



SUMMER CO-CURRICULAR PROGRAMMING REPORT – September 6, 2022

MASA Committee Meeting

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Category	Program Title	Date	Objective	Delivery Method	Attendance	Assessment	Facilitator
INTEGRATIVE & WHOLE PERSON HEALTH	Wellness Wednesday: Movement and Wellness	May 11, 2022	Wellness Wednesdays offers a variety of activities that promote wellness, a sense of belonging/community, and opportunities for students to participate in these activities led by members of the campus community.	In person	Attendance not taken at event.	None	Dylan Tarrant, Doctor of Chiropractic student
INCLUSIVITY	Asian American & Pacific Islander Heritage Month Awareness Events	May 17, 18, & 19	We will celebrate AAPI Month by exploring influential history, enjoying cultural cuisine and hosting in-person and virtual events.	In person	Month long event.	None	Rose Anne Towers, Assistant Dean of Student Support
INTEGRATIVE & WHOLE PERSON HEALTH	May = Mental Health Month	May	We provided students with evidence-based techniques and practices focused on improving their well-being and helping them identify resources available both in our SCU community and nationwide to advocate for themselves and others.	Email	Email campaign	None	All One Health

INTEGRATIVE & WHOLE PERSON HEALTH	Wellness Wednesday: Ear Seeding w/ACMA	May 18, 2022	This week the ACMA student organization provided Ear Seeding as part of AAPI Heritage Month	In person	Attendance not taken at event.	None	ACMA Club
PROFESSIONALISM	How to Master Graduate Level Text & Material	May 20, 2022	In this workshop, students learn strategies on how to master graduate level course work. Students will learn how to tackle textbooks effectively and efficiently and how to take notes like a pro with Cornell Notes.	On-Line	34	60% strongly agree after attending this workshop they are better equipped with strategies to master their course materials; 40% agree after attending this workshop they are better equipped with strategies to master their course materials. 60% strongly agree they have acquired specific tools or skills to be a successful student; 40% agree they have acquired specific tools or skills to be a successful student.	Dr. Robert Boggs, University Registrar
PROFESSIONALISM	"Real Talk- Conflict Resolution"	May 23, 24, 25 & 26	Navigating conflict is an important skill. This interactive workshop gave students the tools to recognize different types of conflicts, identify why they occur, and learn how to keep them from destroying healthy personal and professional relationships.	On-Line	852	100% of participants strongly agreed that after attending these workshops they felt more knowledgeable about how to resolve conflict.	Sharlene Alice Provilus, CEO Write, Speak, Inspire
INCLUSIVITY	Club Row	May 31, 2022	This is event provides our students the opportunity to learn about how they get involved in 15+ student organizations that are dedicated to professional development and networking.	In person	375	None	Dr. Samaneh Sadri, Assistant Dean of Student Services
PROFESSIONALISM	LRC and Tutor Resources Workshop	June 7 & 9	To spotlight underutilized LRC resources, the Director of the LRC presented resources to the Tutors to equip them with additional tools to assist in their tutoring.	On-Line	33	None	Joshua Shulman, Executive Director of Learning Resource Center
INTEGRATIVE & WHOLE PERSON HEALTH	Wellness Wednesday: Animal Flow with Brandon	June 8, 2022	This week, students learned the technique of Animal Flow to promote body mobility, strengthening, stretching, and coordination.	In person, email	Attendance not taken at event.	None	Brandon Partovy, Doctor of Chiropractic Student

