A Guide to Integrating Co-Curricular Learning
Division of Student Affairs
2016 - 2017
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<td><strong>Students’ involvement in co-curricular activities directly correlates to higher levels of student engagement and success in the classroom and positively influences their connection to the institution.</strong></td>
<td><strong>The Division of Student Affairs has over 450 student organizations and countless co-curricular events throughout the academic year.</strong></td>
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<td><strong>Students react positively to interactions and support from faculty members outside of the classroom and feel encouraged to devote more effort to their education.</strong></td>
<td><strong>You can utilize the programming guide in this packet to find out of classroom learning opportunities to attend with your students.</strong></td>
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<td><strong>Student participation in various campus activities are positively associated with student learning and retention.</strong></td>
<td><strong>At the end of this guide you will find what each of the 9 units in the Division of Student Affairs can offer students as ways to get involved on campus.</strong></td>
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<td><strong>According to the National Survey for Student Engagement (NSSE) students who are involved in out-of-class activities are more likely to have diverse experiences.</strong></td>
<td><strong>The Division of Student Affairs offers a diverse array of programs to ensure that students are receiving a breadth of experiences throughout their time at IUPUI.</strong></td>
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**References**

**Faculty Resource**
**Why Sense of Belonging Matters – Dr. Terrell Strayhorn’s Video on Student Success**
Link: https://www.youtube.com/watch?v=Ak6T9kw0H28
How to Integrate Co-Curricular Learning into the Classroom Experience

The Division of Student Affairs has created resources to be able to integrate co-curricular opportunities into the classroom experience. We have adopted three levels of integration from the TLC high impact practice taxonomy. Each level has a page designation to go directly to that section in our guide that describes co-curricular opportunities at that level.

- **Highest Impact**
  - Integrate a semester long co-curricular project. Sample assignments that have been successfully integrated by faculty can be found on pages 4-9

- **Higher Impact**
  - Bring co-curricular learning into the classroom through a presentation found on pages 10-16

- **High Impact**
  - Utilize co-curricular opportunities on campus and have students reflect on their experiences. A programming guide can be found on pages 17-32
The Highest level of integration will require the most work and intentionality. However, this level of co-curricular integration will provide students with a profound learning experience throughout their first semester of college and help them to understand that learning throughout their collegiate experience happens both inside and outside the classroom.

Listed below are a series of sample projects that have been used by professors in the past to integrate co-curricular learning into their curriculum.

**Reflection Assignments/Utilizing the ePDP**

**Connect to Yourself – Introductory Assignment**
During the first several weeks of the semester, students are getting in touch with why they are in college, who they are, and what they want to accomplish. They are identifying their needs, interests, and goals. As students become more aware of themselves, they create a foundation to begin building networks that will support them.

- Students complete the typology assessments such as StrengthsQuest, Myers-Briggs Type Indicator or Holland Code to identify strengths, personality, conflict resolution, and career interests.
- Goal Setting: help students identify SMART (specific, measurable, attainable, realistic, timely) goals and begin thinking about what is available at IUPUI to support them.
- Activity/Assignment/Reflection: Students will be asked to synthesize information they have discovered about themselves; i.e., interests, goals, and services available at IUPUI. Recommend that students write a reflection paper or conduct a brief presentation in class about their strengths, goals, and areas they plan to utilize at IUPUI to help them move forward in their academic and career planning. These are also options to link back to the Electronic Personal Development Plan (ePDP) if your course is utilizing this feature. You may link them under the My Involvement and Impact section of the ePDP.

**Involvement Expo – Adapted from FYS Professor Jayme Little**
By attending the Involvement Expo on August 30th and 31st during Weeks of Welcome 2016, students will have an opportunity to explore a variety of organizations both on and off campus. Require your student to join a pre-professional or student leadership organization and/or volunteer with a Community Service Agency. Ask them to write a reflection paper about the student organization or community service agency they chose, how it connects to their future goals and/or interests, and what they hope to contribute as a member or volunteer. Conduct a follow-up with the student mid-semester to see if they have indeed contributed as they had expected.

**Research the Den – Adapted from FYS Professor Jayme Little**
This activity is similar to the one above and could be used as an alternate to that activity if it does not fit with your class. This activity would require students to go onto the website The Den (https://thedden.iupui.edu/). The Den is a site that includes a list of all of the student organizations on campus. Have students search through the organizations and choose 2-3 that they would be interested in getting involved with. Then, ask them to reflect on why they chose these particular organizations in a post-class writing assignment.
**Tunnel of Oppression Assignment**

The Tunnel of Oppression is an event that happens each year on the IUPUI campus. It is an interactive production created by the Social Justice Scholars, Resident Assistants, and other dedicated staff and students. The Tunnel aims to highlight contemporary social justice issues and to introduce participants to the concepts of oppression, micro-aggressions, and the “isms” faced by numerous communities in today’s society. Participants are guided through a series of scenes that aim to educate and challenge them to think critically about issues of oppression. At the end of the tour, participants are provided with the opportunity to discuss their experiences with each other through a guided facilitation led by a faculty or staff member. You can reference the following guide to help build this program into your class in an impactful way.

- First, invite the ‘Social Justice 101’ presentation into your classroom. Found on page 23 of this guide.
- Second, have your students go or go with your students to the ‘Tunnel of Oppression’ event. It could fall during your class time, and you could go during class. The event is **Nov. 7-9, 2016**. There will be opportunity to debrief during the event.
- Lastly, assign your students a reflection paper about their experience. Have them consider the following questions when they are writing their paper:
  - What are forms of oppression?
  - Who are oppressed populations and in what ways are they oppressed? What is the relationship between power and privilege?
  - In what ways can you define micro-aggression?
  - What did you learn from being exposed to the topics?
  - What topic was the most impactful?
  - What have been different events that have happened recently that have a harmful effect on a specific group of people?
  - How have you become aware of your own biases from this experience?
  - How will your interactions change with others as a result of this experience?
  - What will you do to fight oppression?

**Research/Data Collection Based Assignments**

**IUPUI History, Pride and Traditions Exploration Assignment**

This assignment will allow your students to practice the skills of evaluating resources and conducting college-level research while exploring the rich history of the IUPUI campus.

- Students will be assigned to a group of classmates and each team will select an area of University history, traditions, and culture to explore. A list of possible topics will be provided, which may include Jaguar athletics, Greek life, student life, homecoming, alumni involvement, student governance, or community engagement.
- Each group will submit one researched-based paper that will be collectively developed by the team members.
- Each group will share their impressions of their topic through an in-class presentation and offer suggestions on new programs and initiatives to build upon campus pride and traditions.
- The presentations will be 10 minutes in length and will include a visual component such as PowerPoint, media, tri-fold, etc. Invite representatives from Division of Student Affairs to judge the presentations (and perhaps incorporate ideas from their presentations into future program initiatives).
**Connect to Your Network Assignment - Attend the Campus Center Open House and/or Campus and Community Connections Fair to meet new professionals and build your NETWORK**

Request students to identify and establish a relationship with at least one person on campus to be in their network. Provide an opportunity for students to intentionally and formally begin to build their network. This action will help them understand the relationship between identifying sources of support and then ACTING upon that knowledge.

- Encourage or assign students to interview or meet with a person(s) on campus to find out more about that person.
- Activity/Assignment/Reflection: Students share why they chose this person or office, what they learned from the interview, what they would like to share with others in the class about their choice, and how they envision expanding their network.
- Between mid-term and the end of the semester, students could be asked to identify at least one other person, meet with that person, and have an established network of at least two people. Students should be able to do this more on their own with a periodic check in.
- An end of semester assignment could include an essay and/or a presentation related to building success networks at IUPUI and how it will benefit them throughout their college career and beyond.

**Campus Resource Scavenger Hunt – Adapted by FYS Professor Diana Sims-Harris**

**Goal:** To discover the locations of key campus services

**Procedure:** First, map out the various locations listed below. Each group will then go to each location and take a picture of the group in front of the location—be sure to include a sign or some indication that you were indeed at that particular site. Rotate who takes the pictures so that each member appears in most of the pictures—and allow your creativity to emerge with your photography. Be sure to find out what range of services are provided at each location.

- The University Writing Center – NOT in the library
- The Office of Student Involvement
- The Natatorium Pro Shop
- The Cultural Arts Gallery
- Democracy Plaza (Social justice discussion board in the Campus Center)
- The Office of Student Financial Services
- The Reference Desk in University Library
- Math Assistance Center
- The Bepko Resource Center
- Barnes & Noble Bookstore at IUPUI
- The Multicultural Center

**AlcoholEdu Shared Experience Reflection**

Did you know? All incoming undergraduate students are expected to complete a 2 hour online course on the topic of personal choices, alcohol education, and risk reduction prior to beginning classes at IUPUI. The course, AlcoholEdu, now serves as a shared experience among first-year students and provides an excellent opportunity for additional reflection in an academic setting.

