

The Brick Wall - Alcohol Awareness Week

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The Alcohol Brick Wall is designed to have individuals reflect on their experiences with alcohol or other drugs and anonymously share them. Students, faculty and staff fill out a gray brick to share a positive experience and/or a red brick to share a negative experience. The paper "bricks" are placed on a wall in a populated area on campus during Alcohol Awareness week for others to read. The goals of the program are to increase awareness of alcohol and other drugs and their affect on individuals and to provide the campus with ideas for programming topics related to the bricks.

Spa Party

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The "Spa Party" package is offered to any group of students by making a reservation. There is no cost to the participants. The goal of the program is to provide both education and relaxation to students. Included in the package is a booklet with information on how to take care of your body, how to eat nutritiously, relaxation tips, etc. Each participant gets to keep his or her own copy. Also included in the package is massage oil for giving each other massages, products to do a mini-facial, a lavender sachet for each participant to keep and tuck into their pillow, aromatherapy to use during the party and a video educating participants on body image. RA's often reserve this program and use it with their students in a group setting. The students love this program.

Fit for Life

Ron Thompson
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Panther Hall 126
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(Luanna Rahman, Teesha Mohabeer, Liona Pierre-Louis, and Ian Brunton) A weeklong program, in which different topics about health and wellness are addressed each day. Day one deals with physical exercise, day's two deals with nutrition, day three with spiritual wellness, day four with consequences of substance abuse, etc. Each day different healthy meals are provided during the program.

Sex with Cream

Tara Wilkinson
University of South Carolina
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This program is not your typical event! It usually has over 75 people in attendance due to realistic and creative publicity in the community. The event lasts approximately 90 minutes and is interactive with five activities. Current music, street language and a relaxed atmosphere fosters a sense of belonging and fun while educating the participants. Issues discussed are the importance of partner communication, safe sex methods, decision making and HIV/STD awareness.

The Pre-Health Series

Many students in Hinman College, a residential living-learning community of some 1000 students at Binghamton University, intend a career in medicine, but are in the early stages of charting the course and understanding their options. A planning group was convened of four Hinman College pre-med students, the Hinman Faculty Master, and Binghamton's professional Pre-Health Adviser, with support from the Academic Vice-President of the Hinman student government. They designed a wide-ranging, well-attended, year-long series of eight exploratory programs for first- and second-year pre-meds:

Program #1 "So You Want to Go to Med School!"
presenters: local doctors and students currently in med school

Program #2 "Do I Have What It Takes to Get into Medical School?"
presenters: Med-school Admissions officer, Binghamton's Pre-health Adviser, and Binghamton alums now in med school

Program #3: "Careers in Alternative Medicine"
presenters: local massage therapist, acupuncturist, chiropractor

Program #4: "Summer Opportunities for Pre-Meds"
presenters: campus Pre-health Adviser, a Distinguished Professor of Biology, and senior students telling of their past experiences

Program #5: "Women in Medicine"
presenters: local female doctors and female med students

Program #6: "Non-medical Careers for Bio Majors"
presenters: a Distinguished Professor of Biology, the head of Binghamton's Career Development Center, an alum working in field of Science Writing, faculty member in forensic anthropology

Program #7: "Careers in Alternative Medicine, Part II"
presenters: reflexologist, Reiki therapist, iridologist

Program #8: "Exploring Allied Health Professions"
presenters: nurse, nurse practitioner, physical therapist, sports medicine

Personal Exploration of Anger to Communicate Effectively (PEACE) (2000-2001)

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The PEACE Anger Management Workshop is designed to help students examine how they learned about anger, how they display it, and how to better manage it & so it doesn't manage them. The program reviews areas such as how anger develops, what effect anger has on physical and mental health, how students can identify their anger, what kinds of situations become triggers for anger, and how anger and conflict situations can be managed in a more productive fashion. The PEACE program uses a mixture of lectures, group interaction and discussion, as well as individual reflective exercises and role play situations in order to help the participants develop a more healthy relationship with anger and make it a more positive aspect of their lives.

National Collegiate Alcohol Awareness Week (2000-2001)

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For the first time ever, the University of Delaware planned and coordinated campus-wide programming efforts in recognition of National Collegiate Alcohol Awareness Week. This was a drastic change from years past when individual departments did what they could on small-scale levels to address the campus wide problem for alcohol use and abuse. In recent years, the University of Delaware has received mass media attention since it was identified as an institution with a high rate of binge drinking, as determined in the Harvard School of Public Health Study. In addition, the University was one of a few schools to receive a Robert Wood Johnson Grant to combat binge drinking. With so much evidence that binge drinking is a problem at the University, it made sense to bring NCAAW to a campus-wide level and to implement programs, which would raise awareness about an important health issue affecting our students and the campus culture.

Programming Resource Center (2000-2001)

Liz Largent
University Housing
Pittsburg State University
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The programming resource center was designed in order to assist our Resident Assistant staff in their efforts to build community and provide educational opportunity for students living in our residence halls. The center consists of five elements: ready-made bulletin boards, resource books (quotes, short stories, card games, ect.), a campus programming resource guide, files of information on current issues and movies that address issues facing today's college student with discussion questions enclosed in each movie case.