# Eastern's Core Values

<table>
<thead>
<tr>
<th>Core Value</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Academic Excellence</strong></td>
<td>Rigorous academic standards, intellectual inquiry in all University events</td>
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<tr>
<td><strong>Engagement</strong></td>
<td>Develop intellectually, creatively, socially through active and reflective learning inside &amp; outside of class</td>
</tr>
<tr>
<td><strong>Inclusion</strong></td>
<td>Educational access, community that embraces diversity &amp; differences</td>
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<tr>
<td><strong>Empowerment</strong></td>
<td>Safe &amp; nurturing environment promoting intellectual curiosity, student achievement &amp; lifelong learning, be independent thinkers</td>
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<tr>
<td><strong>Social Responsibility</strong></td>
<td>Service to those in need, be active in community, engage in political processes, protect natural resources, ethical commitment to self &amp; others</td>
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<tr>
<td><strong>Integrity</strong></td>
<td>Behave ethically and honorably, learning is intellectual &amp; character development</td>
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AS EASY AS 1, 2, 3....

By Oct 1 but ideally in first 2 weeks

Social
For your floor/section
2

Adopted
CCE program
0

Adopted
Unity Wing program
(Women’s Center, Intercultural Center, Pride Room)
0

Educational
Inclusion/Diversity
3

Educational
Curriculum Topic
3

Educational
Topic of your choice*
3

One by Oct 1, Second by Nov 1, Third by Dec 1
PROGRAMMING PHILOSOPHY

• Intentionality
• Quality over quantity
• Educate, not impart our value system
• Facilitation over presentation
• Put our money where our mouth is (assessment!)
SOCIAL PROGRAMS

• 2 learning outcomes.
• “Have fun” is not a learning outcome!

Successful ideas?
ADOPTED PROGRAMS

- Think about them as programs you are sponsoring
- Goal: 4+ residents

Tips to get people to go?
EDUCATIONAL PROGRAMS

• 3 assessable learning outcomes
• Tip: Don’t do a program you wouldn’t want to go to yourself!

What makes a good educational program?
Successful ideas?
RA/RESIDENT ONE-ON-ONES

Genuine conversations!

• How are classes?
  • What is your favorite?
  • What is the hardest?
• How is your roommate?
  • Did you know them before?
  • Are you getting along well?
  • Are people upholding the REF?
• What are you involved in?
• What do you do in your spare time?
• Is there anything I can help you with?

DEADLINES:
✓ Residents # 1-25: Oct 1<sup>st</sup>
✓ Residents # 26-50: Nov 1<sup>st</sup>
✓ Residents # 51+: Dec 1<sup>st</sup>
RA/RESIDENT ONE-ON-ONES

• Log comments into eLife when you are on duty next
  • (Do not mass upload them every couple of weeks!)
• Comments should be a general summary and any actions that should be taken
  • No concerns to report
  • Academic concern
  • Adjustment/Engagement concerns
  • Roommate conflicts
  • Other
  • Substance abuse (FYI Required)
  • Mental health concerns (FYI Required)
# New Curriculum