- Presentation: Invite the ‘Alcohol: Personal Choices’ presentation to your class to discuss how alcohol affects students on IUPUI’s campus and how they can make smart choices.
- Assignment Ideas: Have students critically analyze the portrayal of alcohol in the media by collecting and reflecting on advertisements found online and in magazines. Have students create pro and con lists about
drinking – what strategies can be used to minimize or eliminate the cons? (e.g., risk-reduction behaviors, including but not limited to: abstinence).

- Discussion Questions: How is alcohol portrayed in popular culture? Are drinking consequences isolated to the individual, or are there secondary outcomes that affect others? What are the pros and cons of drinking? What barriers prevent people from seeking addiction recovery services?
- For more information about AlcoholEdu, contact Eric Teske, Assistant Director of Substance Abuse Prevention, at erictesk@iupui.edu.

**Haven Shared Experience Next Steps**

Students will demonstrate their ability to recognize and effectively manage ambiguous ideas, experiences and situations with a sexual assault awareness video assignment. All incoming undergraduate students were expected to complete a 1 hour online course on the topic of sexual assault awareness education and prevention. The course, Haven, now serves as a shared experience among first-year students and provides an excellent opportunity to develop critical thinking skills while engaging in a highly complex topic.

- Presentation: Invite in the ‘Building a Safer Community: Bystander Empowerment & Sexual Assault Prevention Workshop’ presentation to your classroom.
- Assignment Ideas: Have your students work on a project together. Have them create a video that they would show to high school seniors transitioning to college to explain the concept of sober consent.
- Discussion Questions: Are there contradictory messages about sex in our society? How do traditional views of masculine and feminine identities influence the risk for sexual assault? Define sober consent, and describe the relationship between alcohol and sexual violence.
- For more information about the Haven online program, contact Eric Teske at erictesk@iupui.edu.

**Faculty Involved Assignments**

**Attend a Housing and Residence Life Program**

There are over 250 events each year that take place in the residence halls. Undergraduate Resident Assistants plan these events and programs and often times these programs are educational in nature. Examples include: professors sharing a meal with residents and talking about their area of expertise, university staff members presenting on how to succeed in college, and community members speaking about succeeding in business, medicine, education, and in general. These programs occur each week and are set up in advance. Please contact Sara Dickey at sadickey@iupui.edu or Allison Wheeler at aloyal@iupui.edu for information about programs being offered in the residence halls this fall and spring. Both students who live on campus or off campus are welcome to attend.

**Participate in iServe as a class – Saturday September 10th 2016**

The purpose of this day of service is to connect first-year students with our community. Students will learn about the IUPUI campus and Indianapolis community with their peers, while demonstrating one of IUPUI's greatest traditions - service. This could be a great program to do together as a class. A possible framework to use might be to invite the ‘What is Community Service’ presentation before the event. Then attend the event as a class. Although it may be difficult for all of you to be assigned the same location, a great opportunity could be for everyone to participate in the event and debrief as a class afterwards. You could invite the same presenter that did the ‘What is Community Service’ presentation back to debrief with your whole class after the experience. For more information follow this link: http://csi.iupui.edu/partnerships/student-service/events/iserve.shtml
Semester Long Projects

**Create a Book Swap - Group Project – Adapted from FYS Professor Gwen Chastain**

Gwen Chastain’s FYS consisted of students who all lived on campus. Her class worked on building a student library in the Tower resident hall. They worked together throughout the semester on this project. In the end, the students created a sense of cohesion as a class, a sense of pride towards their campus community, and learned the value in giving back to their community. **Listed below is the insert from Gwen’s syllabus used to describe this assignment.**

The purpose of this project is to encourage recreational reading among IUPUI students. By creating an attractive, comfortable space in the Tower Residence Hall where students can easily access reading materials. You will help build a culture of reading on campus and a place where community centered on reading can occur.

**Learning Outcomes:**

- Identify different kinds of genres of fiction in order to expand your reading options.
- Create evaluative criteria for distinguishing between genres.
- Analyze your own reading preferences in order to locate titles for leisure reading.

**Assignment:** You will be divided into groups of three and assigned a genre. Each group will be responsible for collecting ten titles (total) of their assigned genre: Adventure, Mystery, Romance, Fantasy, Science Fiction, Historical Fiction, Literary Fiction, Memoirs and Biography, Humor, Sports (nonfiction)

Your group cannot spend more than $10 (total) on titles. One of the purposes of this activity is to connect you with your literary community in Indianapolis. Many organizations in the city will donate books. Try libraries (public or university) or bookstores (Indy Reads, Half Price Books). Talk to teachers and professors. Thrift stores (Value World, the Goodwill and the Salvation Army) are also great places to look for books on the cheap—if you must buy them.

**Library Assignment #1 (DUE October 4)**

Locate a definition of your assigned genre and, as a group, come to a consensus about what characterizes it. Develop a list of criteria identifying the genre’s typical characters, plots, settings, and writing style—as applicable. This definition should be no more than one single-spaced page. Bulleted lists are OK. Submit this definition online, via OnCourse, to Meagan Lacy, librarian.

**Library Assignment #2 (DUE November 22)**

Once the librarian approves your criteria, use your criteria to select books. This step does not require you to read the book (though, of course, you are always encouraged to do so!), but you will need to do some reading about the book to figure out whether or not it fits the genre. Look at the book jackets. Read book reviews. You have a total of $10.00 as a group to spend. Books will need to be collected and ready to place on shelves on November 22.

In addition to the above, now that you have explored different kinds of genres, each group needs to create at least one annotation to one of your favorite books (it does not have to be one of the genres listed here). Using the handout provided, specify its genre and take care to mention why fans of this genre might like it. Identify whether it is available at the library (and where). Enclose a photo of yourself along with your annotation to use for a “Jag Picks” poster of student reading recommendations for the book swap space.

**Create Your Own Program with help from Leadership Consultants**

This project would allow the class to have ownership over a program that could directly tie to the theme of the First Year Seminar/Themed Learning Community. Throughout the semester you could have the students work together to develop and execute the program. They will learn valuable skills in leadership, team building, and programming. Also, they will
be giving something back to their IUPUI community and increase their sense of pride for their campus. Along the way you can utilize our resources in Division to assist them in creating their program.

- First, invite the Leadership Consultants to attend a course - LCs are a group of student leaders who facilitate various workshops on communication, teambuilding, and planning a successful program, just to name a few. They are also willing to customize a workshop for your class's specific needs. To request a presentation use this link: [http://studentaffairs.iupui.edu/involved/leadership-programs/programs-seminars/leadership-go.shtml](http://studentaffairs.iupui.edu/involved/leadership-programs/programs-seminars/leadership-go.shtml).
- Next, have your students attend Project Leadership. Project Leadership is a one-day conference designed for undergraduate and graduate student leaders. The conference is developed for students, by students in order to create a meaningful learning experience designed around key concepts of leadership development. This event generally happens in October. You can contact Leadership Consultants at iupuilcs@iupui.edu for more information.
- Lastly, after the first two steps and with your support, your students should be equipped to program their own event. Again, for more meaningful impact the students should align the event to the theme of their class. If your students need funding for their event, they can request funds through the University College funding request found through this link: [http://studentaffairs.iupui.edu/involved/first-year-programs/ucsc-funding-request.shtml](http://studentaffairs.iupui.edu/involved/first-year-programs/ucsc-funding-request.shtml).

**Campus Challenge Assignment – Adapted from FYS Professor Pamela Clark**

Students will have the entire semester to get earn a certain number of points (that you can assign) connected to a variety of events on campus. They can pick and choose which events they would like to attend as long as they have the designated number of points by the end of the semester. Students can get an extra five points for each event if they take another IUPUI student with them or if they complete the reflection assignment found on page 18. Also, printing off the program list in this guide from pgs. 20-33 and giving it to the students will help them know when and where the events are taking place. As students hear of events throughout the semester, you can also add some to the point system. Here is a sample list below, but you can craft your own to fit your team if you would like.

**Campus Challenges**

- Attend a Student Activities Programming Board (SAPB) Event ___/10
- Attend a JagNation Training ___/10
- Go to the Involvement Expo ___/10
- Attend Tunnel of Oppression ___/10
- Attend a Jagfit workshop ___/10
- Explore Indianapolis’ many transportation options ___/10
- Discover IUPUI Athletics ___/10
  - Attend a sporting event ___/5
  - Join an intramural team ___/15
- Visit the Center for Service & Learning (CSL) ___/10
- Participate in iServe ___/10
- Participate in Jags in the Streets service opportunity ___/5
- Volunteer for an organization through CSL ___/5
- Visit the Office of Student Involvement ___/5
- Attend Student Organization Meetings ___/15
- Participate in IUPUI Regatta ___/10
- Research IUPUI’s Counseling and Psychology Services ___/10
- Visit Democracy Plaza and Participate in a Discussion ___/5
- Discover IUPUI Health Service ___/5
- Discover the Bepko Learning Center ___/15
Higher Impact Opportunities: Broken Down by Topic

In the section below are co-curricular opportunities broken down by topics.

