

***Emotional***

**You are Not Alone**

**Purpose:** To create a safe space for students to release emotional stress.

**Learning Outcomes:**

Students will break down personal boundaries through sharing their stories with fellow students.

Students will learn ways to cope with emotional distress.

**Prep Materials:**

Notebook paper, pens, sound system, iPod, candles, chairs, tables, appetizers and beverages donated by Chick-Fil-A

**Directions/Guidelines:**

Create a night with guest speakers which include staff, administration and faculty to speak on personal issues with eating disorders, homosexuality, substance abuse, sexual abuse, divorce and any other personal issue. Create a space with dim lighting, candles lit and light food and refreshments. Speakers will have the first hour to tell their testimony and how they have overcome the obstacle or are working through it.

-Students will have a half hour to write about their stories and struggles and turn them in anonymously. Candles will be lit and soft music will be playing.

-The last hour each student will receive a writing from another student to read about someone else's struggle. There will be a facilitator to debrief the emotions each student was going through reading about another struggling student.

-Recourses such as counseling centers and sign-ups for mentors will be available.

**Assessment:**

Before students leave a 5 point lickert scale of 5 questions will be passed out to them. Before leaving we will ask for their assessment of the night.

This survey will help assess the impact and comfort of each student at the event.

The debrief session with a facilitator will also give rich feedback of how the students feel at the end of the night.

***Physical***

**Hoops for Hope**

**Purpose:** To create awareness for sex trafficking in San Gabrielle Valley and raise money for a safe house.

**Learning Outcomes:**

Students will learn about the reality of sex trafficking happening in their community.

Students will teach family and friends about the growing problem of sex trafficking in getting donations and pledges for the basketball marathon.

**Prep Materials:**

Basketballs, water coolers, tables, signs, sound system, balloons

**Directions/Guidelines:**

Create a basketball marathon consisting of various teams lead by students, which can have other students, faculty and administration members on them. Team captains will have to attend an information lecture/meeting on how to recruit for their teams and empower them with knowledge about creating a sex trafficking free community through safe houses.

-Students will have to months to prep for the actual basketball tournament. They will have one month to create a team and a second month to practice and take pledges.

-The event will be held on campus from 9 AM and the last game will be at 5 pm. Friends and family will be able to attend and cheer on the team member they pledged for.

-Lunch will be provided through a local partnership with a nearby restaurant.

-Recourses such as different organizations who fight against sex trafficking will have booths with representatives to speak to along with handouts of information.

**Assessment:**

All team members who participated in the event will be called for a debrief pizza meeting 1 week after the tournament

The person who received most pledges will be recognized and testimonies of how people came together to help will be shared.

This meeting will give rich feedback on what did and did not work for the event.

***Intellectual***

**Mindset to a Positive Future**

**Purpose:** To educate students about their mindset and hope mentality.

**Learning Outcomes:**

Students will learn about how to channel their agency.

Students will understand how powerful their mindset is.

Students will evaluate their hope mentality.

**Prep Materials:**

Sound system, pens, table , podium, and hope hand outs

**Directions/Guidelines:**

Hold a 4 hour lecture/workshop hosted by Carol Dweck on Mindset.

-The first 20 students who signed up for the lecture workshop would attend the workshop and receive a copy of Carol Dweck's book Mindset.

-The first two hours would be part lecture and part workshop on mindset and after lunch break Carol would address agency and hope mentality.

-Lunch will be provided through a local partnership with a nearby restaurant.

-Books will be sold for those students who did not make the first 20 RSVPs

**Assessment:**

All team members who participated in the event will be required to take a five question survey assessing the lecture/workshop

The survey will give rich feedback on what did and did not work for the lecture/workshop.

***Social***

**Ice Cream Social**

**Purpose:** To create a relaxing and social environment right before the stresses of finals.

**Learning Outcomes:**

Students will engage with other students and faculty.

Students will enjoy ice cream and good music.

Students will learn a few tips on how to have a successful finals week.

**Prep Materials:**

Tables, ice cream, ice cream scoopers, signs, sound system, balloons

**Directions/Guidelines:**

Create a social mixer with faculty serving students ice cream right before finals. Ice cream will be free and faculty will pass out good tips for studying for finals week with the ice cream.

-These tips will be compiled of information with the importance of sleep, studying and taking breaks, along with eating well balanced meals.

-The “TIPS” hand out will also have the hours of the library, school tutors and success centers.

-The event will happen during lunch peak hours of 11:30 and 1:30 in the center quad.

-Balloons and signs will be created to get students attention and music will be played to create a fun and non formal atmosphere

**Assessment:**

Each faculty will keep track of how many student they serve.

Numbers from each faculty member will be combined which will evaluate our participation rate.

We do not want students to feel this is an academic mixer or feel they need to asses their experience with getting ice cream, but we will asses the mixer by the participation.

***Spiritual***

**Night of Worship**

**Purpose:** To create a multi-cultural and spiritual experience for students.

**Learning Outcomes:**

Students will learn how other cultures and religions practice the art of worship.

Students will teach other students about their personal way of worship in their religion.

Students will create a meaningful experience of worship to present to other students.

**Prep Materials:**

Sound system, lighting system, chairs, microphone, flags, tables and religious symbol signs

**Directions/Guidelines:**

Students from each religious club will be asked to host a half hour ceremony or presentation of their form of worship.

-This can include music, dancing, singing, food, serving and can be creative but must be approved by student services.

-The event will take place at 5:30 pm and refreshments and food from different cultures will be provided by the clubs.

-The entire campus is invited but all religious philosophy classes are required to go and write a paper on their experience with how impactful the night of worship was.

**Assessment:**

The philosophy professors will give all graded and recorded papers to student services to evaluate data.

The papers will provide rich feedback with how effective or non-effective the night of worship was.