Above & Beyond
Leadership at its Best

Activity Resource Packet

Residence Life
University of Massachusetts Amherst
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Welcome to the wonderful world of Activity Planning!

Taking it ABOVE & BEYOND!

Activity planning can be one of the best and most fun parts of your job, but it can also be one of the most frustrating if you don’t have the right resources or plan ahead. This manual, the RLRC and your Senior Staff are here to help!

This resource manual is the first step in meeting your activity planning needs. Read through this manual to gain valuable skills on how to make your activities successful, how to create great publicity, how to get your residents to activities, how to avoid common pitfalls, and how to have fun while doing it!

Once you have read through this manual, stop by the RLRC. The RLRC is filled with useful information and resources for your activity planning needs. From poster making supplies to a letterpress, bulletin board kits to a button making machine, and books, videos and games, the RLRC can be very helpful in making your activity planning easier and more fun. Check it out!
Why Plan Activities?

Residence halls are a great place for residents to make friends, have fun, learn and grow. As a result, the purpose of activity development in Residence Life is to:

♦ Complement the academic mission of the University;
♦ Enhance the unique types of learning that a residence community offers; and,
♦ Establish the basis for students to serve as community members, scholars, and leaders in future communities in which they will live and work.

As an RA you have the opportunity to create an environment that fosters residents’ academic and personal growth, and encourages them to be active participants in shaping their experience. Part of your job is to intentionally plan and provide activities for students who live on campus. This guide was created to help you do that.

**Goals of Activity Planning**

To develop a positive, engaging community
To educate
To involve students in their own learning
To have FUN!

**The ABC’s of Activity Development**

Based on a model created by author, Beverly Tatum, educator and President of Spelman College, all activities should be planned with the following priorities in mind:

**Affirm Identity** Everyone wants to feel a part of the community in which they live.

Residents should be able to see themselves reflected in the activities that are offered and the people that attend these activities. When planning activities, make sure you are being reflective of the identities within the community in which you all live.

**Build Community** Community building is essential to activity planning. It is important to offer opportunities to your residents that promote student involvement and community development through dialogues, service learning experiences, social and cultural programming. Activities help foster and encourage connections between the diverse students that live in your community.

**Cultivate Leadership** Involve your residents in your activity planning. Use their ideas! Ask them for help! Encourage them to be active, contributing members of your floor, your hall, your house council and beyond!
Staff Roles

Senior Staff Role
Take leadership in developing cluster activity requirements
Assess needs and interests of cluster community
Link activities to Area and campus events
Create an activity calendar
Train, supervise, motivate, and recognize staff
Report and evaluate activities
Document successful activities for future reference

RA/ALA Role
Assess the needs and interests of your floor community
Plan, implement and evaluate activities
Understand the needs and interests of your residents
Continually enhance your activity development skills
Coordinate opportunities for residents to evaluate your activities
Fill out appropriate activity report forms

Activity Development

Forms of Activities
Regardless of the Activity Model your Cluster is using, most activities can be divided into two categories: active interventions and passive interventions. Additionally, for all completed activities, an activity card must be completed and turned in to your A/RD.

Active Interventions
These interventions require that your residents are somehow interacting with each other. These activities could be social or educational in nature, while providing your residents with an opportunity to get to know one another, share a common experience and feel a part of the community.

Passive Interventions
These interventions are not as direct as active activities, but still provide your residents with learning opportunities. Passive Interventions would include: Bulletin Boards (not including information boards and interaction boards); floor/building/suite/cluster newsletters, bathroom newsletters, group e-mails, voice mail messages, etc. Again, these do not include informational communications.

