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.

**LED 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**  
4:00-4:45 pm *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 with peers, roommates, sharing ideas and connecting over a meal? Let’s take back lunch!  
*Note: This activity is online - please check the link in the chat before it starts.*

**Art and Community: 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!

**Entrepreneurial Enterprises**  
4:00-4:45 pm *Zoom Telvin*  
This is a space to talk about entrepreneurship and learn ways to more independently run your own business. You will be able to showcase your business and/or business ideas.

**Wednesday**

**Coffee & Conversation**  
1:30-2:15 pm *Boston Sam*  
An opportunity for people to converse in a welcoming environment...with warm drinks!

**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 Isaac*  
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.

**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!

**Friday**

**Study Hall**  
12:00-1:00 pm *Zoom Jasmyn*  
Looking for a space to work productively? Bring your work to study hall. We’ll help you stay on task and get it done!

**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.

**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.