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TJURASSIC Challenge Thomas Jefferson Ultimate Resident Assistant Super Self-Improvement & Care Challenge	
When did this strategy occur?	February 12 - March 1
Intended Learning Outcomes	Student-staff will be able to identify several ways to practice regular self-care throughout the school year. Student-staff will be able to list several ways they practice regular self-care. Student-staff will be able to implement self-care strategies to reduce stress, increase sense of contentment, and improve physical health.
Qualitative Insights <ul style="list-style-type: none"> How was this effective? How did you see this strategy impacting the student's experience? What trends/themes are apparent? Areas the RAs did well or need additional training? 	<ul style="list-style-type: none"> This strategy was effective at encouraging student-staff to be more intentional in identifying and implementing techniques to practice self-care. This is evident from one-on-one conversations. It is likely that this also would have been reflected in stress levels reported in monthly community assessments (these were cancelled due to COVID-19). Many student-staff reported that they had tried new strategies to practice self-care (e.g., meditation, regular exercise, healthier meal choices, etc.). Student-staff also reported that they had encouraged (or been encouraged by) other staff members to implement the self-care strategies outlined in the TJURASSIC Challenge. Student-staff reported positive outcomes: feeling better physically, feeling happier, and feeling less stressed-out. Student-staff face daily challenges associated with being a university student, young adult, and residential life staff member. The combination of these challenges causes stress which, if not properly managed, can lead to poor outcomes in their academics, personal life, health, and job performance. The TJURASSIC Challenge was a fun way of getting student-staff thinking about and motivated to find and practice new ways to manage stress and take care of their mental, physical, and academic well-being.
How will you use this information to inform our practice? <ul style="list-style-type: none"> How can you streamline this process? What adjustments are needed when it comes to supervision/implementing? Is there additional training needed for this strategy? If so, what would be helpful? 	<ul style="list-style-type: none"> I think it would be beneficial to include a reflection element into the TJURASSIC Challenge. Also, a follow-up activity/exercise later in the semester to assess if student-staff are still practicing/maintaining any strategies they learned or tried during the TJURASSIC Challenge. In order for the strategy to be most effective, it is important to regularly check-in and follow-up with student-staff throughout the TJURASSIC Challenge. This includes asking direct questions in one-on-ones, having group discussions at staff meetings, and directing senior mentors to touch on these topics in mentor group meetings. It would be interesting to do a pre- and post-assessment of stress, happiness, etc. before and after the TJURASSIC Challenge to get an idea of how effective it was for everyone

TJURASSIC Challenge Sample Point Guide

Activity	Point Value	Point Cap	Notes
Utilizing Student Success Center	1 pt. / 30 min	4 pt. / week	
Utilize LEAD session	1 pt. / 30 min	2 pt. / week	
Utilize a resource in Norwood (e.g., COER, Counseling, Miner Oasis, etc.)	2 pt. / visit	6 pt. / week	
Socialize with friends	1 pt. / 30 min	6 pt. / week	
Take time for yourself -> hobby	1 pt. / 30 min	6 pt. / week	
Take a full water bottle to class, refill it at least once (can do this on weekend too)	1 pt. / day	7 pt. / week	This means drinking at least two bottles of water a day on the weekend (32 oz.)
One or less serving of a sugary beverage (i.e., soda, juice with added sugars, etc.)	1 pt. / day	7 pt. / week	
No caffeinated beverages after 2:00 pm	1 pt. / day	7 pt. / week	
Getting 7+ hours of sleep	2 pt. / day	14 pt. / week	***Must NOT miss class due to oversleeping***
Do laundry	1 pt. / ea.	1 pt. / week	
Clean sheets	1 pt. / ea.	1 pt. / week	
Meditate / awareness activity / breathing exercise	1 pt. / ea.	12 pt. / week	
Exercising	2 pt. / ea.	12 pt. / week	
Preparing for career fair	2 pt.	2 pt.	
Presenting senior staff in front of NRHH/TJ senior staff	1 pt. / ea.	3 pt.	You can back-log points if you completed it before the TJURASSIC Challenge started
Clean room	2 pt.	4 pt.	At minimum: pick up, vacuum, make bed
Cleaning out email	1 pt.	1 pt. / week	
Organize google drive	1 pt.	1 pt.	
Write down major tests & events in calendar	1 pt.	1 pt.	
Sharing SMART goal & what you're doing to achieve them	1 pt. / ea.	3 pt.	
Healthy meal choice	1 pt. / meal	14 pt. / week	
Call a friend or loved one to catch-up	2 pt. / call	4 pt. / week	
NEW! ~ Download the Sanvello App	1 pt.	1 pt.	You can back-log points if you completed it before this was added to the TJURASSIC Challenge

Thomas Jefferson Hall Assessment Summary 2019-2020 – TJURASSIC Challenge

NEW! ~ Use the Sanvello App	1 pt. / use	14 pt. / week	You can back-log points if you completed it during the TJURASSIC Challenge timeframe
NEW! ~ Share with someone something you are doing for personal wellness	1 pt. / day	4 pt. / week	You can NOT backlog points for this. Consider sharing with a resident or peer, or encourage a staff member! Share on social media!
NEW! ~ Schedule a doctors/dentist/etc. appointment	1 pt. / ea.	3 pt.	You can back-log points if you completed it during the TJURASSIC Challenge timeframe
NEW! ~ Attend a Mental Well-Being Awareness Week Event	2 pt. / event	22 pt.	
Miscellaneous	varies	varies	See Chris or Sarah if there is another self-care choice you have made or done that you feel deserves points