How to make your activity GREAT!
Below is a step by step guide to helping you plan your activities. Take the time to go through this helpful checklist and you are more likely to enjoy your activity and have huge success! **Good luck & Have fun!**

<table>
<thead>
<tr>
<th>Step</th>
<th>Things you should be doing &amp; questions you should be asking yourself!</th>
<th>How the RLRC might be able to help you!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Needs Assessment</strong></td>
<td>What do your residents want in terms of activities? You need to meet their needs or else they won’t attend. Ask them what they are interested in. Conduct a needs survey at your first floor meeting.</td>
<td>Utilize the interest survey provided in this manual. Make invitations at the RLRC to invite residents to your first floor meeting.</td>
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<tr>
<td><strong>Objective Setting</strong></td>
<td>Spend some time thinking about what you want to accomplish with this activity. Consider who your audience is. Decide what your goals for the activity are. Brainstorm a lot!</td>
<td>Talk to other RAs/ALAs about what they have done in the past. Ask your Senior Staff for help.</td>
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<tr>
<td><strong>Involve Others</strong></td>
<td>Reach out and get support and help from your fellow RAs, your residents and your senior staff. You don’t have to organize the activity all by yourself. Working with others can be fun and helps share the responsibilities.</td>
<td>The RLRC is a great place to meet up with fellow RAs/ALAs &amp; share ideas with staff outside of your cluster.</td>
</tr>
<tr>
<td><strong>Pre-Activity Planning</strong></td>
<td>Determine your resources. How much money do you have? Where are you thinking of having the activity? Will you be inviting in a guest speaker? Do you need special equipment?</td>
<td>Check out the games, videos, &amp; books at the RLRC. Look for ideas in the Activity Resource Card Box.</td>
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<tr>
<td><strong>Plan Activity</strong></td>
<td>Keep this check list in mind:  - Determine title of activity  - Set specific date, time &amp; location  - Delegate responsibilities if appropriate  - Reserve room, equipment, speaker(s)  - Do publicity  - Consult with your Senior Staff  - Make sure you have a PO if you need to buy anything – plan in advance for this!</td>
<td>Reserve equipment, games, videos, etc. at the RLRC.</td>
</tr>
<tr>
<td><strong>Publicity</strong></td>
<td>Publicity is very important to the success of your activity. Be creative and excessive in all that you do. Don’t let anyone ever tell you that they didn’t see the signs for your activity. Bright flyers, big posters in the lobby, colorful door decs, anything you can think of…and don’t forget the power of word of mouth.</td>
<td>This is where the RLRC can be of great help! Backing paper, paint, markers, computers, copier, letter press, button maker, etc.</td>
</tr>
<tr>
<td><strong>Final Checklist</strong></td>
<td>Always be prepared for your activity. Go through every step and make sure that everything is done and ready for your activity. This is a great time to check in with everyone you might have delegated something to.</td>
<td>Make sure to pick up any materials you reserved at the RLRC.</td>
</tr>
<tr>
<td><strong>At the Activity</strong></td>
<td>Be there at least a half hour early to set up the room, put out the food if necessary, make sure all equipment is ready and greet the speaker if you will be having one. Introduce any speakers or guests. Be an active participant during the activity. Clean up once the program is over.</td>
<td>The RLRC is sending you good vibes as you do your activity!!</td>
</tr>
<tr>
<td><strong>After the Activity</strong></td>
<td>Talk to people. Find out what they thought of the activity. Perhaps even have them fill out an evaluation. Send out thank you notes to any guests. Fill out your appropriate activity reporting form. Remember what worked well and do it again! Return what you checked out and return receipts as needed.</td>
<td>Copy evaluations at the RLRC. Write Thank You cards</td>
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</table>
Activity Check List
&
Tips to Making it Successful!

Survey your residents and identify Interests!
Ask them what types of activities they would like to participate in.

Define your Purpose!
Ask the question, “Why do we need/want this program? and What am I trying to accomplish with this program?”

Develop an activity and a title!
Choose an activity that is appealing and interesting to your residents.

Create a timeline and stick to it.
Determine what tasks you need to accomplish and set dates to complete them.

Decide on date and time.
Arrange for speakers, AV equipment, refreshments, etc.
Make sure you plan ahead! Check to see what else is happening in your cluster and on campus at the time of your event.

Always have a gimmick!
A catchy title is a must!
Put a new and creative spin on an activity that has been successful in the past.

Involve others!
Get others to help with initiating and implementing the activity.
Other RAs, Community Leaders, House Council Members, and residents are excellent, often under utilized, sources of support. If a resident says they are interested in a particular topic, get them to help organize the activity.

Brainstorm resources!
Who do you know? Where can you go for answers?
Is there anyone on campus/in Amherst?
Does my RD have or know anyone who has these skills?

Make creative publicity!
Plan your publicity to be directed to the individuals the activity is planned for. Posters should be made well in advance.
Be creative. Boring publicity means a boring program!

Review!
Go over your plans for last minute preparation or items that may have been forgotten.
If your activity is going to be outside have a backup plan in case of bad weather.
What Activities Should I Do?

The hardest part of activity planning is getting started. The key to successful activity development is planning activities that interest your residents. This means planning activities FOR your residents, not at them, and not for yourself. That is a big distinction – just because you are interested in a subject does not mean your residents will be.

So...how do you find out what they are interested in?
Here are several suggestions to help you get to the heart of what your floor/section/suite/building needs.

Suggestion box in the bathroom
Make a bulletin board asking for suggestions

Floor Meeting
Surveys

LISTEN
Your residents will give you a lot of information about what is really important to them!
Listen and then take action!

JUST ASK THEM!
Talk to your residents!
Ask them what they are interested in and then include them in the planning.
This is a great way to build community!

SOME GOOD QUESTIONS TO ASK:

What is your favorite food?
Do you eat meat?
What are your favorite sports?
What is your major?
When is your birthday?
Do you have any hobbies?
What is one thing you want to know more about?
Tell me what you are looking for...
In order to provide activities, resources, and information over the next year we need to know what interests YOU! Please help us by filling out this survey. Thanks!

Name: ________________________________

Room #: ___________________ Birthday: __________________

Major: ___________________________ Minor: __________________

What are some of your interests?

Name at least one thing you’ve always wanted to try, but haven’t yet:

List some activities that you would enjoy doing with your floor or other floors this year:

What are some topics you’d like to hear guest speakers or panels discuss:

Do you have any concerns about living here?

List five things you expect from those around you:
1.
2.
3.
4.
5.
How to Use Your Activity Survey

For the best response rate, hand out the survey on move-in day or at your first floor meeting.

Leave the survey in each room and ask that they be turned in to you by dinner or another set time.
Hand out the survey when they check in, as you go over their room inventory with them. Again ask them to turn it in at a set time.
Hand out the survey at the first floor meeting. Have them complete the survey while sitting there and turn it right into you.

Making the most of the information you gather from the survey:

Birthdays: Now you know ahead of time and can make a resident feel special that you remembered. Make a birthday calendar for your hall/section. Make a birthday sign for you residents or make birthday cards. Form a committee on your floor that will recognize residents’ birthdays.

Major/Minor: You can help organize study groups by making a list of names, room numbers and majors. Someone with a question about a particular subject may check the list and get help right on the floor. Individuals could also suggest classes and professors in their majors that others might enjoy.

Interests: Pull activity ideas from this section!

Activities: You now have a WHOLE list of activity ideas right in front of you! Are there any common interests? Start planning!

Concerns: This allows you to be aware of what your residents are worried about and perhaps plan some activities to address these concerns.

Expectations: Make a complete list of resident’s expectations and post them in a public area. Turn it into a bulletin board! All residents can then see in black and white what their floor mates expect of them.

Let the RLRC Help!

