Strategy 1: Passive Education – Personal Challenge/Wellness Resources

Facilitator(s): Resident Mentors

Date (When Lesson Takes Place): January – Week 5

Target Audience(s): Floor communities

Community Involved: All

Rationale/Purpose:
The purpose of this bulletin board is to provide a resource for residents to learn how to make S.M.A.R.T. Goals for the semester. This bulletin board also serves as a main resource for information about campus resources focused on personal wellness. Residents can then utilize the information for their personal growth in the residence hall and on campus.

University Housing Learning Outcomes:

Awareness of Self Goal 1 – Demonstrate effective navigation of campus support resources for advancement of personal wellness
- Tier 1 – Identify campus resources and their functions
- Tier 2 – Utilize campus resources for personal wellness

Materials/Preparation:
- Pre-Prep: Prepare the bulletin board by removing old staples/items
- Butcher block paper
- Die cuts
- Resource Room supplies
- Information on wellness support resources on campus
  - Location, contact information, brief overview of services, example of resources/forms from the office, etc.
- Large campus map (provided by your supervisor) or you can obtain supplies to create your own campus map.
- Inspiration Websites:
  - [http://www.pinterest.com/search/pins/?q=bulletin%20board](http://www.pinterest.com/search/pins/?q=bulletin%20board)

Facilitator Guide:
1. Coordinate with the building supervisor and co-RM(s) to determine the appropriate bulletin boards for each floor.
   a. Example: Some communities do not have bulletin boards. The supervisor will need to work with the RM to create a floor visual to put up on the wall (can be laminated in the Resource Room), a newsletter, digital signage, etc.
   b. Example: Some communities have multiple RMs and bulletin boards per floor. The supervisor will need to ensure that each RM has the opportunity to introduce themselves and that each board on a given floor has different content.
   c. Example: Some communities have multiple RMs but only one bulletin board per floor. The supervisor will need to ensure that the co-RMs split the bulletin board.
2. Gather materials for the bulletin board.
University Housing – University of South Carolina Lesson Plan

a. Note: Please do not print off general resources/information and directly staple it to a bulletin board. It is important that bulletin boards are visually appealing/engaging and specific to your Living-Learning Community and the Carolinian community.

b. Die-cuts, butcher paper, construction paper, etc. are available in the University Housing Resource Room located on the Garden Level of Patterson Hall.

c. One RM per building should visit the Resource Room to gather one packet of the “A Lesson in Goal Setting.” This packet was created by the Student Success Center and will serve as a guide for bulletin boards on goal setting. Note: not every bulletin board should be exactly the same.

d. Read through the personal goals identified by residents in the last community gathering.
   i. Collect the 3 most repeated goals and identify strategies to assist in completion of those goals on the bulletin board

e. Be sure to gather information on resources the residents may not know of on campus
   i. Personal Training at Strom, SAPE, SA/VIP, CHDC, Nutritionist/Dietician, etc.

3. Create an interactive bulletin board for residents to obtain wellness support resources and information on how to make S.M.A.R.T. Goals to achieve their Personal and Professional Goals.
   a. The resources may be general or associated to the LLC and/or majors represented on the hall.
   b. The resources may be listed, pamphlets may be made available, or flyers can be posted on or around the board. This should be done in a creative way.
      i. Pockets can be made for the brochures or flyers/pamphlets/handouts may be created to give to residents.
   c. Provide an explanation of what a S.M.A.R.T. Goal is.
      i. S = Specific
      ii. M = Measureable
      iii. A = Attainable
      iv. R = Results Oriented/Relevant
      v. T = Time Bound

Assessment:

• We will be using the RLC/ARLC to review.
  o Option: The building supervisor may walk through the building with Resident Mentors to provide feedback.
  o Option: Resident Mentors can take pictures of their bulletin board and email/post them to a staff page. This can be helpful to keep track of bulletin boards (for future reference and example) and to provide feedback.

• Gather opinions and feedback in casual conversations from residents.
Example Bulletin Boards: