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Programming Framework 51

Topic: Healthy Fall Treats

Explanation of Program: Make healthy fall themed treats.

Required Components Covered: Educational, Health and Wellness, Active

Suggested Time Frame: September - November

Optional Ideas: Include locally sourced food (such as food purchased from Saratoga Apple at the Farmers Market on campus). Change the season or theme, but keep it healthy.

Resources:

http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_recipes_for_fall_desserts?slide=1#leaderboardad

<http://www.cookinglight.com/entertaining/holidays-occasions/healthy-halloween-00412000068114/>

<http://www.familyfreshcooking.com/2012/09/15/100-sweet-fall-treats-recipe-round-up/>

Assessment:

1. How did residents respond to the information?
2. How many residents participated?
3. What did the residents learn by doing this?
4. What did you learn by doing this?
5. If you did this again what would you change?

Programming Framework 52

Topic: How to go leaf peeping in the Adirondacks BB

Explanation of Program: Teach students (especially new to the area) how to go leaf peeping.

Required Components Covered: Educational, Passive

Suggested Time Frame: September- Early November

Optional Ideas: Go for a leaf peeping trip through Saratoga (on foot) or into the Adirondacks (driving).

Resources:

<http://adventure.howstuffworks.com/leaf-peeping-locales.htm>

<http://www.nyfallfoliage.com/>

<http://visitadirondacks.com/what-to-do/adirondack-region-attractions/fall-foliage.html>

<http://www.adirondack.net/fall/leaf-peeping-guide.cfm>

Assessment:

1. How did residents respond to the information?
2. Was there an interactive component?
3. What did the residents learn by doing this?
4. What did you learn by doing this?
5. If you did this again what would you change?

Programming Framework 53

Topic: Comparison of Food Served at the First Thanksgiving to Now BB

Explanation of Program: Explain the food served at the first thanksgiving versus current staples.

Required Components Covered: Educational, Good Citizenship, Passive

Suggested Time Frame: November

Optional Ideas: Poll the floor for the common foods they eat to include on the current Thanksgiving menu.

Resources:

<http://www.smithsonianmag.com/history-archaeology/Ask-an-Expert-What-was-on-the-menu-at-the-first-Thanksgiving.html>

<http://www.history.com/topics/thanksgiving>

<http://www.epicurious.com/articlesguides/holidays/thanksgiving/first>

Assessment:

1. How did residents respond to the information?
2. Did you have residents participate? How many?
3. What did the residents learn by doing this?
4. What did you learn by doing this?
5. If you did this again what would you change?

Programming Framework 54

Topic: Where in the World did the US Thanksgiving Staples Come From? BB

Explanation of Program: Breakdown of what country gave the US which staple Thanksgiving food.

Required Components Covered: Educational, Good Citizenship, Passive

Suggested Time Frame: November

Optional Ideas: Poll the floor for the residents' staple Thanksgiving foods.

Resources:

<http://news.discovery.com/earth/american-thanksgiving-dinner-121120.html>

<http://blogs.smithsonianmag.com/food/2012/11/where-does-your-thanksgiving-meal-come-from/>

<http://www.metricmartyrs.com/politics/mashed-potatoes-recipe-and-history/>

http://blogs.loc.gov/inside_adams/2010/11/a-sweet-potato-history/

Assessment:

1. How did residents respond to the information?
2. Did you have residents participate? How many?
3. What did the residents learn by doing this?
4. What did you learn by doing this?
5. If you did this again what would you change?

Programming Framework 55

Topic: “Step Inside My Head” (Active Minds) BB

Explanation of Program: Include stories from the website of young people with mental illness, as well as information on various mental disorders and resources to receive help.

Required Components Covered: Educational, Health and Wellness, Passive

Suggested Time Frame: Any, September (Suicide Awareness)

Optional Ideas: Can be paired with campus wide suicide awareness events or bring in campus groups to hold a discussion about mental health in conjunction with the board.