The RLRC is filled with books, games, videos and other resources to help with your activity planning needs. Plan ahead and check out the resources available and to get ideas. The RLRC is also a great place to go for meeting your bulletin board and publicity needs.
WHAT STUDENTS NEED
ACCORDING TO CLASS STANDING

First Years
- Friendship
- Resource information
- Social needs
- Safety (informational needs)
- Learning to budget time, money, commitments
- Sexuality awareness
- Dealing with change in status from a someone to a nonentity
- Expressing feelings
- Accepting authority (other than parental or peer)

Juniors
- Establishment of a unique identity
- Clarifying career objectives and goals
- Responsibilities to self
- Expanding horizons
- Getting serious about personal life, relationships, academics
- Time to self
- Application of knowledge and experience
- Support of others
- Striving for personal balance

Sophomores
- Academic guidance
- More leadership opportunities
- Greater recognition and prestige
- Broader range of social life
- Increased involvement in hall / floor
- Direction
- Deeper relationships
- Greater mobility
- Self assertion
- More privacy

Seniors
- Autocratic about friends
- Interviewing for jobs
- Confronting the real world
- Solidifying friendships
- Finding a job
- Worries about being competent
- Desire to keep in touch with University and friends
- Becoming autonomous
- Being encouraged and reinforced that they will succeed in the outer world
- Clarify goals and expectations
- Removing themselves from the hall and “freshman” environment
Month by Month
What Your Residents Are Thinkin’ About

SEPTEMBER
Feeling Lost in the crowd
Wondering how and if I will “fit in”
Did I make the right choice?
Weight Gain
Pressures to use alcohol/drugs
Visit Mailbox constantly
Loneliness

THEMES:
All American Breakfast Month
National Courtesy Month

OCTOBER
Becoming Overextended
Anxiety over midterms
Surprised over changes at home that they hear after the fact
Running short of money
Coping with independence
Who are my friends?

THEMES:
Popcorn Poppin’ Month
Pasta Month
Gay & Lesbian History Month

NOVEMBER
Worry about finals and semester grades
Mixed feelings about going home for holidays
Choosing courses for next semester
Excited about memberships in clubs and organizations
Intimate Relationships

THEMES:
National American Indian Heritage Month
Creative Child/Adult Month
Human Rights Month (Dec)

JANUARY
Back to campus slump
Winter blahs
Wondering if you belong
Homesickness
Academic Probation
Family Pressure
Spring Fever begins

FEBRUARY

MARCH
Spring Break Plans
Alcohol & drug use escalates
Facing Housing Decisions for upcoming year
Mid Term Pressures
Cold and Flu Month
Unplanned pregnancies

THEMES:
Youth Art Month
National Peanut Month
Red Cross Month

APRIL
Summer Plans
Uncertainty about going home for summer
Relationship concerns
Getting everything done on time
Restlessness
Finals

THEMES:
National Humor Month
AIDS Awareness Month
Asian/Pacific American Heritage Month
(May)
Barbecue Month (May)

MAY

10
Basic Principles of Poster Making

Layout
The secret to creating a publication with an organized logical flow is sketching it out ahead of time. Try to create your idea 3-4 different ways on a blank page. Let your creativity go wild and your options will increase.

Open Areas
White space is important because it makes the page look more open and inviting. It seems to free up the page design. People are less attracted to read a cluttered, claustrophobic page. As a general rule about 20% of the page should be set aside for white space. Use eye-catching phrases and make the information easy to read.

Relationship of Shapes
Don’t overburden your audience with too many graphics or too many fonts on a page. As a rule you should use no more than three fonts per page and no more than three colors per page. The message you are sending, the fonts, and the graphics should all compliment each other.

Be Creative!
Publicity does not always have to be in the form of posters or flyers. The more creative your ideas are, the more they will grab your residents attention!