Another option, is to combine a high intensity opportunity with a higher intensity activity. For example, asking students to attend a program from the low intensity section listed in health and wellness and then follow up with a person coming into your class to do a more in depth workshop to complement what they learned at the program.

Culture & Social Justice
- Social Justice 101 Presentation
- Crossing the Line Presentation
- Building a Safer Community: Bystander Empowerment & Sexual Assault Prevention Workshop
- Escalation Workshop
- What is Civic Engagement?

Self-Exploration
- Study Skills Presentation
- Group Cohesion Workshop
- Time Management Presentation
- Experience IUPUI Presentation
- Know the Code Presentation
- Learning to Navigate Independent Living

Health and Wellness
- Stress Management Presentation
- Busting Health Myths Presentation
- Alcohol: Personal Choices Presentation
- Study Skills Presentation

Major Focused Themes
- Group Cohesion Presentation
- Experience IUPUI Presentation
- Study Skills Presentation
- Stress Management Presentation
Higher Impact: Bring Co-Curricular into the Classroom

The Division of Student Affairs offers a variety of presentations and workshops that are suitable for the classroom setting. These sessions are designed to equip students with necessary tools to be successful and learn more about co-curricular opportunities at IUPUI. Below you will find a step by step process on how to request a presentation and a guide of the presentations being offered this year.

**Requesting a Presentation**

Request a presentation by going to: [firstyear.iupui.edu](http://firstyear.iupui.edu). Then, click on ‘**Faculty Resources**’ on this webpage.

Presentations are generally one hour, but may be tailored to fit the class’s needs based on time, specific topic, or projects that can be tied to the presentation. Please be sure to specify any modifications in your presentation request and the presenter will contact you directly.

**Plan Ahead**
The presentation form requires the following information:

- Faculty Name
- Faculty E-mail
- Faculty Phone Number
- Class Section
- Class Location
- Preferred Date
- Preferred Time
- Number of Participants
- Presentation Topic
- Any Modifications

**Next Steps**
After the presentation request has been submitted you will receive a confirmation within 5 business days of the submission. Please submit the request **no later than two weeks prior** to the presentation date. You may be contacted by the presenter for more information regarding class demographics, major, etc.

You will receive a confirmation/ reminder email two days before the presentation date. If you need to cancel the presentation, please contact us at [fyp@iupui.edu](mailto:fyp@iupui.edu) immediately.
Presentation Guide

The presentations are broken down by topic. In the blurb, you will find a description of the presentation, learning outcomes, duration of presentation, technology needs, and the time during the semester that we believe is best for the students to receive this information. To request a presentation, go to [firstyear.iupui.edu](http://firstyear.iupui.edu) and click on Faculty Resources.

**Navigating College Life**

**Experience IUPUI**

**Sponsored by: Student Activities**

Student engagement and involvement is directly related to student learning and success. This presentation introduces students to opportunities to get involved in campus activities and student organizations and connects their involvement to transferable skills, student success, and building valuable relationships to peers, faculty, and staff members.

*Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Intellectual Depth, Breadth, and Adaptiveness (PCL 4)*

- Time: 30 minutes
- Technology Needs: Computer/projector
- Best Time to Schedule: Beginning of semester

**NEW for 2016 – Classroom Cohesion Workshop**

**Sponsored By: Campus Recreation and Educational Partnerships & Student Success**

Facilitators will use their skills in group dynamics to direct the class through various team building activities. We will ask that students and the FYS team (faculty, advisors, and mentors) join in the activities so the entire classroom community develops good working relationship with each other going into the semester. Throughout this session, students and the FYS team will set classroom expectations, learn more about each other, and begin building a cohesive classroom environment. Students will also gain skills in group dynamics and team building that will be essential going into their first semester and throughout their college career.

*Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding Society and Culture (PCL 5), Interpersonal Development (PCL 8)*

- Time: 60 min
- Technology Needs: Computer/Projector
- Best Time to Schedule: Very beginning of the semester

**Know the Code: Understanding Indiana University’s Code of Student Rights, Responsibilities, and Conduct**

**Sponsored by: Office of Student Conduct**

This interactive presentation focuses on the rights and responsibilities of all IUPUI students as outlined in the *Indiana University Code of Student Rights, Responsibilities, and Conduct*. Specifically, students will learn about the definitions of various types of academic and personal misconduct, the most common acts of personal misconduct, and potential consequences of Code violations. The Indiana Lifeline Law, sexual misconduct, and bystander intervention techniques will also be discussed.

*Principles of Co-Curricular Learning: Core Communication (PCL 1), Critical Thinking (PLC 2), Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)*

- Time: 45 minutes - 1 hour
- Technology Needs: Computer/projector
- Best Time to Schedule: Beginning of semester
Learning to Navigate Independent Living

Sponsored by: Housing and Residence Life and the Office of Educational Partnerships and Student Advocacy, Off-Campus Student Services

This session will provide guidelines and tips for managing independent living for the first time. Students will also be encouraged to think beyond the four walls in finding balance between wants and needs. Topics include the transition to living on your own, understanding expectations, living with a roommate, and managing a living space. An activity will engage students in understanding their “wants” vs. “needs”, and how wants can correspond to an increased price tag.

Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL3), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)

- Time: 30 minutes
- Technology Needs: Computer/projector
- Best Time to Schedule: Beginning of semester

Study Habits: A Guide to Getting A’s, Not Just Getting By

Sponsored by: The Office Educational Partnerships and Student Success

This session will work with students to consider their academic and career goals. Students will evaluate their personal learning styles and determine the best way to create positive study habits that are conducive to their individual style. After considering these determinates, students will develop a plan to ensure best practices for their personal study habits in order to achieve academic success.

Principles of Co-Curricular Learning: Core Communication (PCL 1), Integration and Application of Knowledge (PCL 3), Intrapersonal Development (PCL 7)

- Time: 45 minutes - 1 hour
- Technology Needs: Computer/projector
- Best Time to Schedule: Beginning of semester

Time Management in College

Sponsored by: Office of Educational Partnerships and Student Success

This session encourages students to reflect on how they spend their hours in college and how to make the most use of their time. The session explores a 40 hour a week “block” schedule, looks at statistics in how students currently spend their time in college, explores social media’s role in time management, and looks at apps and other tools to help students maximize their time in college.

Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)

- Time: 45 minutes – 1 hour
- Technology Needs: Computer/projector/sound
- Best Time to Schedule: Beginning of semester
Social Justice and Civic Engagement

What is Civic Engagement?
Sponsored by: The Office of Student Involvement, Community Service and Civic Engagement
This presentation is designed to show students the importance of being an active member in society and what type of impact they can have through service. Students will learn about opportunities to volunteer and be involved in the IUPUI and Indianapolis communities.

Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Understanding Society and Culture (PCL 5)
- Time: 45 minutes
- Technology Needs: Computer/projector
- Best Time to Schedule: Middle of semester to end of semester

What is Social Justice 101?
Sponsored by: The Office of Student Involvement, Social Justice Education
The Social Justice 101 presentation introduces students to the concepts of power, privilege, and oppression as well as terms related to social justice. Students will participate in an interactive activity that allows them to see their role in the social justice process and how they can engage in social justice activities on campus.

Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)
- Time: 60 minutes
- Technology Needs: Computer/projector
- Best Time to Schedule: Middle of semester to end of semester

Crossing the Line
Sponsored by: The Office of Student Involvement, Social Justice Education
IUPUI is a very diverse campus that offers the opportunity for students to learn from others that come from different backgrounds. In the crossing the line activity students are invited to identify with several categories and experiences, hopefully resulting in empowerment and dissolution of stereotypes among classmates. This activity serves to create a safe space in which students can express their feelings and thoughts.

Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5)
- Time: 45 minutes
- Technology Needs: Computer/projector
- Best Time to Schedule: Middle of semester to end of semester
Wellness Presentations and Workshops

Stress Management
This presentation focuses on the stresses college students experience, including causes, symptoms, and potential negative effects. Most importantly, students will learn a variety of ways to manage stress so that they may individualize their own approach and avoid unhealthy coping habits. The presentation will integrate the concepts of stress management, life balance, and healthy living. Students will also receive information on campus resources available to help with stress management, including CAPS services.

*Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)*

- Time: 45 minutes – 1 hour
- Technology Needs: Computer/projector
- Best Time to Schedule: Middle to end of the semester

Alcohol: Personal Choices
This presentation focuses on the effects of alcohol on the body, individual factors that influence intoxication, and strategies for low-risk drinking. This presentation emphasizes the point that the decision whether or not to drink is a personal choice that can only be made after weighing personal, legal, and social factors.

*Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Integration and Application of Knowledge (PCL 3), Values and Ethics (PCL 6)*

- Time: 45 minutes – 1 hour
- Technology Needs: Computer/projector
- Best Time to Schedule: Beginning of the semester

Busting Health Myths
How much do you REALLY know about your personal health and wellness? This interactive presentation will encourage audiences to critically examine common misconceptions about various dimensions of wellness, ranging from sleep to sexual health to physical fitness/nutrition and more. Audiences will also leave with strategies to implement their newfound knowledge and enact behavioral changes in favor of a healthier lifestyle.

*Principles of Co-Curricular Learning: Core Communication Skills (PCL 1), Critical Thinking (PCL 2), Intellectual Depth, Breadth, and Adaptiveness (PCL 4)*

- Time: 45 minutes – 1 hour
- Technology Needs: Computer/projector
- Best Time to Schedule: Any time during the semester

Building a Safer Community: Bystander Empowerment & Sexual Assault Prevention
One incident of sexual assault has an impact on the whole community. This interactive workshop focuses on raising awareness in order to recognize problem situations on campus, and on developing specific skills and confidence to intervene in situations when another individual needs help.

*Principles of Co-Curricular Learning: Values and Ethics (PCL 6), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)*

- Time: 45 minutes – 1 hour
- Technology Needs: Computer/projector, sound
- Best Time to Schedule: Beginning of the semester

Escalation Workshop
The Escalation Workshop is 90 minutes long and consists of a 40 minute film (educate) followed by a 40 minute guided discussion (empower) geared towards helping students understand the warning signs of abuse, while also promoting healthy relationships. These pieces are followed by a 10 minute activation piece, directed at students who want to start the conversations in their own community by getting involved.

*Principles of Co-Curricular Learning: Values and Ethics (PCL 6), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)*

- Time: 90 Minutes
- Technology Needs: Computer/projector, sound
- Best Time to Schedule: Middle to end of semester
Additional Presentations

**Additional Social Justice Education Opportunities**
For additional presentation topics from Social Justice, please visit the Social Justice website at [http://studentaffairs.iupui.edu/involved/social-justice-ed/training.shtml](http://studentaffairs.iupui.edu/involved/social-justice-ed/training.shtml)

**Counseling and Psychological Services (CAPS)**
For presentation topics from Counseling and Psychological Services, please the CAPS website at [http://studentaffairs.iupui.edu/health-wellness/counseling-psychology/education-presentations/class-integration.shtml](http://studentaffairs.iupui.edu/health-wellness/counseling-psychology/education-presentations/class-integration.shtml)

**Academic and Career Development (Career Planning)**
Career and Academic Development offers over 10 presentations in the area of career planning, reviewing, and success. To request a presentation in this area please do so from the Career website through University College at [acd.iupui.edu](http://acd.iupui.edu)

**Office of Financial Services**
The Office of Financial Services offers a variety of presentations for first year students. To request a presentation for your learning community, send an email to [finaid@iupui.edu](mailto:finaid@iupui.edu). They will then follow up with you through their office.

**Office of Student Employment**
The Office of Student Employment exists to assist students with the beginning resume/cover letter development as they seek quality college work experiences. We want students to begin to think early about obtaining transferable skills that will enhance their ability to market themselves for quality work opportunities that provide a more direct link to their career path. If you need our office to come to your class to talk about services, resumes or cover letters – please do not hesitate to reach out to us at [http://employment.uc.iupui.edu/FacultyStaff/RequestaPresentation.aspx](http://employment.uc.iupui.edu/FacultyStaff/RequestaPresentation.aspx). Our webpage is also a great resource for students that seek to do some of the research/development on their own.
High Impact Opportunities: Broken Down by Topic

In the section below, you will find co-curricular opportunities broken down by topics.

Culture & Social Justice
- Semicolon Campaign, September 5-11
- JagNation Ambassador Training (Bystander Intervention), Wednesday, September 14th, 10:00 am – 11:30am, Campus Center 270
- Tunnel of Oppression, November 7-9, Campus Center 4th Floor

Self-Exploration
- JagNation Presents PLAYFAIR, Sunday, August 21st, 7:00pm, Carroll Stadium
- Study Abroad Fair, Thursday, August 25th, 10:00am – 2:00pm, Taylor Courtyard
- Involvement Expo, Tuesday, August 30th and Wednesday, August 31st, Taylor Courtyard

Health and Wellness
- JagFit Workshops, Condom Club, and Free HIV Testing, First Thursday of the Month, 11:00am-2:00pm, Campus Center Atrium
- Stress Less, Monday, September 26th, 11:00am – 2:00pm, Cultural Arts Gallery (CE 148)
- 2016 Mental Health Awareness Day, Tuesday, October 11th, 10:00am – 2:00pm, Campus Center Atrium
- Depression Screening, Tuesday, October 11th, 10:00am – 2:00pm, Campus Center Atrium

Major Focused Themes
- iServe, Saturday, September 10th, 9:30am – 3:00pm, Campus Center
- Study Abroad Fair, Thursday, August 25th, 10:00am – 2:00pm, Taylor Courtyard
- Involvement Expo, Tuesday, August 30th and Wednesday, August 31st, Taylor Courtyard
High Impact Opportunity - Reflection Assignment

Campus Event Report

Consider strongly encouraging or requiring attendance at co-curricular activities as part of the curriculum for the course. Attendance and participation could also be awarded points as an additional incentive for attending the program. Here is a sample form you could have your student complete following the event. This may also be adapted for the ePDP within the My Involvement section.

To get all the points for each event:

- Attend the event
- Complete the form/answer questions below
- Write about the event (approximately 2 pages typed, double-spaced, 12-point font) using your notes
- Include a title on your paper
- Attach this cover page

Event: ________________________________________________

Submitted by: _____________________ Date of Event: _____________________

Signature of IUPUI University Official (sponsor) ________________________________

Event Description, including location, attendance, “atmosphere”, etc. Paint a picture in words so that someone who was not there could understand what you attended.

How does this event connect to what you are discovering about yourself?

How does this event connect to what you are discovering about the IUPUI campus?

How does this event connect to building your success network and planning for your future?

How does this event connect to what you are discovering about the decisions you’re making in your first semester?

If the event was not ideal, how would you make it better?

Additional comments/suggestions:
Principles of Co-Curricular Learning

The Principles of Co-Curricular Learning (PCLs), developed by the Division of Student Affairs, are based upon the Principles of Undergraduate Learning (PULs) and the Principles of Graduate and Professional Learning. Together, these are the essential components of the educational experience at Indiana University-Purdue University Indianapolis. These principles form a conceptual framework for all students' general education both inside and outside of the classroom. The Division’s assessment of learning programs is geared toward specific students who hold certain positions on campus (e.g., student leadership, on-campus employment, etc.). The Division of Student Affairs offers targeted opportunities through sustained contact with these students that yield a critical mass for student learning.

PCL 1: Core Communication Skills [Definition:] The ability of students to express and interpret information and use information resources and technology—the foundational skills necessary for all IUPUI students to succeed.

PCL 2: Critical Thinking [Definition:] The ability of students to engage in a process of disciplined thinking that informs beliefs and actions. A student who demonstrates critical thinking applies the process of disciplined thinking by remaining open-minded, reconsidering previous beliefs and actions, and adjusting his or her thinking, beliefs and actions based on new information.

PCL 3: Integration and Application of Knowledge [Definition:] The ability of students to use information and concepts from studies in multiple disciplines in their intellectual, professional, and community lives.

PCL 4: Intellectual Depth, Breadth, and Adaptiveness [Definition:] The ability of students to examine and organize disciplinary ways of knowing and to apply them to specific issues and problems.

PCL 5: Understanding Society and Culture [Definition:] The ability of students to know and identify the interests, beliefs, and customs of their community, and others, through interaction, self-discovery, scholarship, and active participation in communal traditions.

PCL 6: Values and Ethics [Definition:] The ability of students to make sound decisions with respect to individual conduct, citizenship, and aesthetics.

PCL 7: Intrapersonal Development [Definition:] The ability of students to be aware of their emotions, behaviors, and motivations, analyze their strengths and weaknesses, and take responsibility for their decisions and actions.

