

# Programming 101

## Programming Is

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- **Fun!**
- **Can be educational**
- **Balances wants and needs**
  - Residents want food/hang out time
  - Residents need community building/resources/connections
  - If you only have food – people will come to the program for what they “want” and leave right away
  - What are you doing to keep them involved or engage them? Provide for their “needs” as well
- **Duty nights when you plan**, have an activity and maybe snacks!
- **It can be collaborative** – you can collaborate with your duty cluster, academic departments, other student orgs, campus resources (like the Health Center or Women’s Resource Center), the sky is the limit – think about your needs and wants and what group may have particular insight to share.
- **Spending money effectively**
- **Finding your own definition of success** based on your goal for the program – number of attendees is not always the most important factor for success.
- **Always recorded** in a programming form (check your email!)

## Programming Is Not

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- Duty night sitting on the couch doing your homework
- Planning an event and inviting your friends versus your residents
- A personal/private check in with a resident
- Spending money frivolously or buying things for yourself

## Helpful

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- **If you are not sold on the idea**, your residents won’t be either.
- The **timing of your program** is crucial. Think about other events going on, class schedules, day of the week, etc. Example) Programs in the middle of a week day may not be the best as people have classes and meetings.
- The **location of your program** is also an essential aspect. Make sure to have a space that works with the event; i.e. if you are having a BBQ think about having the event outside, if you are having a talk about race or body image, consider your location and make sure that you select or create an inclusive and comfortable space.



## How can the ResLife Office help me program?

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- **Programming Support**
  - Need help walking through any of your ideas or figuring out your facilitation plan?
  - Do you need help finding the contact info for someone you would like to co-program with?
  - Want some fresh ideas?
  - Danielle or Whitney can help with that!
- **Money**
  - Whether it's a Cash Advance or Reimbursement, the student workers in the ResLife Office are here to help
  - Have bigger money questions or budgeting questions? Just ask Danielle!
- **Supplies**
  - Projectors
  - Speakers
  - Craft Supplies
  - Prizes
  - Games
  - Sports Equipment

## Sample Programs

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- Having a facilitated conversation on your floor about identity with Inter-Group Dialogue (IGD) trained facilitators
- Providing pizza and coloring books as a study break for your House and encouraging people to stop by for 20 minutes
- A duty night Mario Kart tournament
- Invite your College House buddies and Peer Health Affiliate to a Flinner
- Plan a night of s'mores with your floor at the outing club, you all will have fun and you will introduce your floor to a new resource on campus
- Facilitate a House bonding activity where you talk about your goals as a house and how you will encourage each other to reach them
- A West versus Osher field day, make sure to have activities accessible for all students
- Pumpkin Carving in Smith House as a way to do a mid-semester check in with your residents
- A BBQ for Sophomores as a collaboration between Ladd, Baxter, Stowe Hall, and Howard with plenty of hot dogs, hamburgers, lawn games, and Bowdoin swag prizes
- A duty night where you get a projector/speakers from the Office and play Finding Nemo and have sea themed snacks, think goldfish and chips ahoy!
- Invite your Peer Health affiliate over the week before Ivies to join you for resident questions and concerns and talk about safe behaviors
- Invite CPC to your residence hall with a "Make your own" theme night, make your own cupcakes and make your own cover letter
- Get van certified and take your floor apple picking, it's a great time of year to introduce them to Maine and check in about homesickness.