Resources:

<http://www.activeminds.org/our-programming/step-inside-my-head>

<http://www.nami.org/>

<http://cms.skidmore.edu/counseling/>

Assessment:

1. How did residents respond to the information?
2. Did you have a coordinated program? How many residents attended?
3. What did the residents learn by doing this?
4. What did you learn by doing this?
5. If you did this again what would you change?

Programming Framework 56

Topic: Open Mic Night

Explanation of Program: Allow members of the floor/building to perform for the rest of the residents.

Required Components Covered: Community Building, Good Citizenship (depending on theme), Active

Suggested Time Frame: Any, Weekend night

Optional Ideas: Create a theme for the residents to perform within (ex. 1980's, music of the world, etc.) the open mic night.

Resources:

<http://www.njopenmic.com/openmicrules.html>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 57

Topic: Sunny Day Party

Explanation of Program: On the first warm spring day get music, snacks and games (Frisbee, etc.) and head outside.

Required Components Covered: Community Building, Active, Unplanned

Suggested Time Frame: April, May, August

Optional Ideas: Could be a planned picnic or a building wide event.

Resources:

<http://www.personaldevelopment123.net/50-things-to-do-on-a-warm-sunny-day-that-are-worthwhile/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 58

Topic: Rounds Gallery Artwork

Explanation of Program: Create a group art piece for the Rounds Gallery

Required Components Covered: Community Building, Active, Planned

Suggested Time Frame: Fall, Spring

Optional Ideas: Can work together on a single piece or sit together working on separate pieces that will be placed together as one instillation.

Resources:

<http://pinterest.com/jonijasterzbski/group-art-projects/>

<http://pinterest.com/mmdeford/fun-art-group-projects/>

<http://www.groupartprojects.com/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 59

Topic: Wall of Fame

Explanation of Program: If students get in either Skid News or Saratogian for positive stories (winning sports game, good event, etc.) post the article for everyone to see.

Required Components Covered: Community Building, Passive

Suggested Time Frame: Any

Optional Ideas: Ask residents to bring articles or other items they would like posted (posters for performances, a good grade from a class they have struggled with, playbill from a theater show).

Resources:

<http://www.skidmore.edu/scope/>

<http://www.saratogian.com/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 60

Topic: Shovel Out- Working Together

Explanation of Program: After a snow storm, have the floor work together to shovel out each other's cars.

Required Components Covered: Community Building, Active, Unplanned

Suggested Time Frame: Winter

Optional Ideas: If there is a snow storm that requires everyone move their cars, go out together at a set time to move everyone's cars then have hot cocoa and tea when you get back inside.

Resources:

http://www.skidmore.edu/campus_safety/weather.php

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 61

Topic: “Snow Day” Arts and Crafts (or games)

Explanation of Program: Healthy and fun ways to stay entertained when stuck indoors.

Required Components Covered: Community Building, Active

Suggested Time Frame: Winter

Optional Ideas: Have hot cocoa and tea with snacks available. Also include board games and/or winter themed movies.

Resources:

<http://www.kidactivities.net/category/seasonal-winter-arts crafts.aspx>

<http://pinterest.com/mishry/winter-arts-crafts/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor’s community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 62

Topic: Crochet/Knit Your Own Scarf/Hat

Explanation of Program: Have the RA/UA or a resident teach everyone how to crochet or knit hats/scarfs for winter.

Required Components Covered: Community Building, Active, Planned

Suggested Time Frame: Any, Winter

Optional Ideas: Find videos only that explain how to do the projects if no one can lead. Provide food and music or a movie while people are working.

Resources:

http://www.youtube.com/watch?v=3i2b3me__Yk
<http://www.youtube.com/watch?v=QVSxV1aHDJk>
http://www.youtube.com/watch?v=L_hl7HGMDy0
<http://www.youtube.com/watch?v=OqeG05HFP1E>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 63

Topic: Attend the Victorian Walk

Explanation of Program: As a floor go to the Victorian Walk in Downtown Saratoga

Required Components Covered: Community Building, Active

Suggested Time Frame: November/December

Optional Ideas: Prepare hot cocoa and tea in to go cups to take with them for the walk.