PCL 8: Interpersonal Development [Definition:] The ability of students to navigate social and organizational systems such that they acknowledge and respect the values of others in their interactions while creating conditions of mutual benefit for themselves and those around them.
Encourage students to attend co-curricular opportunities by assigning 2-3 events throughout the semester. We have a variety of events, many that may complement your FYS/TLC theme, topic or learning outcomes. On page 18, we have a reflection worksheet that could be used to assist students in reflecting on the event that they attended.

AUGUST

Opening Day Celebration, Saturday, August 20th, 7:30am – 4:00pm, Campus Center
Come to campus to take care of last minute business and get prepared to start school on Monday! Campus Center offices will be open along with campus partners in the Atrium who will have helpful information for students! Students living on campus will move-in on opening day. On-campus residents will be assigned their move-in time by Housing and Residence Life.
Sponsor: Housing and Residence Life, Educational Partnerships and Student Advocacy and Campus Center
Principles of Co-Curricular Learning: Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

First Night, Saturday, August 20th, 7:00pm – 12:00am, Campus Center
Make your first night as an IUPUI college student fun and exciting! Join us in the Campus Center for a night of activities that will include free food and refreshments, giveaways, movies and more! Free with your Jagtag.
Sponsor: SAPB and Campus Center
Principles of Co-Curricular Learning: Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

#IMAJAGUAR Social Media Scavenger Hunt, Sunday, August 21st, 11:00am – 2:00pm, IUPUI Campus
Follow clues on official IUPUI social media channels, pick up free “Jag Swag” at stations across campus and be eligible to win grand prizes!
Sponsor: IU Communications
Principles of Co-Curricular Learning: Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

JagNation Presents PLAYFAIR, Sunday, August 21st, 7:00pm, Carroll Stadium
Playfair is totally unlike anything else you have ever experienced. It’s entertainment! It’s FUN! It’s the perfect way to make new campus friendships! Join hundreds of your fellow students in this huge, high-energy experience at Carroll Stadium.
Sponsor: JagNation
Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

Hall Council Elections, August 22nd- September 3rd, Residence Hall Facilities
Students serving on their Hall Council will experience the opportunity to plan programs and events for their community, continue or create community traditions, and serve as the voice to represent concerns or questions about the community to HRL staff.
Sponsor: Housing and Residence Life
Principles of Co-Curricular Learning: Core Communication (PCL 1), Integration and Application of Knowledge (PCL 3), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)
JagTag Campus and Community Connections Fair, Wednesday, August 24th, 10:00am – 1:00pm, Taylor Courtyard
Join us and enjoy a festive afternoon of food, music, and giveaways as you learn about the connections JagTag has to offer you both on and off campus!

Sponsor: JagTag
Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding of Society and Culture (PCL 5), Interpersonal Development (PCL 8)

New to IT/Game on! Tech Expo, Wednesday, August 24th, 10:00am – 1:00pm, Taylor Courtyard
Get your game on, while learning how tech at IUPUI can save you time and money! Stop by for tips, tricks and video game battles on Wii and Xbox 360. You may even be able to take Oculus Rift for a ride.

Sponsor: UITS
Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

Study Abroad Fair, Thursday, August 25th, 10:00am – 2:00pm, Taylor Courtyard
Faculty and staff representatives from both IUPUI and IU Bloomington campuses will be available to share future study abroad opportunities. This is a great chance to learn more about study abroad and prepare for your own international education. Representatives from Financial Aid and Health Services will also be available.

Sponsor: Study Abroad Office
Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

Part-Time Job Fair, Thursday, August 25th, 10:00am – 1:00pm, Taylor Courtyard
The IUPUI Part-Time Job Fair will connect current students with on-campus, work-study, and off-campus part-time employment opportunities. Don’t miss your chance to find the perfect part-time job to complement your academic studies!

Sponsor: Office of Student Employment
Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

Fraternity and Sorority Life Meet and Greek, Friday, August 26th, 12 noon – 4pm, CROF
Joining a fraternity or sorority can increase your connection to the campus and assist in your success as a student. During the FSL Meet and Greek, you will have the opportunity to learn more about the values and expectations for being a part of fraternity and sorority life at IUPUI and the fraternity and sorority organizations at IUPUI. For more information, visit http://fsl.iupui.edu.

Sponsor: Office of Student Involvement
Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)

Field Day, Saturday, August 27th, 5:00pm – 8:00pm, Carol Stadium
Form a team for some friendly competition and join us for the 2nd Annual IUPUI Field Day! Prizes awarded for the top 3 teams. Games will include field day classics and trivia. Don’t miss out on the fun! Register online at wow.iupui.edu.

Sponsor: Educational Partnerships and Student Success
Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)
Involvement Expo, Tuesday August 30th, 10:00am – 2:00pm, and Wednesday, August 31st, 1:00pm – 5:00pm, Taylor Courtyard
Discover the many ways to get involved at IUPUI and in the Indianapolis community by checking out the registered student groups and non-profit organizations at this event happening over two days.

**Sponsor: Student Organizations and Campus Center**
*Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)*

38th Annual Ice Cream Social, Tuesday, August 30th, 11:00am – 2:00pm, Taylor Courtyard
Enjoy ice cream with help from our Distinguished Dippers. Music and ice cream, just what you need on a Tuesday afternoon!

**Sponsor: Educational Partnerships and Student Success and Auxiliary Services**
*Principles of Co-Curricular Learning: Understanding of Society and Culture (PCL 5), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)*

Multicultural Greek 101, Wednesday, August 31st, 7:00pm – 9:00pm, Campus Center Theater
Presently on IUPUI’s campus, our fraternity and sorority life community includes 8 of the Historically Black Greek-Letter Organizations from the Divine 9, 1 Latino fraternity, 1 Hispanic-based sorority, and 1 multicultural sorority. At Multicultural Greek 101, you will have the opportunity to learn more about these fraternities and sororities and the values and expectations for being a member. For more information, visit [http://fsl.iupui.edu](http://fsl.iupui.edu).

**Sponsor: Office of Student Involvement**
*Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)*

**SEPTEMBER**

Roommate Success Programming, Month of September, Offered in All Residence Halls
Residence Life offers over 100 programs during the first six weeks of the academic year to help HRL residents learn about how to live well with their roommates. Residents will learn the top three strategies that help build outstanding roommate relationships and how to implement those during their time living on campus.

**Sponsor: Housing and Residence Life**
*Principles of Co-Curricular Learning: Core Communication (PCL 1), Critical Thinking (PCL 2), Intrapersonal Development (PCL 7)*

SAPB Movie in the Courtyard, Thursday, September 1st, 9:00pm, Taylor Courtyard
Grab those blankets and your lawn chairs as you enjoy an evening under the stars. We will be showing a brand new movie in the Courtyard along with free popcorn for all. Rain location: Campus Center Theater. Free with your Jagtag.

**Sponsor: SAPB**
*Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)*

Semicolon Campaign, September 5th – 11th
As part of Suicide Prevention Week, Sept. 5th - 11th, and World Suicide Prevention Day, Sept. 10th, Health and Wellness Promotion is participating in the Semicolon Campaign. More people in the world die from suicide than from war and murder combined. Suicide is preventable. By taking 5 minutes to get involved and become informed, you will be a part of a worldwide movement to save lives. Stop by one of the info tables held during the week from 11:00 am-1:00 pm in the Campus Center to learn more.

**Sponsor: Health & Wellness Promotion**
*Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)*
Campus Center Open House, Wednesday, September 7th, 10:00am – 2:00pm, Campus Center
The IUPUI Campus Center invites you to participate in the WOW Open House! Take advantage of this awesome opportunity to learn what the Campus Center has to offer and to have some fun too! There will be a ton of free giveaways, food, games, live music and more offered throughout the building. This is one you won’t want to miss!
Sponsor: Campus Center Tenants
Principles of Co-Curricular Learning: Core Communication (PCL 1), Understanding Society and Culture (PCL 5), Interpersonal Development (PCL 8)

JagFit Workshops, Thursday, September 8th, 11:00 am – 2:00 pm, Campus Center Atrium
Are you looking to get fit, have fun, and make new friends? Well, now is your opportunity to join JagFit! JagFit is an incentive based fitness and nutrition program free for students. Earn points for various activities including being physically active, attending workshops, and gaining a little knowledge. A goal of the program is to promote making healthier life choices. Joining is easy and all online. For more information, contact Office of Health and Wellness Promotion at (317) 274-WELL.
Sponsor: Health and Wellness Promotion
Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)

Free HIV/STI Testing, Thursday, September 8th, 11:00am – 2:00pm, Campus Center Atrium
Did you know that 1 in 2 sexually active young people will get an STD by the age of 25? Know your status – get yourself tested! Free testing is held once a month on the IUPUI campus. The first of the fall semester will be on Thurs. Sept. 8th from 11:00 am to 2:00 pm in the Campus Center Atrium. Testing is free, safe and confidential. Conducted by the Bellflower Clinic and the Damien Center. Tests include HIV, Syphilis, Chlamydia, and Gonorrhea. No appointment necessary. For more information, please call (317) 274-WELL.
Sponsor: Health and Wellness Promotion
Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)

