

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

**Text “Activities 2021” to 617-483-3827 to learn more
Or get the Zoom IDs to start participating.**

Monday

Movement & Conversation

1:30-2:15 pm

Boston-based

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

LEAD Español

3:30-5:00 pm

Zoom

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

Creative Writing

3:00-3:45 pm

Zoom

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.

JackBox Games

4:00-4:45pm

Zoom

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

Tuesday

Coffee & Conversation

1:15- 2:00 pm

Boston-based

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

Throwback Tuesday

4:00-4:45 pm

Zoom

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!

Thriving

3:00-3:45 pm

Zoom

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.

Entrepreneurial

Enterprises

4:00-4:45 pm

Zoom

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-based

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

Healthy Relationships

4:00-5:00 pm

Zoom

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

Art and Community:

2:00- 2:45 pm

Boston-based

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.

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

Thursday

Good Games

1:30-2:15 pm

Boston-based

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

LEAD BU

3:30-5:00 pm

Zoom

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

Transfer Workshop

2:00- 3:00 pm

Zoom

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

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.

Friday

Study Hall

12:00- 1:00 pm

Zoom

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

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

Documentary Club

3:00-3:45 pm

Zoom

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

we are and who we're
becoming.

GarageBand

4:00-4:45 pm

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