* large banners * bulletin boards * chalk on the sidewalks *
* paper footprints (leading to the activity) * raffles or door prizes *
* teasers – catchy phrases to grab attention * hang posters in unusual places *
* make door hangers * put up newsletters in the bathroom stalls *
* send out an email message * send out a voice mail message *
  * utilize your cluster office and building lobby *
  * give out personal invitations to the activity *
* put information with candy in residents’ mail boxes *
  * make buttons at the RLRC *

Make sure your publicity includes:
Activity Title
Brief Description of Activity (unless you want to keep audience curious)
Presenter’s name (if applicable)
Location
Date and Time
Who is sponsoring the program
Ways to Become More Creative

How many of us say “I’m just not creative…”? Challenge yourself to work on becoming more creative. By learning new attitudes, values, and ways of approaching and solving problems, you can considerably enhance your creative powers. Here are some suggestions:

KEEP TRACK OF YOUR IDEAS AT ALL TIMES - Most of us carry daytimers or notepads - designate an idea page. Ideas come at strange times, frequently when we least expect them, and they may never come again. Listen to your hunches and intuitions particularly during moments of relaxation - don’t forget to write your ideas down!

POSE NEW QUESTIONS EVERY DAY - An inquiring mind is a creatively active mind. It is also a mind that constantly enlarges the area of its awareness.

LEARN ABOUT THINGS OUTSIDE OF YOUR SPECIALITY - Seemingly unrelated pieces of knowledge can often be brought together to solve problems or create new products and services.

AVOID RIGID, SET PATTERNS OF DOING THINGS - Overcome fixed ideas and look for new viewpoints; try new ways. Attempt to find several solutions to each problem and soon you will feel more comfortable dropping one idea in favor of another.

BE OPEN AND RECEPTIVE TO IDEAS - OTHERS AS WELL AS YOUR OWN - New ideas are fragile — listen positively to them. Seize on tentative, half-formed concepts and possibilities. A new idea seldom arrives as a complete ready-made package. Freely entertain apparently wild, farfetched or even silly ideas.

INVOLVE OTHERS - It’s much easier to brainstorm in a group. Including others brings different talents and perspectives to the idea. It’s also a lot of fun!

BE COMFORTABLE STEALING IDEAS - There’s nothing wrong with using someone else’s ideas as a starting place for your own. If another paper, font, graphic, slogan or event inspires you then incorporate it into your idea. “Since there is nothing new under the sun, creativity simply means putting old things together in a fresh new way” ~ Sherwood E. Witt

IMPROVE YOUR SENSE OF HUMOR, LAUGH EASILY!! This helps you to put yourself and your problems into proper perspective. Humor relieves tensions, and you are more creative when you are relaxed.

ADOPT A RISK-TAKING ATTITUDE - Nothing is more fatal to creativity than fear of failure. Head management consultant Chester Barbad’s advice, “To try and fail is at least to learn. To fail to try is to suffer the inestimable loss of what might have been.”
Motivating Students to Attend Your Activities

There are many ways to get your residents interested in the activities that you plan. Here are some ideas you may want to try to get your residents out of their rooms and at your activities:

- Make the activity sound interesting and entertaining, use an exciting and catchy title.
- Feel and act excited yourself. Personally ask people to attend. Excitement is a contagious thing and a great way to motivate others.
- Vary the activities you offer. Your residents are all individuals with different interests.
- Schedule events at a time when residents can easily attend. Be aware of sporting/campus events, major exams, popular TV programs, and religious holidays.
- Invite another floor or cluster to attend your activity.
- Have food available!
- Involve your house council in planning the activity.

In thinking about how to get your residents to the activities you plan, complete the following statements to help assess how you can best meet their needs:

My residents like to…
My residents don’t like to…
My residents say they come to activities because…
My residents say they don’t come to activities because…
Activities that have worked in the past include…
Activities that have not worked in the past include…
Inviting A Speaker/Presenter To Your Activity

Have an idea in mind of what you are looking for.
Know what your residents will be interested in and how this particular speaker might be able to help.
Give the person/people 1-2 weeks notice and offer them a choice of dates and times for the activity (some places may even require 3 week notice). Remember, not many non-students stay up until midnight! Also be aware of the time of year – for example, the Every Women’s Center might be very busy during Women’s History Month – so call early if you want them to come into your hall. Work with other RAs or House Council to increase the size of the potential audience.

Plan – as always – for a good night and time when you are definitely going to be available.
Your attendance at your own activity is mandatory. Send a positive message to your residents and show respect for your guest by being present, interested and enthusiastic about the activity.

Discuss with the speaker what YOU can do to make this a successful activity.
This is still your activity even though another person is presenting – what you do to prepare will have a big impact on its success.

Confirm the day before.
Just as emergencies happen in your lives, unexpected things can come up for your guest. Calling to confirm insures a successful activity.

Meet the speaker at the door.
Residence halls are unfamiliar places for most faculty and outside people. Don’t make them wander around by themselves.

Introduce the speaker.
Name, title and a few sentences about his/her background will do it. It’s always a good idea to use information about the speaker that will make students interested in him/her as a person.

Send a thank you note.
This is a must! Make sure the person/people know that their time was appreciated.

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Sample Thank You Letter

Your Name  
RA, your hall  
Address  

Speaker’s name  
Speaker’s address  

Dear ______.,

Thank you for taking the time out of your busy schedule to present your program on ________ to the members of ________ cluster. It is an area that many of the residents are interested in, and we all benefited from the information you shared. (Add personal or additional information about what you found interesting.)

Sincerely,

Your Name  
Cc:  
If you know the speaker’s supervisor send them a copy,


Common Pitfalls to Avoid

DON’T FOCUS ON AUDIENCE SIZE.
Numbers should never be an evaluation of success. The size of the audience should not be thought of as more important than the benefit the activity has on those people present.

BE CAUTIOUS WITH REPEAT ACTIVITIES.
Sometimes there can be too much of a good thing. People are not going to go to the same activity every time. Don’t be afraid or intimidated by new or creative ways of doing things, spice up an old idea. If you don’t try new things, your activities can become dull. However, repeating activities is not always bad, if you have a new group of residents who may not have attended your very successful activity. Run with your successes, but constantly evaluate them.

LOTS OF MONEY IS NOT ALWAYS NECESSARY.
The amount of money you have to spend has nothing to do with the potential of your activity. Utilize your resources. There are many individuals and groups who will come to activities for free. Collaborate with your peers. Seek donations or co-sponsorships.

ACTIVITY PLANNING IS EASY AND DOES NOT REQUIRE MUCH WORK.
This is definitely something you want to avoid. Activities that don’t have much work put into them will inevitably look that way. Residents will think you don’t care about your activities and will respond to you that way. Taking the time to plan out your activity and do quality publicity makes a lot of difference!

IT’S NOT WORTH PLANNING AHEAD.
Planning ahead is important. Be flexible. Plan early so that if something happens and your speaker has to cancel or you realize you planned a program on a basketball night (oh no!) you can reschedule and not leave yourself in a predicament. Don’t put off activities hoping that something will turn up.

DOING EVERYTHING YOURSELF IS THE BEST WAY TO PLAN ACTIVITIES.
No one says you have to do all this by yourself. Involve fellow staff members, residents on your floor, even your friends. Your residents have a wealth of opportunities, skills, and interests that they may be more than willing to share with others. This way you receive the benefits of shared activity planning, less individual work, new ideas and help others learn to plan activities.

IT’S BETTER TO WAIT UNTIL RESIDENTS HAVE TIME TO ATTEND ACTIVITIES.
Don’t wait too long to have activities for your residents or everyone’s calendars will be full of other commitments. Start off the year with something fun and get people to participate. It’s easier to tackle more serious subjects if your residents already think activities can be fun. Activities right at the beginning set the tone and plant the seed for community building.

