

Healthy Relationships – February

Learning Goals

- Students should be able to live independently
- Students should make at least one new friend as a result of living on campus.
- Students should feel a sense of belonging to the UTC community.

Learning Objectives

- Residents will be able to discuss effective communication strategies needed for a healthy relationship
- Residents will be able to make connections with other people on campus.
- Residents will be able to organize ideas around why they love UTC.

Lesson Duration

- The Month of February

Materials

- Zip Lock Bags
- Positive Notes
- Candy
- Speed Friendship Questions
- 5-10 UTC Facts
- Dry Erase Boards for students to write why they <3 UTC

Activities

- Speed Friendship
- I <3 UTC
- RA Social
- Reverse Valentine's Day

Action Plan

- 1) **Who is Responsible: Resident Assistant.** On February 1st-28th the RAs will host a social for their community.
- 2) **Who is Responsible: Resident Assistant.** In February, the RAs will put up a bulletin board about xyz.
- 3) **Who is Responsible: Resident Director.** On February 4th, an email will go out to all residents discussing effective communication strategies for healthy relationships and promote Speed Friendship. The email will also include cool UTC Facts to build a stronger connection between the student and UTC. The email will also encourage residents to attend 1 new event on campus.
- 4) **Who is Responsible: Resident Director and Resident Assistants.** On February 6th, there will be an event held in the JO Community Room – Speed Friendship. Students will make concentric circles and will go around the circle asking each other questions to get to know each other. Through the event, there will be information about effective communication strategies.
- 5) **Who is Responsible: Resident Director.** On February 11th, there will be an email that will go out promoting Speed Friendship. The email will also encourage residents to attend 1 new event and there will be a cool fact about UTC to connect residents to the UTC community. The email will also talk about how people matter.
- 6) **Who is Responsible: Resident Director and Resident Assistants.** On February 13th, there will be a “Reverse Valentine's Day” to give positive notes/valentines to students saying that “They Matter.”
- 7) **Who is Responsible: Resident Director.** On February 18th an email will go out taking about characteristics of a healthy relationship. There will also be an opportunity to challenge themselves to attend 1 new event and a cool UTC Fact to connect residents to UTC.
- 8) **Who is Responsible: Resident Director.** On February 25th an email will go out about forming healthy relationships around specific habits, challenge the residents to attend 1 new event and a cool UTC Fact to connect residents to UTC.