

College Mental Health Programs at Boston University *presents*



SPRING 2021 ACTIVITIES

A variety of free, peer-led classes, hangouts, workouts and more offered online Monday-Friday. Activity themes range from music & visual arts to games & sports. All activities promote community, collegiate resilience & wellness.

February 1st – April 30th 2021

For more information contact Program Director,
Courtney Joly-Lowdermilk, 617-483-3827 or cjoly@bu.edu

TO GET STARTED TEXT: JOIN ACTIVITIES to 617-483-3827

Monday

Movement & Conversation

1:30-2:15 pm *Boston Anabel & Brendan*

In this activity, we'll move our bodies with walking, yoga, stretching, and other forms of movement.

Creative Writing

3:00-3:45 pm *Zoom Josh & David H*

This activity allows students to be expressive and inventive and share with their peers. Each week, we select a new topic to write about a different style of writing.

LEAD Español

3:30-5:00 pm *Zoom Juan*

Interactive workshops to develop wellness, resiliency, academic, and interpersonal skills. This class is offered in Spanish.

JackBox Games

4:00-4:45pm *Zoom David M*

Fun, casual games - trivia, "getting-to-know-you" and cooperative games - and a space to laugh and get to know others.

Tuesday

Lunch & Chat

12:00-12:45 pm *Zoom*

David & Sean

Remember eating together? Meeting new people, sharing ideas and connecting over a meal? Let's take back lunch!

Thriving

3:00-3:45 pm *Zoom Sarah & Anabel*

In this activity, centered around the 8 domains of wellness, we'll tackle activities each week that allow for us to live well and thrive.

Throwback Tuesday

4:00-4:45 pm *Zoom Pooja*

Join us as we take a walk down memory lane and re-watch some of the classics like *Drake and Josh*, *That's So Raven*, or *Wizards of Waverly Place*. You know you feel nostalgic already!

Wednesday

Coffee & Conversation

1:30- 2:15 pm *Boston Sam*

An opportunity for people to converse in a welcoming environment...with warm drinks!

Art and Community:

2:00- 2:45 pm *Boston Sarah*

In this activity, we invite students to be creative, socialize, and have fun creating your unique artwork (no experience needed), DIY crafting, and sharing other artists' work.

Healthy

Relationships

4:00-5:00 pm *Zoom Chelsea*

This course helps students understand what healthy relationships are and encourages interpersonal skills- for building connections with peers, roommates and romantic partners.

Who We Are & Who We're Becoming

4:00-4:45 pm *Zoom*

This activity will be weekly guided discussions about the world around us and how it and our experiences shape who we are and who we're becoming.

Thursday

Transfer Workshop

2:00- 3:00 pm *Zoom Paul*

If you're considering transferring to a different college or university, join us for support with the process: search to submission.

Movement & Conversation

3:00-3:45 pm *Zoom Josh & Sean*

Staying active and keeping your body moving is essential. In this activity, we'll move our bodies with yoga, stretching, mediation and other forms of movement.

LEAD BU

3:30-5:00 pm *Zoom Caitrin, Sam, & Pooja*

This course focuses on developing wellness, resiliency, academic, and interpersonal skills through a series of intensive workshops.

GarageBand

4:00-4:45 pm *Zoom Brendan & David M*

We will combine different parts of music to create a song using GarageBand. This song will be compilation of the students experiences over the course of the semester.

Friday

Documentary Club

3:00-3:45 pm *Zoom Sam & David H*

In this activity, we'll watch and discuss various documentaries and docuseries. Let's watch and learn together!

Interactive Game Social

4:00-4:45 pm *Zoom Pooja*

Come play games! Have fun, socialize with peers and enjoy interactive games like Pictionary, charades, Boggle, Jeopardy, song association, and more.