ACTIVITIES ARE TOO FORMAL.
It doesn’t have to be formal. Organize a group of people to go to a play or speaker on campus and process what they thought about it. Discuss current events. Debate current politics. It is all valuable discussion and will build community.

PIZZA EQUALS COMMUNITY.
It’s simply not true. Think about what exactly does equal community in your eyes. You have the power to influence that community.
RLRC Etiquette

The RLRC is a great place to get ideas, plan activities, make posters, etc. We are very lucky to have such a resource here on campus. In order to keep this fabulous center running smoothly we all need to follow these few simple guidelines:

Please keep in mind that all work done in the RLRC MUST BE RA RELATED. RLRC resources and supplies should not be used for personal or academic reasons.

- When making copies, please limit yourself to 25 copies.
- When using the color printer, please limit yourself to one 3 page color banner or 3 color signs.
- RLRC supplies stay in the RLRC. You should have tape, scissors, stapler, etc. available to you from your RA kit and should not need to take such items from the RLRC.
- When using the letterpress, check on the shelf above the pressto see if there are any precut letters already for you to use.
- Clean up after yourself. Recycle what you can and throw away the rest.
- Only take 2 bulletin board kits at a time. Recycle kits you have already used by sharing them with a fellow RA.
- To check out a video, game or book please fill out the appropriate form and see a member of the RLRC staff. Return items on time so others can use them.
- Plan ahead and be patient. At certain times of the year, the RLRC can get very busy (opening, end/beginning of the month). During these busy times, it is important that you have patience as you might have to wait to use certain resources. Also, be courteous of others by sharing and being aware of how much time you may be using a particular resource.
- SMILE and say thank you! It brightens everyone's day!
Bulletin Boards

Bulletin Boards are a great way to develop community with your residents. Take advantage of this great advertising location and make frequent changes – your residents will notice! Your bulletin boards should be creative! The more you put into your bulletin boards the more your residents will appreciate them and the less likely they will be torn down. The RLRC has developed bulletin board kits to help make your job even easier! These pre-made bulletin boards allow you to spend time on the creative part and not on the research part. But make sure to spice up these boards and make them your own!

The following is a list of **bulletin board kits** available at the RLRC:

- Alcohol Awareness Month
- African American History
- Alcohol Facts
- Alternative Spring Break
- American Indian Movement
- Animal Rights: Vegetarianism
- Aromatherapy
- Athletics
- Avoid Internet Harassment
- Coming Out Day
- Credit Card Awareness
- Dangers of Drunk Driving
- Depression Awareness
- Earth Day
- Eating Disorders
- Energy Conservation
- Final Exam
- Fire Safety
- Five College Interchange
- Free Tibet
- Gambling
- Get Into Amherst
- Getting Your Degree with No Money
- GRE Graduate School
- Great Outdoors
- Grief in Different Cultures
- Halloween
- Halogen Lamps
- How to Make it at UMass
- International Christmas
- Islam Awareness
- Kwanzaa
- Lesbian Herstory
- Nat Turner
- National Poetry Month
- Native American History
- NRHH
- Nutrition
- Piercing Health & Safety
- Portraits of Women
- RLA
- Rape Awareness
- Recycling
- Roommate Relationships
- Safe Sex
- Safe Spring Break
- Sexual Assault Awareness Month
- Sexual Violence/Harassment
- Sojourner Truth
- Southwest Week
- Spring Break Pledge
- Stress Management
- Study Abroad
- Study Skills
- Summer Jobs
- Time Management
- UMass Transit
- Valentine’s Day
- Winter Holidays
- Women’s History
- World AIDS Day

Here are some other ideas/topics for you to make your own bulletin boards:

- Graduate School Faces/Baby Pictures
- Current Issues Share a Book
- Good Classes/Bad Classes Community Service
- Cultural Awareness PTVA
- Opinion Board Movie Board
- Menu Board Where We’re From and Who We Are
- Quote Board ROTC Board
- Wellness Health Services
- Study Help RSOs