<table>
<thead>
<tr>
<th>Fall</th>
<th>First Year</th>
<th>Completed in</th>
<th>Upperclassmen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Resource (Engagement)</td>
<td>September</td>
<td></td>
<td>Goal Setting Academic Focus (Academic Excellence)</td>
</tr>
<tr>
<td>Roommate Communication (Integrity)</td>
<td>September</td>
<td></td>
<td>Interpersonal Communication (Integrity)</td>
</tr>
<tr>
<td>Study Skills (Academic Excellence)</td>
<td>October</td>
<td></td>
<td>Resume Writing (Engagement)</td>
</tr>
<tr>
<td>Time Management (Academic Excellence)</td>
<td>October</td>
<td></td>
<td>Health and Wellness* (Empowerment)</td>
</tr>
<tr>
<td>Personal Budgeting (Engagement)</td>
<td>October</td>
<td></td>
<td>Personal Budgeting (Engagement)</td>
</tr>
<tr>
<td>Voter Registration</td>
<td>October</td>
<td></td>
<td>Voter Registration</td>
</tr>
<tr>
<td>Hot Topic/Current Event</td>
<td>Prior to Dec. 1</td>
<td></td>
<td>Hot Topic/Current Event</td>
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<table>
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<tr>
<th>Spring</th>
<th>First Year</th>
<th>Completed in</th>
<th>Upperclassmen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial Aid (Engagement)</td>
<td>January</td>
<td></td>
<td>Financial Aid (Engagement)</td>
</tr>
<tr>
<td>Selecting a Major (Academic Excellence)</td>
<td>January</td>
<td></td>
<td>Bystander Intervention (Integrity)</td>
</tr>
<tr>
<td>Interpersonal Communication (Integrity)</td>
<td>February</td>
<td></td>
<td>Leadership Development (Empowerment)</td>
</tr>
<tr>
<td>Health and Wellness* (Empowerment)</td>
<td>February</td>
<td></td>
<td>Career Building (Engagement)</td>
</tr>
<tr>
<td>Housing Selection Process**</td>
<td>March</td>
<td></td>
<td>Housing Selection Process**</td>
</tr>
<tr>
<td>Hot Topic/Current Event</td>
<td>Prior to May 1</td>
<td></td>
<td>Hot Topic/Current Event</td>
</tr>
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PERSONAL BUDGETING (FY & UC)

• Create a personal budget
• Identify basic opportunities to save/invest.
• Describe the advantages and disadvantages of credit card use.
PRE-SET OUTCOMES

- Most curriculum programs have pre-made outcomes for RAs to tailor the program to
  - Hot topics, Health & Wellness – no pre-set outcomes
  - Housing Information & Financial Aid programs
  - Housing will send out presentations
CAMPUS RESOURCES (FY)

- Identify the location and role of key resources on campus along with their contact information.
- Summarize how each office on campus can help them be successful in their college career.
- Process scenarios in order to connect their learning of campus resources.
ROOMMATE COMMUNICATION (FY)

• Demonstrate effective roommate communication

• Be able to understand and utilize the Roommate Expectation Form

• Articulate the steps towards resolving a problem with their roommate such as using “I” statements.
STUDY SKILLS (FY)

• Employ various study techniques such as effective note taking, effective study groups, organizing notes, etc.

• Connect successful study skills to being a successful student.

• State the importance of planning their studying in regards to retention vs. not planning and cramming.
TIME MANAGEMENT (FY)

- Articulate 3 ways to keep their classroom/co-curricular activities organized such as calendar/alarm, use of technology, and to-do lists.
- Demonstrate an understanding of their syllabi in order to create an effective schedule.
- Create a class/study/free time schedule.
PERSONAL GOAL SETTING (UC)

- Be able to create and differentiate a long and short term goal using the SMART acronym - Specific, Measurable, Attainable, Relevant, Time-bound).

- Demonstrate how to utilize the SMART method to create long and short term goals.

- Articulate how to improve organization skills (scheduling and prioritizing).
INTERPERSONAL COMMUNICATION (UC)

• Identify different types of non-verbal communication and active listening skills.

• Demonstrate understanding of phone, email, and social media etiquette: Professional voicemail greetings and signatures, inappropriate statuses and pictures.

• Compare different types of language both positive and negative/word choice and meaning (respectful communication).
CAREER BUILDING (UC)

- Determine what internships, Co-ops, and fieldwork are available.
- Recognize personal assessment tools (MBTI, Discover) and where they can find them.
- Create a career development plan and articulate 3 services provided by Career Services.
Bystander Intervention (UC)

- Describe the bystander effect
- Summarize ways to be a positive bystander
- Model ways to be a positive bystander
VOTER REGISTRATION (FY & UC)

- State the deadline for voter registration
- Explain how to register as a new voter
- Discuss the value of registering for a specific political party
HEALTH & WELLNESS (UC)

• Outcomes can be determined under the direction of the Hall Director and/or outside facilitator of the program

• Possible models can be:
  • Alcohol or Drug Abuse
  • Body Image
  • Healthy Relationships
  • Mental Health Topics
  • Spirituality
  • Stress Management
QUESTIONS??