

CORE Group Leader Agenda
October 19th, 2015
9:00pm
Week 6

This Week is the Leader's Choice. You may discuss a topic of your choosing or may decide to do something fun with your section. You are welcome to use this agenda on Wellness.

Understanding Wellness

CORE Group Leaders should remember that this document is intended to be an outline and not a script to be read to your group. Your role is to facilitate a discussion on the topic and provide a forum for discussion and questions. The questions below are meant to serve as conversation starters and can be used in whatever order feels most natural to an individual group's conversation.

Establish ground rules for the conversation: be respectful, don't share other people's stories, no one is forced to share or participate, be an active listener, be supportive support, don't pass judgment, etc. Like with all of the CORE discussions, remember that there is no forced participation. CORE leaders and members are able to determine what level of sharing is right for them. All levels of participation are appreciated.

Be sure to talk about appropriate campus resources as they are relevant to the conversation, and do try to save room for Highs and Lows (or something similar).

Learning Outcomes (aka the message you are trying to get across to your CORE group members)

After tonight's discussion, CORE group members will:

- To gain an understanding of what components contribute to personal wellness and how students can utilize various resources to achieve wellness.

WELLNESS DISCUSSION NOTE: For the purposes of this discussion, the term "wellness" can relate to whatever your group feels like talking about. If the conversation goes toward time-management, that is equally appropriate to a conversation about healthy eating, which is equally appropriate to a conversation about stress and so on.

Activity:

- Five-minute breathing meditation
 - http://marc.ucla.edu/mpeg/01_Breathing_Meditation.mp3
- Fireplace video
 - <https://www.youtube.com/watch?v=RDfjXj5EGqI>
- Rainy Mood
 - www.rainymood.com
- Meet in the Mind Spa (Wellness Center 2nd Floor)
 - Call in advance to reserve room for 30 minutes
 - Oct. 19 8pm-10pm

Discussion: Understanding wellness

- What is wellness to you?

- Describe your awareness of the Lawrence culture of busy-ness or stress. What observations have you made about the ranges of wellness in you and your peers? Is there a difference between the perceived and the actual levels of campus wellness?
- What do you do for fun?
- What are your study habits? Is this similar or different than how you studied in high school?
- Do you procrastinate or work ahead? Have you found some time management techniques that work for you?
- How do you talk about your wellness?
- What are you doing to achieve wellness? How is this process different from what you used to do to be well at home?
- How do you relax?
- How do you find balance?

External Resources:

- **Guided meditations:** <http://marc.ucla.edu/body.cfm?id=22>
- **Student Health 101:** <http://readsh101.com/lawrence.html> Check out great fitness, nutrition and wellness related topics for students, staff and faculty. Lawrentains are featured in a monthly video poll and much more.

Campus Resources:

- **Wellness Center**
 - General overview of Wellness Center: <http://www.lawrence.edu/students/wellness/wellness>
 - Activities and Services: <http://www.lawrence.edu/students/wellness/wellness/activities>
 - Intramurals: <http://www.lawrence.edu/students/wellness/intramurals>
 - Biofeedback: <https://www.lawrence.edu/students/wellness/biofeedback>
 - FREE YMCA membership sign-ups!
 - Mind Spa: Guided meditation, message chair, biofeedback. Call in advance to reserve room (920-832-6574)
- **Center for Teaching and Learning (CTL):** assistance with time management, study skills, test taking, writing, public speaking, working with tutors, and general academic support (and a reminder that most students use these resources!)
- **Counselling Services:** can assist with depression, anxiety, transitions, and support in general

Additional Referrals and Resources:

- Office of Multicultural Affairs can assist with providing the resources necessary for all students to express and explore culture and identity.
- RLA/RHD can assist with hall and roommate issues, establishing res hall connections and hall programming, and helping someone get connected/ involved on campus
- RHD on Duty 920-419-6596 or Security 920-832-6999 to report something that seems unsafe
- Counselling Services can assist with depression, anxiety, transitions, and support in general
- Office of Multicultural Affairs can assist with providing the resources necessary for all students to express and explore culture and identity.
- International Student Services can assist with cultural transitions and adjustments
- Student Academic Services, located on the 1st floor of Briggs, can help with academic accommodations, working with faculty and /or advisors, honor council, etc.

- Center for Teaching and Learning (CTL) can assist with making faculty connections, tutoring, time management, test taking and study skills, etc.
- Volunteer and Community Service Center (VCSC) can help with making connections and establishing relationships beyond the campus borders. Service projects can be a one-time project or on-going.
- Dean of Students Office or Campus Life office can help with general policy questions, or questions that don't tend to fit into other areas

If through your conversations you learn that someone is really struggling with something or they seem to not be connecting to anyone here on campus let your CORE coordinator or me know that so that we can do some follow-up.