INTEGRATIVE & WHOLE PERSON HEALTH	The New Science of Resilience: How to Thrive in Your Life with Dr. Darlene Minnini	June 10, 2022	Participants learned tools to rewire themselves for realistic optimism. Participants explored the power of their mind-body connection to build their inner strength and learn the wellbeing skills.	On-Line	25	100% of participants strongly agreed that after attending this workshop that they are now better equipped with strategies on how to be resilient.	Dr. Darlene Minnini, UCLA Professor
INCLUSIVITY	Interprofessional Education (IPE) Week	June 13, 14, 15, 16, & 17	The Interprofessional Education Department, IPE Council, Faculty, Student Services, and ASB are hosting SCU's inaugural IPE and Collaborative Practice Week to connect students and faculty through interprofessional educational activities and competitions.	In person	824	None	ASB Executive Board, Student Services & Dr. Singh, Assistant Dean Interprofessional Education Department
INCLUSIVITY	June: Pride Month	June 23, 2022	During the month of June, PRIDE Month recognizes the contributions and influences of the LGBTQIA+ community specifically their history, culture and achievements. Students participated in an online drag queen bingo game.	On-Line	55	None	Drag Queen Bunny
PROFESSIONALISM	"Healthy People=Healthy Relationships"	June 27, 28, 29, & 30	We cannot give away what we do not have. This workshop was an honest conversation about relationships, health, self-worth, and creating healthy physical, mental and emotional boundaries.	On-Line	676	100% of participants strongly agreed that after attending these workshops they felt more knowledgeable about themselves and how to create a healthy relationship.	Sharlene Alice Provilus, CEO Write, Speak, Inspire
INTEGRATIVE & WHOLE PERSON HEALTH	Wellness Wednesday: Empowerment Through Breath, In the Moment Intervention to Regain Pose, Focus and Grounding with Dr. Christine Smiri	July 6, 2022	During the workshop "Empowerment Through Breath" students learned and practiced pranayama methods that provide "in the moment" interventions to regain poise, focus and grounding.	On-Line	19	100% participants strongly agreed that after attending the workshop that they are better equipped with strategies for in the moment interventions.	Dr. Christine Smiri, Ayurveda faculty

PROFESSIONALISM	Time Management: Managing Multiple Priorities with Alan Marsh, All One Health Life Coach	July 8, 2022	In this workshop, students explored when you have too much to do, and how they can decide what to do first; looking at a variety of useful strategies, tools, and resources, and checking in with your stress mindset as well.	On-Line	4	None	AllOne Health
INTEGRATIVE & WHOLE PERSON HEALTH	Wellness Wednesday: Instagram Promo	July 13, 2022	Students were asked to share on Instagram how they incorporated wellness in their Daily Routine.	Instagram	30	None	Student Services and Marketing
INTEGRATIVE & WHOLE PERSON HEALTH	Wellness Wednesday: Healthy Eating Chop'd Giveaway	July 20, 2022	Students were given wraps to promote easy, nutritious food that supports healthy bodies and healthy minds.	In person	Attendance not taken at event.	None	Erenie Shenouda
INCLUSIVITY	"Developing Cultural Competency"	July 25, 26, 27 & 28	Working cross -culturally is a must in today' s world. This workshop provides a framework for working efficiently in a variety of cultural contexts. This learning experience will engage participant s on a personal and professional level in cultural competence.	On-Line	510	Survey results showed 100% strongly agreed that after attending these workshops they felt more knowledgeable about how culture impacts the way you make decisions and see the world.	Sharlene Alice Provilus, CEO Write, Speak, Inspire
PROFESSIONALISM	Anxiety, Plan for Success: How to Effectively Utilize Google Calendar	Pre-recordings viewed anytime	In this workshop the facilitator will discuss how she uses time management strategies to help her manage stress and anxiety. Learn how to use digital calendars such as Google Calendars to manage your goals, be more self-directed, and use your time intentionally.	On Demand Recording	Attendance not taken at event.	None	Samantha Adams, Doctor of Chiropractic student & Tutor
INTEGRATIVE & WHOLE PERSON HEALTH	Wellness Wednesday: Tai Chi in the Glen	August 6, 2022	This week, the Tai Chi Gong club lead students through a Tai Chi demonstration and discussed the health benefits of Tai Chi.	In Person	Attendance not taken at event.	None	Tai Chi Gong Club

PROFESSIONALISM	Combat Test Anxiety	August 8, 2022	All One Health counselors will discuss specific strategies on how to manage text anxiety and regain focus during an exam. Students will learn in the moment interventions to regain focus. This workshop is a continuation on our series of staying mentally resilient while going through a rigorous academic program.	On-Line	4	None	AllOne Health, On Demand Recording
Total:	21				*Participants:		
Events by Category:					3,441		
INCLUSIVITY	5						
INTEGRATIVE & WHOLE PERSON HEALTH	9						
PROFESSIONALISM	7						
*Participants= Attendance is not recorded at all events due to size of event or facilitator.							
*Assessment= Based upon guidance from the Office of Institutional Academic Insight, it is not a best practice to assess all events/activities.							