

Personal Wellness - January

Learning Goals

- Students should be able to make responsible decisions about alcohol & drug use.
- Students should be able to live independently
- Students should be able to recognize the impact their actions or language have on others in their community.
- Students should be knowledgeable of available campus non-academic resources.

Learning Objectives

- Residents will be able to discuss consequences of alcohol and drug use.
- Students will be able to identify key values that are important to them.
- Residents will be able to discuss how their actions and language impact the community.
- Residents will be able to identify services provided by the Arc.

Lesson Duration

- The Month of January

Materials

- Values Inventory:
https://survey.valuescentre.com/survey.html?id=s1TAEQUStmyFGafKLmkogagcuzDB9RS2&locale=en_US
- 5 Prizes for taking the values inventory
- 1 Prize for completing the Hot Chocolate Wasted Event Passport
- 1 Prize for filling out the end of January survey
- Hot Chocolate
- Cups (that can hold hot chocolate)
- Marshmallows
- Beer Goggles
- Police Involvement
- Wrecked Car

Activities

- Hot Chocolate Wasted
- JO GYM DAY

Action Plan

- 1) **Who is Responsible: Resident Assistants.** In January, the RAs will put up a bulletin board about xyz.
- 2) **Who is Responsible: Resident Director.** On January 7th, the RD will send out the Values Inventory and ask students to take it. There will be a drawing for prizes for 5 students who take the survey. Residents will be asked to send their values to Shaun. The January 7th email will include information about why knowing your values are important. The January 7th email will also have information about the History of the ARC and Promote JO GYM Day and Hot Chocolate Wasted.
- 3) **Who is Responsible: Resident Director and Resident Assistants.** JO GYM DAY will happen on Wednesdays throughout January (January 9th, 16th, 23rd, 30th). Students will meet at the JO Office at 6:00am and walk over to the ARC to workout. A representative from the arc will be on hand to teach students how to use the equipment.
- 4) **Who is Responsible: Resident Director.** An email will be send out to residents on January 14th promoting JO GYM DAY and Hot Chocolate Wasted. There will also be information in this email about how Alcohol and Drugs impact the body and how to have impactful, meaningful debates with people who may have differing values. This email will also include information about intramurals and how to sign up.
- 5) **Who is Responsible: Resident Director.** An email will go out on January 21st promoting JO GYM DAY and promoting Hot Chocolate Wasted. The email will also include information about the dangers of alcohol and drug consumption. The email will also include information about Martin Luther King Jr., sharing your values, standing up for your values and understanding activism. This email will include information about the fitness classes offered by the ARC.
- 6) **Who is Responsible: Resident Director.** An email will go out on January 28th promoting the last JO Gym Day and Hot Chocolate Wasted. This email will also include information about the consequences of violating the Alcohol/Drug Policy at UTC and with the law, information about STEP UP and Bystander Information and information about the aquatics and rock climbing opportunities at the ARC.
- 7) **Who is Responsible: Resident Director and Resident Assistants.** An event will be hosted in the JO Square on January 30th from 2-5pm. The event will be called hot chocolate wasted where we will serve hot chocolate to students. There will be 5 stations set up. Students will have a passport and will go around to all five stations. If they complete all 5 stations they will be entered to win a drawing. The stations are listed below:
 - 1) I've been Roofied
 - The hot chocolate will be served in cups. Some cups will have dots on the bottom of them and some cups will not have dots on the bottom. The cups with the dots simulates that someone has been roofied. The thought is that roofies are colorless, odorless, tasteless, so reminding students not to drink from unattended cups/drinks, drinks they don't make themselves, or from drinks given to them.

- 2) Standard Definition of a Drink
 - This station will talk about the standard definition of a drink and how that affects the body and also how long the alcohol will stay in their body.
- 3) Signs of Impairment, How Alcohol and Drugs affect the body
 - This station will go over how long it takes for alcohol and drugs to affect the body and go over standard signs of impairment.
- 4) Consequences of Alcohol and Drug Violations (On campus and Off Campus)
 - This station will talk to students about the consequences of violating the alcohol and drug policy on campus and off campus.
- 5) Driving while Impaired
 - This station will have students try walking around using the drunk goggles. The police will be there to walk students through an arrest, etc for driving under the influence. Maybe get a damaged car from an accident to have in the JO Square.

8) **Who is Responsible: Resident Director.** On January 31st, a survey will be sent out to students to complete. The survey will ask students if they felt the values from the inventory represented who they are. The survey will ask residents if they know at least 2 ways alcohol and drugs affect the body and the residents will discuss how their values/actions can impact a community negatively and positively. The survey will also poll residents to see if they can identify 3 ARC Services. A winner will be drawn for this survey and the winner will receive a prize.