped plan the semester's activities and service projects. DASL helped raise \$350.00 for animal shelters and \$500 for Relay for Life. The End of Year Awards Night was much appreciated!
March/April	<u>Sports/Athletic Events</u> with residents on and off campus, at the rec center, Manhunt, Football, NBA Basketball, NFL Draft, Volleyball, Swimming, Track Meets, Tennis, Rock Wall, Ultimate Frisbee, Frisbee Golf, Running, Yoga, Tae-bo, Badminton on the Quad, Freeze Tag, Weightlifting, Racquetball, Dodgeball,			X	X	X	Playing sports with residents gets them involved with other residents on the wing/building. It's a great way to bond, participate, create teamwork, learn sportsmanship, and share in a common goal while getting exercise. Some residents learned the fundamentals of certain sports because they had never played them before.
March/April	<u>Movie/TV Nights</u> - Crash, 16 and Pregnant, Sherlock Holmes screening, Wedding Crashers, The Book of Eli, Food Inc, She's the Man, Into the Wild, South Park, Amazing Race, When in Rome, Gremlins, Survivor, Desperate Housewives, CSI, Squeakuel, Glee, Saturday Night Live, Dancing with the Stars, How I Met Your Mother, Baby Mama, Nick and Norah make a Playlist, Scream 3, Slither, Finding Nemo, Resident Evil, Aladdin, American Idol, Judge Judy, Twilight: New Moon, Ellen Degeneres Show, Grey's Anatomy, Lovely Bones, Gods and Generals, The Hangover, Boogeyman, Beverly Hills Chihuahua, Rat Race, American Pie, PGA Golf	X	X	X	X	X	Some movies were just to hang out, relax and have a good time. Other movies and tv shows generated important and interesting conversation with one another. They all built community amongst residents and promoted campus spirit. Movies are excellent opportunities to educate ourselves about what's going on locally, nationally and globally. We can talk about the changes we can make in our lives to better improve our communities.
March/April	<u>Social Activities</u> - Comedian Night, Renaissance Fair, Siblings Weekend Activities, Downtown Shopping, Relationships 101, NYC Trip, Children's Festival Carnival, Room Check Treats, Tie Dye, Mr. Bloomsburg, Salsa Dancing, High Ropes Course, Way Back Weekend Dance, Tanning, Arts and Crafts, Wal-Mart, Bounceplex, The Georgia Guitar Quartet, Dance Ensemble, Bounceplex, Semi-Formal Dance, Retro Dance, Self-Defense Cardio, Follow the Red Paper Path, Yearbook Popcorn Mixer, Paint a Door Stopper, Town Park Trip, Stargazing Walk, Ricketts Glen Trip	X	X	X	X	X	These light activities were spontaneously organized and allowed CAs to bond with their residents outside of classes, chat and take in the Bloomsburg community resources. We learned how to relax, unwind and appreciate everyone's different perspectives on various topics. It's nice to laugh and not stress once and a while. We mixed and mingled with various living learning community members and faculty.

March/April	<u>Bulletin Boards/Decorations</u> - Alcohol Awareness, Irrational Thoughts Made Rational, Riddles, Sun Protection; Information on Off Campus Housing. Pop Culture Information about the Millennial generation, The Science of Spring, Spring Into BU Activities, Wise Words From Wise Women, 1970's theme, Disney Theme, Music Theme/ Louis Vuitton, Broadway Musicals Theme, Eating Disorder, Curling, All about Tie Dye, Whales, Sesame Street Facts, Tips and Tricks to celebrating Mardi Gras, Mardi Gras around the world, Credit Cards, Addiction, Baseball Stadiums, St. Patrick's Day, The Effects of Smoking, Sink or Swim, Exam Tips, Jurassic Park, Easter Egg Hunt, iPod and Music, The 1960's and Woodstock, Astrology and Horoscopes, Chuck Norris Green Living Facts/Information, Disney facts, Ocean facts, Outer Space, Summer Job Opportunities, Looney Tunes Theme, Music!, Top 10 Beaches in America, Bored this Summer?, Going on a Picnic, Pick-up Lines just for laughs, Dr. Seuss Quotes, All About Plants, Music, Top Pop Artists in 2010, Top Beaches in the World, How to Protect Yourself from the Sun, Spring Time, Madagascar, Safe Sex, Ancient Egypt, Studying Tips	X	X	X	X	X	CAs displayed bulletin boards & floor decorations in their hallways. Some were just for fun and others were concerning important topics of the month. Residents learned interesting and/or little known facts about all of the topics. These topics affect a majority of all college students at one time or another, so having this information displayed where students can access it easily could potentially have a profound positive impact on them in a variety of ways.
March/April	<u>Bloodmobiles</u> - blood drives organized by the American Red Cross				X	X	We donated blood to better serve the community's needs in times of health emergencies. We felt good that we could make a difference in lives of people we probably may never meet, but are a part of our larger community.