Condom Club, Thursday, September 8th, 11:00am – 2:00pm, Campus Center Atrium
The Office of Health and Wellness Promotion is excited to offer condom club trainings for students during testing events as well as drop-in training in Campus Center 374. Are you interested in learning the effective ways to use contraception and gain tips on safer sex practices? Trainings are 10 minutes and conducted by current students that serve as Health and Wellness Peer Educators. Once trained, you become a certified member of the Condom Club with access to free educational resources and supplies. Contact (317) 274-WELL for more information.
Sponsor: Health and Wellness Promotion
Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)

Fraternity and Sorority Life Yard Show, Thursday, September 8th, 6:00pm – 9:00pm, CROF
Yard shows are a tradition within Historically Black Greek-Letter fraternities and sororities and many culturally-based fraternities and sororities through which members represent their organization’s core values through stepping, strolling, and saluting performances. At the FSL Yard Show, you will have the opportunity to learn more about our fraternities and sororities and their traditions. For more information, visit http://fsl.iupui.edu.
Sponsor: Office of Student Involvement
Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)
SAPB Movie in the Campus Center, Friday, September 9th, 3:00pm & 7:00pm, Campus Center Theater
Our weekly movie series returns indoors to the Campus Center with two showings. Free with your Jagtag.

Sponsor: SAPB and Campus Center
Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)

iServe, Saturday, September 10th, 9:30am – 3:00pm, Campus Center
The purpose of this day of service is to connect first-year students with our community. Students will learn about the IUPUI campus and Indianapolis community with soon-to-be friends, while demonstrating one of IUPUI's greatest traditions - service. Students will enjoy volunteering at a local service site and explore part of downtown Indianapolis. Food and t-shirts will be provided to all participants. To register visit go.iupui.edu/iserve. Faculty who wish to have their class volunteer together for iServe need to contact Niki Messmore at nmmessmo@iupui.edu by August 5, 2016, to ensure enough volunteer placements are secured prior to the day of service for the entire class. If there are any questions you can also contact, Charli Lienemann, Program Director, Community Service and Civic Engagement at charli@iupui.edu or Niki Messmore, Coordinator for Community Service at nmmessmo@iupui.edu

Sponsor: Office of Student Involvement, Civic Engagement and Community Service, The Center for Service and Learning
Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)

Fall Alternative Break (FAB), October 14th – October 18th, Applications due September 12th
IUPUI Fall Alternative Break (FAB) is a low-cost ($50), weekend alternative break trip focused on community service and experiential learning. Students do short-term projects for community agencies and learn about social issues such as urban renewal, poverty, hunger, homelessness, and the environment. Applications are out August 24th and due September 12th. Visit our website for details - go.iupui.edu/alternativebreaks

Sponsor: Office of Student Involvement, Civic Engagement and Community Service
Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)

SAPB Coffeehouse Series: Nelly’s Echo, Wednesday, September 14th, 12:00pm – 1:00pm, Campus Center
Singer-songwriter Nelson Emokpae (aka Nelly’s Echo) originally hails from Nigeria and starred in NBC’s “The Voice”. His skillful blend of soul, reggae, and blues coupled with infectious hook lines and tremendous vocal abilities transport the listener into the musical story being told. Free with your Jagtag.

Sponsor: SAPB
Principles of Co-Curricular Learning: Values and Ethics (PCL 6)

JagNation Ambassador Training (Bystander Intervention), Wednesday, September 14th, 10:00am – 11:30am, Campus Center 270
Learn to embody the Culture of Care philosophy with this intimate small group training session. Formally acquire the skills and recognition that bring JagNation to life. Ambassador Training is a 90-minute interactive seminar built around bystander intervention and harm reduction. Content includes icebreakers, alcohol and sexual assault prevention, scenario practice, and discussion on social barriers to intervention. Think outside yourself and connect with others on a new level. Space is limited, RSVP online at http://jagnation.iupui.edu.

Sponsor: Health & Wellness Promotion
Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)
Alcohol Screening, Thursday, September 15th, 10:00am – 2:00pm, Campus Center Atrium
How is your relationship with alcohol? Come find out on Thursday, September 15th, 10:00am-2:00 pm, in the Campus Center Atrium. IUPUI Counseling and Psychological Services (CAPS) will be sponsoring free alcohol screening and assessments where you can fill out a brief questionnaire and receive personal feedback from a CAPS counselor. Test your knowledge about alcohol use in college and try our 'Fatal Vision Goggles'! For more information, please contact CAPS at (317) 274-2548 or HWP at (317) 274-WELL.

Sponsors: Health and Wellness Promotion and Counseling and Psychological Services (CAPS)

Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)

SAPB Movie in the CROF, Saturday, September 17th, 9:00pm, CROF
Enjoy the last days of warm weather with a movie in the CROF, behind the Tower. Rain location: Campus Center Theater. Free with your Jagtag.

Sponsor: SAPB

Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)

SAPB Movie in the Courtyard, Thursday, September 22nd, 9:00pm, Taylor Courtyard
Celebrate Regatta Week with an outside movie! We will be showing a brand new movie in the Courtyard along with free popcorn for all. Rain location: Campus Center Theater. Free with your Jagtag.

Sponsor: SAPB

Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)

SAPB Concert on the Canal, Friday, September 23rd, 8:00pm, Canal Basin
It’s Regatta Eve with SAPB! Enjoy an evening of music with a national touring artist. Past performers have included: Hoodie Allen, Danielle Bradbury and We The Kings.

Sponsor: SAPB

Principles of Co-Curricular Learning: Values and Ethics (PCL 6)

Stress Less, Monday, September 26th, 11:00am – 2:00pm, Cultural Arts Gallery (CE 148)
Whether you are worn-out from the weekend or need a few hours to refocus, the Gallery team has prepared a few hours of guided meditation and other stress management activities for you to enjoy.

Sponsor: Cultural Arts Gallery

Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)

Game Room Tournament: 9-Ball, Tuesday, September 27th, 5:00pm – 9:30pm, Campus Center Game Room
Test your skills on our new pool table! Light refreshments will be served and prizes awarded to the 1st and 2nd place winners. Register in the game room.

Sponsor: SAPB

Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

Game Room Tournament: Table Tennis, Wednesday, September 28th, 5:30pm – 9:30pm, Campus Center Game Room
Take on the fiercest competition yet! Light refreshments will be served and prizes awarded to the 1st and 2nd place winners. Register in the game room.

Sponsor: SAPB

Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)
SAPB Movie in the Campus Center, Friday, September 30th, 3:00pm & 7:00pm, Campus Center Theater
Our weekly movie series has two showings. Free with your Jagtag.
Sponsor: SAPB
Principles of Co-Curricular Learning: Intrapersonal Development

OCTOBER

Apply to Become a Health & Wellness Peer Educator, Month of October
Health and Wellness Peer Educators are students that serve as leaders and role models to fellow students regarding making responsible and healthy lifestyle choices. Peer Educators assist with programming and outreach presentations to educate students about relevant issues related to health and wellness that affect our campus community. Relevant topics include alcohol awareness, sexual assault prevention, nutrition, physical activity, safer sex and sexual health, and much more! Peer Educators receive training, leadership development, become nationally certified as Peer Educators, and have an opportunity to receive academic credit. Applications are due October 31st.
Sponsor: Health and Wellness Promotion
Principles of Co-Curricular Learning: Core Communication (PCL 1), Critical Thinking (PCL 2), Integration and Application of Knowledge (PCL 3), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

Game Room Tournament: Bags, Saturday, October 1st, 4:00pm – 9:30pm, Campus Center Game Room
Grab a partner and compete in our first bags tournament of the year! Light refreshments will be served and prizes awarded to the winning duo. Register in the game room.
Sponsor: IUPUI Campus Center
Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

Free HIV/STI Testing, Thursday, October 6th, 11:00am – 2:00pm, Campus Center Atrium
Did you know that 1 in 2 sexually active young people will get an STI by the age of 25? Know your status - get yourself tested! Free testing is held once a month on the IUPUI campus. The October testing will be Thursday, Oct. 6th from 11:00 am to 2:00 pm in the Campus Center Atrium. Testing is free, safe and confidential. Conducted by the Bellflower Clinic and the Damien Center. Tests include HIV, Syphilis, Chlamydia, and Gonorrhea. No appointment necessary. For more information, please call (317) 274-WELL.
Sponsor: Health and Wellness Promotion
Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)

Condom Club, Thursday, October 6th, 11:00am-2:00pm, Campus Center Atrium
The Office of Health and Wellness Promotion is excited to offer condom club trainings for students during testing events as well as drop-in training in Campus Center 374. Are you interested in learning the effective ways to use contraception and gain tips on safer sex practices? Trainings are 10 minutes and conducted by current students that serve as Health and Wellness Peer Educators. Once trained, you become a certified member of the Condom Club with access to free educational resources and supplies. Contact (317) 274-WELL for more information.
Sponsor: Health and Wellness Promotion
Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)
JagFit Workshops, Thursday, October 6th, 11:00am-2:00pm, Campus Center Atrium
Are you looking to get fit, have fun, and make new friends? Well, now is your opportunity to join JagFit! JagFit is an incentive based fitness and nutrition program free for students. Earn points for various activities including being physically active, attending workshops, and gaining a little knowledge. A goal of the program is to promote making healthier life choices. Joining is easy and all online. For more information, contact Office of Health and Wellness Promotion at (317) 274-WELL.

