

RESIDENTIAL LEARNING COMMUNITY

PROGRAMMING IDEAS

Innovative programming consistent with the ideals of the Residential Learning Community maintains the excitement of the chapter and enriches the living-learning environment. The following is an array of potential programming ideas for the RLC. These initiatives can be adapted for events both inside and outside the Residential Learning Community facility.

Sound Mind Ideas

I. Speakers

- a. Philosophy professor on Greek philosophy
- b. Multi-cultural club presentation on minority culture
- c. Religious speaker on different religions
- d. Mental health speaker on self-esteem
- e. Dating life and what women really want presentation
- f. Local government official on civil duties and voting
- g. Local business leader on time management
- h. Local business leader on networking
- i. Local business leader on his/her path to success
- j. Artist on his/her work
- k. Musician to speak about/play his/her instrument
- l. Mother/father on parenting
- m. Jeweler on engagement rings
- n. Professor about becoming a teacher
- o. Grandparent or elderly about his/her generation
- p. Military leader on military practices
- q. Peace advocate about his/her issues
- r. Dress for success presentation with men's apparel company
- s. Holocaust survivor on his/her experience
- t. Writer on his/her writing
- u. Entertainer on the business
- v. Social worker on issues in society
- w. Speaker from Planned Parenthood
- x. History professor on his/her field of study
- y. Travel agent on traveling different parts of the world
- z. Scientist on his/her work

II. Activities

- a. Attend a play or the ballet
- b. Attend a musical or concert
- c. Attend a political rally
- d. Attend a speaker on campus
- e. Visit a historical site in your community
- f. Host an etiquette dinner
- g. Learn to play an instrument together

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- h. Eat at an ethnic restaurant
- i. Plan a trip abroad
- j. Read and discuss a book together
- k. Attend a reading from a novelist or poet
- l. Participate in a community event
- m. Participate in a community forum or town hall meeting
- n. Learn to paint or draw something together
- o. Visit an art museum
- p. Visit a history museum
- q. Take a class on dancing together
- r. Attend a different religious service
- s. Form a small SigEp choir
- t. Attend a class on budgeting and investment
- u. Participate in a psychological experiment or study
- v. Create an awards banquet for academic performance
- w. Award faculty for outstanding research or teaching
- x. Host an alcohol-free dinner and dance
- y. Practice writing fiction and poetry
- z. Organize a photography contest

Sound Body Ideas

I. Speakers

- a. Dietician on eating habits
- b. Fitness trainer on exercise programs
- c. Doctor on risks to young males
- d. Doctor on hygiene
- e. Coach on athletics in college
- f. Athlete on lifetime sports (golf, etc.)
- g. Health specialist on effects of alcohol and substance abuse
- h. Presentation from recovered alcoholic
- i. Presentation from recovered drug abuser
- j. Men's health specialist on trends in men's health
- k. Cook on healthy cooking habits
- l. Presentation from an elderly man about remaining healthy
- m. Doctor or health professional on tobacco
- n. Health professional on stress management
- o. Health professional on women's health issues
- p. Professional athlete on commitment and goal setting
- q. Massage therapist on massage techniques
- r. Yoga professional on yoga techniques
- s. Doctor to present on sleeping habits
- t. Health professional on overcoming bad habits
- u. Vegetarian on his/her diet
- v. Health professional on eating disorders
- w. Occupational therapist on reducing risk of bodily harm
- x. Dietician on effects of obesity
- y. Physical trainer on stretching techniques
- z. Speaker on alternative sports

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II. Activities

- a. Participate in intramurals
- b. Organize fitness programs for members
- c. Give blood together
- d. Set up an appointment for a physical examination
- e. Get your blood pressure and cholesterol checked
- f. Organize weekly athletic events
- g. Attend a yoga class
- h. Plan a massage therapy session
- i. Host a healthy dinner
- j. Set up diet plans for the chapter
- k. Attend an AA meeting
- l. Attend a speaker on campus
- m. Learn to play an alternative sport
- n. Learn to play a life sport
- o. Participate in a community walk or run
- p. Set up quiet hours in the chapter house
- q. Organize diet programs for members
- r. Test your body fat
- s. Host a SigEp Olympics on campus with other fraternities
- t. Host a weightlifting competition on campus
- u. Set up a daily exercise sign-up sheet
- v. Award members who loose weight, quit smoking, and reduce body fat
- w. Organize Marine fitness test and award most improved and winners
- x. Organize athletic tournament on campus
- y. Organize athletic tournament for children
- z. Obtain discounts for joining the gym