Resources:

<http://www.saratoga.com/holiday/victorian-streetwalk.cfm>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 64

Topic: Go Sledding

Explanation of Program: Gather a group of people and head to the best sledding hill on campus.

Required Components Covered: Community Building, Active

Suggested Time Frame: Winter

Optional Ideas: Have snacks and hot drinks ready for when everyone is done.

Resources:

<http://www.saratoga.com/winter/sledding-hills.cfm>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 65

Topic: Snowperson Making Competition

Explanation of Program: Go outside and in teams build snow people, have other residents judge.

Required Components Covered: Community Building, Active

Suggested Time Frame: Winter

Optional Ideas: Could be building wide or multi-floor, competing against each other with the building manager choosing the winner.

Resources:

<http://www.hohumcards.com/2011/01/great-ideas-for-making-a-clever-and-creative-snowman/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 66

Topic: Supporting Each Other

Explanation of Program: Going to events that residents are in (sports, plays, etc.)

Required Components Covered: Community Building, passive

Suggested Time Frame: Any

Optional Ideas: Pair this with a wall of fame.

Resources:

<http://cms.skidmore.edu/events/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 67

Topic: Pumpkin Decorating/ Carving

Explanation of Program: A way to celebrate the holiday, also some people may have never done it before.

Required Components Covered: Community Building, Active

Suggested Time Frame: October

Optional Ideas: Get glow sticks and tinfoil to illuminate the pumpkins. Have paint for those that don't want to carve. Watch Halloween movies while carving.

Resources:

<http://tlc.howstuffworks.com/family/pumpkin-carve.htm>

<http://www.bhg.com/halloween/pumpkin-carving/pumpkin-carving-ideas/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 68

Topic: Movie Night

Explanation of Program: For communities that want to have a night of watching movies together.

Required Components Covered: Community Building, Passive

Suggested Time Frame: Any

Optional Ideas: Pick a theme and do a marathon of movies. Make it a repetitive event (every month, week, semester) if residents are looking for an alternative activity for the weekend.

Resources:

<http://www.imdb.com/chart/top>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 69

Topic: Tie Dying

Explanation of Program: Have residents tie dye clothes, towels, etc.

Required Components Covered: Community Building, Active, Planned

Suggested Time Frame: Any

Optional Ideas: Pick a location where the dye will not stain the floor. Wear the tie dyed clothes to an event together.

Resources:

<http://www.instructables.com/id/How-to-tie-dye-an-old-white-shirt-or-a-new-shirt-/>

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 70

Topic: Community Game Night

Explanation of Program: Get residents to interact with a video or board game night.

Required Components Covered: Community Building, Active, Planned

Suggested Time Frame: Any

Optional Ideas: Have an array of games and have people stich off every 30 minutes so they are interacting with different people.

Resources:

<http://new.evite.com/content/ideas/game-night>

http://www.hasbro.com/games/en_US/familygamenight/Host-Your-Own.cfm

Assessment:

1. How many residents attended?
2. What did you do together?
3. How has this benefited the floor's community spirit?
4. How can the positive experience be carried forward (ideas to continue positive relationships on the floor)?
5. If you did this again what would you change?

Programming Framework 71

Topic: Kitchen Safety- and How to Not Burn Food

Explanation of Program: Teach the basics of kitchen safety with a focus on how to prepare food without creating large amounts of smoke.

Required Components Covered: Educational, Independent Living, Active/Passive

Suggested Time Frame: Any

Optional Ideas: Can be a BB or program.

Resources:

http://www.fire.ca.gov/communications/downloads/fact_sheets/Kitchensafety.pdf

<http://recipes.howstuffworks.com/tools-and-techniques/kitchen-safety-quiz.htm>

<http://www.straighten-up-now.com/kitchen-safety-tips.html>

<http://www.njburncenter.com/prevention.html>

Assessment:

1. Did you do a BB or Program?
2. How did residents respond to the information?
3. How many residents participated?
4. What did the residents learn by doing this?
5. What did you learn by doing this?
6. If you did this again what would you change?