Sponsor: Health and Wellness Promotion
Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)

SAPB Coffeehouse Series Presents The Filharmonic, Tuesday, October 11th, 7:00pm, Campus Center Theater
The Filharmonic is an acapella band that is unique with musical talent and cultural diversity. The group of Filipino-Americans have been featured in NBC’s hit musical competition, “The Sing-Off” and featured in the hit movie “Pitch Perfect 2”. Free with your Jagtag.

Sponsor: SAPB
Principles of Co-Curricular Learning: Values and Ethics (PCL 6)

2016 Mental Health Awareness Day, Tuesday, October 11th, 10:00am – 2:00pm, Campus Center Atrium
Join us on Tuesday, October 11th from 10 am-2 pm in the Campus Center Atrium for Mental Health Awareness Day! We will have music, free depression screenings, information and resources surrounding mental health. This event is sponsored by IUPUI CAPS and Office of Health and Wellness Promotion. Call (317) 274-WELL for more information.

Sponsors: Health and Wellness Promotion and Counseling and Psychological Services (CAPS)
Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Integration and Application of Knowledge (PCL 3), Intrapersonal Development (PCL 7)

Depression Screening, Tuesday, October 11th, 10:00am – 2:00pm, Campus Center Atrium
Many people experience the first symptoms of depression during their college years. Unfortunately, many college students who have depression aren’t getting the help they need. Are you having difficulty paying attention and staying focused in class? See if depression could be the cause by taking an anonymous screening on Tuesday, October 11th from 10 am to 2 pm in the Campus Center Atrium provided free of cost by IUPUI CAPS.

Sponsors: Health and Wellness Promotion and Counseling and Psychological Services (CAPS)
Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Integration and Application of Knowledge (PCL 3), Intrapersonal Development (PCL 7)

JagNation Ambassador Training (Bystander Intervention), Friday, October 14th, 10:00am – 11:30am, Campus Center 270
Learn to embody the Culture of Care philosophy with this intimate small group training session. Formally acquire the skills and recognition that bring JagNation to life. Ambassador Training is a 90-minute interactive seminar built around bystander intervention and harm reduction. Content includes icebreakers, alcohol and sexual assault prevention, scenario practice, and discussion on social barriers to intervention. Think outside yourself and connect with others on a new level. Space is limited, RSVP online at http://jagnation.iupui.edu.

Sponsor: Health & Wellness Promotion
Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)
Fall Alternative Break (FAB), October 14th – October 18th, Applications Due September 12th
IUPUI Fall Alternative Break (FAB) is a low-cost ($50), weekend alternative break trip focused on community service and experiential learning. Students do short-term projects for community agencies and learn about social issues such as urban renewal, poverty, hunger, homelessness, and the environment. Applications are out August 24th and due September 12th. Visit our website for details - go.iupui.edu/alternativebreaks.

Sponsor: Office of Student Involvement, Civic Engagement and Community Service
Principles of Co-Curricular Learning: Integration and Application of Knowledge (PCL 3), Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)

JAG-O-WEEN, Wednesday, October 19th, 11:00am-7:00pm, Cultural Arts Gallery (CE148 & Atrium), Game Room
The Campus Center Student Team is back with a day of treats and tricks. Fortune telling, live music, free warm drinks, games, giveaways and scary stories will be provided for all to enjoy.

Sponsor: IUPUI Campus Center
Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Intrapersonal Development (PCL 7)

SAPB Movie in the Campus Center, Thursday, October 20th, 3:00pm & 7:00pm, Campus Center Theater
Our weekly movie series has two showings. Free with your Jagtag.

Sponsor: SAPB
Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)

SAPB Movie, Friday, October 28th, 3:00pm & 7:00pm, Campus Center Theater
Get ready to be scared as we relax for the weekend with a Halloween treat.

Sponsor: SAPB
Principles of Co-Curricular Learning: Students will implement a personalized approach to physical, mental, and emotional health & wellness (PCL 7)

NOVEMBER

Apply to Serve as a Resident Assistant, Housing and Residence Life, Mid November – December 9th
Resident Assistants (RAs) provide leadership in a residential area on the IUPUI campus and are responsible for encouraging community among residents, enforcing policies, providing after-hour services, and maintaining an atmosphere conducive for academic and personal success. The RA selection interview process provides an opportunity for students to demonstrate their leadership skills, articulate strengths and weaknesses, and share their motivation for being a student leader in the RA role.

Sponsor: Housing and Residence Life
Principles of Co-Curricular Learning: Core Communication (PCL 1), Integration and Application of Knowledge (PCL 3), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)

SAPB Movie in the Campus Center, Thursday, November 3rd, 3:00pm & 7:00pm, Campus Center Theater
Our weekly movie series has two showings. Free with your Jagtag.

Sponsor: SAPB
Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)
Free HIV/STI Testing, Thursday, November 3\textsuperscript{rd}, 11:00am – 2:00pm, Campus Center Atrium
Did you know that 1 in 2 sexually active young people will get an STD by the age of 25? Know your status - get yourself tested! Free testing is held once a month on the IUPUI campus. The November testing will be Thursday, Nov. 3\textsuperscript{rd} from 11:00 am to 2:00 pm in the Campus Center Atrium. Testing is free, safe and confidential. Conducted by the Bellflower Clinic and the Damien Center. Tests include HIV, Syphilis, Chlamydia, and Gonorrhea. No appointment necessary. For more information, please call (317) 274-WELL.

**Sponsor: Health & Wellness Promotion**

*Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)*

Condom Club, Thursday, November 3\textsuperscript{rd}, 11:00am-2:00pm, Campus Center Atrium
The Office of Health and Wellness Promotion is excited to offer condom club trainings for students during testing events as well as drop-in training in Campus Center 374. Are you interested in learning the effective ways to use contraception and gain tips on safer sex practices? Trainings are 10 minutes and conducted by current students that serve as Health and Wellness Peer Educators. Once trained, you become a certified member of the Condom Club with access to free educational resources and supplies. Contact 317-274-WELL for more information.

**Sponsor: Health and Wellness Promotion**

*Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)*

JagFit Workshops, Thursday, November 3\textsuperscript{rd}, 11:00am-2:00pm, Campus Center Atrium
Are you looking to get fit, have fun, and make new friends? Well, now is your opportunity to join JagFit! JagFit is an incentive based fitness and nutrition program free for students. Earn points for various activities including being physically active, attending workshops, and gaining a little knowledge. A goal of the program is to promote making healthier life choices. Joining is easy and all online. For more information, contact Office of Health and Wellness Promotion at (317) 274-WELL.

**Sponsor: Health and Wellness Promotion**

*Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)*

Game & Movie Night @ the Campus Center, Friday, November 4\textsuperscript{th}, 3:00pm – 10:30pm, Campus Center Game Room & Theater Level
The Game Room Team and SAPB team up for an evening at the Campus Center with a board game night with friends and two free screenings from our weekly SAPB movie series.

**Sponsor: IUPUI Campus Center**

*Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)*

Live Model Drawing Session, Monday, November 7\textsuperscript{th}, 11:00am – 2:00pm, Cultural Arts Gallery (CE 148)
Enjoy a relaxing few hours as you try your hand at drawing with a live model. Free refreshments will be provided as you draw. We will provide all the materials and mediums you need.

**Sponsor: IUPUI Campus Center**

*Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Values and Ethics (PCL 6)*
The Tunnel of Oppression is an interactive production created by the Social Justice Scholars, Resident Assistants, and other dedicated staff and students. The Tunnel aims to highlight contemporary social justice issues and to introduce participants to the concepts of oppression, micro-aggressions, and the “isms” faced by numerous communities in today’s society. Participants are guided through a series of scenes that aim to educate and challenge them to think critically about issues of oppression. At the end of the tour, participants are provided with the opportunity to discuss their experiences with each other through a guided facilitation led by a faculty or staff member.

