

Type	Title	Description of Activity/Workshop	Presentation Options	Point of Contact	For in-person activities/workshops...	
					Room Needs	Technology Needs
Tabling Activity	Standard Drink Bartending	Students will practice pouring standard drinks with water and various glasses typically used to serve alcohol.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Sips & Smokes Jenga	Students will learn facts about alcohol, the impact consuming alcohol & tobacco can have on stress, and strategies to consume responsibly while playing JENGA.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Mythbusters	Students will identify common myths around the misuse of prescription medication and marijuana through a sorting game.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Rank the Drink	Students will learn about alcohol by volume (ABV) and will order drinks based upon their ABV/proof.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Gratitude Wall	Students will learn the benefits of practicing gratitude and will have the opportunity to showcase their gratitude on a Rams Up Gratitude Wall.	In-Person	Bridget Drumm, Assistant Director	1-2 Tables (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Bystander or Bust	Students will learn about the 3D's of bystander intervention and match was to intervene with the corresponding bystander strategy.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Want More A's, Get More ZZZ's	Students will learn the importance of sleep on learning and memory as well as strategies to get a better night's rest.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Let's Talk About It	Students will build skills to engage in difficult conversations around sexual health topics through a sorting game.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Tabling Activity	Medical Amnesty	Students will learn about alcohol perceptions, alcohol poisoning warning signs, and value-based decisions for medical attention due to intoxication.	In-Person	Bridget Drumm, Assistant Director	1 Table (if event longer than 2 hours, provide 2 chairs)	N/A
Workshop	Any Ram Can	Students will have the opportunity to play a trivia game, discuss a current event connected to bystander intervention, and practice ways to intervene through a high-energy speed intervening game.	Virtual or In-Person	Bridget Drumm, Assistant Director	Room with moveable chairs, quantity of chairs dependent on group size	Projector + please let OWP staff know if there is a computer with WCU login abilities, or if there is an HDMI cord and OWP staff should bring a laptop
Workshop	Microwaves & Minifridges	Students will participate in a microwave mug cooking demonstration and play a highly competitive game around nutritionally dense foods and common misconceptions of nutrition.	In-Person (if remote, contact OWP for planning)	Bridget Drumm, Assistant Director	Need access to a microwave* (contact OWP if not available) Room with moveable chairs, quantity of chairs dependent on group size	N/A
Workshop	Peer 2 Peer Mental Health	Students will engage in a variety of activities around active listening, barriers to seeking mental health support, and connection to on-campus resources to support student well-being.	Virtual or In-Person	Bridget Drumm, Assistant Director	Room with moveable chairs, quantity of chairs dependent on group size	Projector + please let OWP staff know if there is a computer with WCU login abilities, or if there is an HDMI cord and OWP staff should bring a laptop
Workshop	SHIFT Happens	Students will engage in activities and dialogues around the culture of alcohol and other drug use by college students including how misperceptions and social norms are generated as well as strategies to confront misconceptions.	Virtual or In-Person	Bridget Drumm, Assistant Director	Room with moveable chairs, quantity of chairs dependent on group size	Projector + please let OWP staff know if there is a computer with WCU login abilities, or if there is an HDMI cord and OWP staff should bring a laptop
Workshop	Voice Your Values	Students will discuss what is a values, how values influence decision-making, begin to identify personal values, and explore how values congruence connects to finding your purpose.	Virtual or In-Person	Catie Baxter, Associate Director	Room with moveable chairs, quantity of chairs dependent on group size	Projector + please let OWP staff know if there is a computer with WCU login abilities, or if there is an HDMI cord and OWP staff should bring a laptop
Workshop	Discovering Well-Being	Students will discuss the 4-pillars of well-being: connection, insight, awareness, and purpose in an interactive and group discussion setting.	Virtual or In-Person	Catie Baxter, Associate Director	Room with moveable chairs, quantity of chairs dependent on group size	Projector + please let OWP staff know if there is a computer with WCU login abilities, or if there is an HDMI cord and OWP staff should bring a laptop
Workshop	Decisions About Drinking	Students will learn about the impact of alcohol use on the brain and body, the individual and community impacts of alcohol use, as well as how to identify when and how to support a student who may need medical attention.	Virtual or In-Person	Catie Baxter, Associate Director	Room with moveable chairs, quantity of chairs dependent on group size	Projector + please let OWP staff know if there is a computer with WCU login abilities, or if there is an HDMI cord and OWP staff should bring a laptop
Workshop	Choices About Cannabis	Students will learn about the effects of cannabis on their brain and body, the impact of being around those who consume it, as well as the impact it may be having on their life if choosing to use cannabis in an interactive small group environment with their peers.	Virtual or In-Person	Catie Baxter, Associate Director	Room with moveable chairs, quantity of chairs dependent on group size	Projector + please let OWP staff know if there is a computer with WCU login abilities, or if there is an HDMI cord and OWP staff should bring a laptop