Programming Framework 72

Topic: Great American Smoke Out-Quit Kits

Explanation of Program: A passive program of preparing quit kits with information and putting a few in each bathroom for students to take anonymously to help them quit smoking.

Required Components Covered: Educational, Health and Wellness, Passive

Suggested Time Frame: Any, November

Optional Ideas: Could be paired with a BB or active program on smoking cessation techniques. Can also be a collaborative program with the PHE.

Resources:

<http://www.tobaccofreeu.org/pdf/joal.pdf> pg 34

[http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0CDYQFjAB&url=http%3A%2F%2Fwww.thewell.vcu.edu%2Fdocs%2Fbuild_and_use_quit_kit.doc&ei=pGe-](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0CDYQFjAB&url=http%3A%2F%2Fwww.thewell.vcu.edu%2Fdocs%2Fbuild_and_use_quit_kit.doc&ei=pGe-UKzVDITg2QWRqoGgAQ&usg=AFQjCNFfgu2_ihZ5lUay-cpesIwmsLdLpQ)

[UKzVDITg2QWRqoGgAQ&usg=AFQjCNFfgu2_ihZ5lUay-cpesIwmsLdLpQ](http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0CDYQFjAB&url=http%3A%2F%2Fwww.thewell.vcu.edu%2Fdocs%2Fbuild_and_use_quit_kit.doc&ei=pGe-UKzVDITg2QWRqoGgAQ&usg=AFQjCNFfgu2_ihZ5lUay-cpesIwmsLdLpQ) -Quit Kit instructions

<https://www.nysmokefree.com/>

Assessment:

1. What items did you have in the kits?
2. How did residents respond to the information?
3. Did you pair this with another program?
4. What did the residents learn by doing this?
5. What did you learn by doing this?
6. If you did this again what would you change?

Programming Framework 73

Topic: Food Myths Busted

Explanation of Program: Demystifying long accepted falsehoods about food.

Required Components Covered: Educational, Health and Wellness,
Active/Passive

Suggested Time Frame: Any

Optional Ideas: Can be a BB or program.

Resources:

<http://science.howstuffworks.com/innovation/edible-innovations/10-food-myths.htm>

<http://science.howstuffworks.com/innovation/edible-innovations>

<http://science.howstuffworks.com/science-vs-myth/everyday-myths/five-second-rule.htm>

Assessment:

1. Did you do a BB or Program?
2. How did residents respond to the information?
3. How many residents participated?
4. What did the residents learn by doing this?
5. What did you learn by doing this?
6. If you did this again what would you change?

Programming Framework 74

Topic: Make your own Ice Cream & Sundae

Explanation of Program: Making ice cream from scratch and adding candies and syrups to add fun flavors

Required Components Covered: Educational, Independent Living, Active/Passive

Suggested Time Frame: Any

Optional Ideas: Could be paired with other programming on food. Include health info on the ingredients.

Resources:

<http://science.howstuffworks.com/innovation/edible-innovations/ice-cream3.htm>

<http://caloriecount.about.com/calories-dessert-toppings-ic1908>

Assessment:

1. How did residents respond to the information?
2. How many residents participated?
3. What did the residents learn by doing this?
4. What did you learn by doing this?
5. If you did this again what would you change?

Programming Framework 75

Topic: Winter Safety Tips

Explanation of Program: Give information about safety in the winter time (Especially good for areas with large groups of residents from warm climates)

Required Components Covered: Educational, Independent Living, Active/Passive

Suggested Time Frame: Any

Optional Ideas: Can be a BB or program.

Resources:

<http://auto.howstuffworks.com/car-driving-safety/accidents-hazardous-conditions/5-snow-driving-mistakes.htm#page=0>

<http://health.howstuffworks.com/wellness/preventive-care/cold-weather-safety.htm>

<http://emergency.cdc.gov/disasters/winter/index.asp>

Assessment:

1. Did you do a BB or Program?
2. How did residents respond to the information?
3. How many residents participated?
4. What did the residents learn by doing this?
5. What did you learn by doing this?
6. If you did this again what would you change?