**Sponsor: Social Justice Scholars and Office of Student Involvement**

*Principles of Co-Curricular Learning: Core Communication (PCL 1), Critical Thinking (PCL 2), Integration and Application of Knowledge (PCL 3), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)*

**JagNation Ambassador Training (Bystander Intervention), Tuesday, November 8th, 3:30pm – 5:00pm, Campus Center 270**

Learn to embody the Culture of Care philosophy with this intimate small group training session. Formally acquire the skills and recognition that bring JagNation to life. Ambassador Training is a 90-minute interactive seminar built around bystander intervention and harm reduction. Content includes icebreakers, alcohol and sexual assault prevention, scenario practice, and discussion on social barriers to intervention. Think outside yourself and connect with others on a new level. Space is limited, RSVP online at [http://jagnation.iupui.edu](http://jagnation.iupui.edu).

**Sponsor: Health & Wellness Promotion**

*Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)*

**Mini Film Festival @ the Campus Center, Saturday, November 12th, 3:00pm, Campus Center Theater**

Enjoy a day of short films featuring your fellow Jaguars, local artists, and feature films provided by SAPB. Free with your Jagtag.

**Sponsor: IUPUI Campus Center**

*Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)*

**SAPB Coffeehouse Series Presents Neil Hilborn, Monday, November 14th, 2016, 12:00pm – 1:00pm, Campus Center Atrium**

Neil Hilborn is a national champion poet who has been featured by Huffington Post, NPR, and other news outlets. His viral poem, “OCD” has garnered almost 8 million views, making it the most-viewed slam poem on YouTube. Free with your Jagtag.

**Sponsor: SAPB**

*Principles of Co-Curricular Learning: Understanding Society and Culture (PCL 5), Values and Ethics (PCL 6)*

**FIFA Tournament, Tuesday, November 22nd, 5:00pm – 10:30pm, Campus Center Game Room**

Do you have what it takes to compete against IUPUI’s best? Square off with the latest version of FIFA as you compete for 1st and 2nd place. Free refreshments will be provided. Sponsored by the Game Room.

**Sponsor: IUPUI Campus Center**

*Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7), Interpersonal Development (PCL 8)*

**Tunes at Noon, Wednesday, November 30th, 12:00pm – 1:00pm, Campus Center Atrium**

The Gallery team curates an afternoon of relaxing tunes for you before finals complete with a selection of warm refreshments.

**Sponsor: IUPUI Campus Center**

*Principles of Co-Curricular Learning: Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)*
**DECEMBER**

**Free HIV/STI Testing, Thursday, December 1st, 11:00am – 2:00pm, Campus Center Atrium**
Did you know that 1 in 2 sexually active young people will get an STI by the age of 25? Know your status - get yourself tested! Free testing is held once a month on the IUPUI campus. The December testing will be Thursday, Dec. 1st from 11:00 am to 2:00 pm in the Campus Center Atrium. Testing is free, safe and confidential. Conducted by the Bellflower Clinic and the Damien Center. Tests include HIV, Syphilis, Chlamydia, and Gonorrhea. No appointment necessary. For more information, please call (317) 274-WELL.

**Sponsor: Health & Wellness Promotion**
*Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)*

**Condom Club, Thursday, December 1st, 11:00am-2:00pm, Campus Center Atrium**
The Office of Health and Wellness Promotion is excited to offer condom club trainings for students during testing events as well as drop-in training in Campus Center 374. Are you interested in learning the effective ways to use contraception and gain tips on safer sex practices? Trainings are 10 minutes and conducted by current students that serve as Health and Wellness Peer Educators. Once trained, you become a certified member of the Condom Club with access to free educational resources and supplies. Contact (317) 274-WELL for more information.

**Sponsor: Health and Wellness Promotion**
*Principles of Co-Curricular Learning: Intellectual Depth, Breadth and Adaptiveness (PCL 4), Values and Ethics (PCL 6), Intrapersonal Development (PCL 7)*

**JagFit Workshops, Thursday, December 1st, 11:00am-2:00pm, Campus Center Atrium**
Are you looking to get fit, have fun, and make new friends? Well, now is your opportunity to join JagFit! JagFit is an incentive based fitness and nutrition program free for students. Earn points for various activities including being physically active, attending workshops, and gaining a little knowledge. A goal of the program is to promote making healthier life choices. Joining is easy and all online. For more information, contact Office of Health and Wellness Promotion at (317) 274-WELL.

**Sponsor: Health and Wellness Promotion**
*Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Intellectual Depth, Breadth, and Adaptiveness (PCL 4), Intrapersonal Development (PCL 7)*

**SAPB Movie in the Campus Center, Thursday, December 1st, 3:00pm & 7:00pm, Campus Center Theater**
Enjoy a holiday classic with SAPB. Free with your Jagtag.

**Sponsor: SAPB**
*Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)*

**SAPB Movie in the Campus Center, Friday, December 2nd, 3:00pm & 7:00pm, Campus Center Theater**
Relax before finals with SAPB. Free with your Jagtag.

**Sponsor: SAPB**
*Principles of Co-Curricular Learning: Intrapersonal Development (PCL 7)*
Stress Free Fair!, Thursday, December 8th, 11:00am-2:00pm, Campus Center Atrium
Are you stressed out? Need to take a break and relax? Stop by the Stress Free Fair! on Thursday, Dec. 8th from 11:00 am-2:00 pm in the Campus Center Atrium. There will be free chair massages, music, yoga, coffee and tea, screenings, and resources. There will also be a variety of stress reduction activities including make your own stress balls, rock painting, create a calming jar, and more! Open to all students!

Sponsors: Health & Wellness Promotion and Health & Wellness Peer Educators

Principles of Co-Curricular Learning: Critical Thinking (PCL 2), Integration and Application of Knowledge (PCL 3), Intrapersonal Development (PCL 7)

***Please check back over the summer for additional updates, programs, and co-curricular opportunities through our online website firstyear.iupui.edu
Co-Curricular Resources

This section offers a list of resources from each of the nine units of the Division of Student Affairs. These resources could be helpful for you or your students and can be used in a variety of ways. You can find more information about all of these offices at life.iupui.edu.

**Campus Center**

The hub of student life on campus, serving as a one-stop destination for students, faculty, and staff.

- The Campus Center is a main hub on campus and over 10,000 people pass through their doors on an average day.
- They employ around 55 student employees.
- The CUBE student organization space, Game Room, and Cultural Arts Gallery are all spaces where students can connect and have fun!

**Campus Recreation**

Offering a variety of recreational opportunities, fitness programs, and intramural sports to promote fitness and develop leadership, understanding, and respect.

- Some of the fitness programs include: Circuit Training, Yoga, Zumba, Turbo Kick, Weight and Conditioning Rooms, Swimming.
- The outdoor facility has sand volleyball courts, basketball courts, and an open recreation area. Be sure to check it out at our Annual Recfest event held during Weeks of Welcome.

**Counseling and Psychological Services (CAPS)**

When personal issues interfere with success, CAPS offers confidential counseling and support for a wide range of concerns.

- Contact information for the CAPS office:
  - Walker Plaza, 719 Indiana Avenue, Suite 220, (317) 274-2548

**Educational Partnerships and Student Advocacy**

Providing services in student advocacy, parent and family programs, first-year programs, and off-campus life to enhance student transitions and success at IUPUI.

- Programs Weeks of Welcome! In 2015, there were 50+ events and programs, including Field Day, Involvement Expo, and Ice Cream Social. We had record attendance at events reaching over 17,000 students, faculty and staff.
Health and Wellness Promotion
Cultivates the knowledge, skills and confidence of students to create an environment that supports making healthy and responsible choices consistent with personal values.
- Signature initiatives include Peer Education, JagNation, Students in Recovery, Sexual Assault Prevention, and more!

Housing and Residence Life
A variety of living options, activities, and residential learning communities makes living on campus a great way to experience college life.
- There are over 250 events each year in the residence halls. Undergraduate Resident Assistants plan these events and programs and often times these programs are educational in nature.

Office of Student Involvement
Connecting classroom learning with real-life experiences in leadership, student organizations, social justice education, civic engagement, and community service events and programs.
- Offers over 450 organizations for students to get involved with.
- Opportunities for students to gain leadership experience, travel on an alternative spring break trip doing service, and multiple social justice themed programs throughout the year.

Student Health Services
Health care providers are available to treat everything from the common cold and flu to chronic illnesses.
- Student Health Services has two convenient locations on campus. One in Coleman Hall, Room 100, and the other in the Campus Center, Suite 213.

Student Conduct
Promoting student rights and helping to maintain a civil learning environment.
- Offers workshops in bystander intervention and understanding the code of the university.