UK 101 GETTING INVOLVED CLASS SESSION

Session Materials
- Access to a computer/projector highlighting http://getinvolved.uky.edu
- Copies of Snowball Fight
- Masking Tape

Options to consider for this session
- Schedule the session in the Center for Student Involvement by reserving the CSI Smart Classroom at www.tinyurl.com/CSIreservations. You may use the CSI space for your class to meet. PLEASE NOTE: THERE WILL NOT BE A REPRESENTATIVE FROM THE CSI TO LEAD THE SESSION.
- Identify a panel of student leaders to come to the session to talk about their involvement.

Session Outcomes
- Introduce student engagement and involvement as a key role in student success
- Identify ways students can learn about and become a part of student involvement opportunities including student organizations and participating in leadership development programs at the University.

Start session by using the following activity (5 min)

All of my Wildcat Friends Who...
1) Have group sit/stand in a circle. There should be one less spot/chair than the number of people. (If standing, ask students to place a piece of masking tape where they are standing to designate spots.)
2) If your classroom doesn’t allow for this type of set-up, you can adjust accordingly. Be creative!
3) The person in the middle will call out a fact about himself/herself related to involvement at UK by saying something like, “I like all my Wildcat friends who will join a sports club.” (Other examples below.) All the people who have or want to join a sports club must get up and find a new spot not directly beside them.
4) Students cannot move to the same spot or to the spots directly to the right and left of them.
5) Do this for 8-10 rounds.

Examples of statements: I like all my Wildcat friends who...
- Attended the involvement fair
- Want to study abroad
- Work an on-campus job
- Read their CRE book, Where Am I Wearing?

Choose one of the following activities (10 min.)

Snowball Quiz (See attachment.)
- Ask students to answer the quiz anonymously- no names on their quizzes!
- When everyone is finished, instruct students to crumble up quiz paper in a ball and have a snowball fight, throwing the balls across the room multiple times
- Ask students to pick up a snowball that is close to them and open it.
- Talk about each question on the quiz and direct students to stand according to the written response on the snowball they picked up.

-OR-
Involvement Inventory

In small groups, ask students to answer the following questions:

- What are reasons to get involved? (A few examples are below.)
  - Make new friends
  - Build resume
  - Gain leadership skills/experience
  - Connect to your interests
  - Achieve greater success in college

- What are your past/current involvement experiences?
  - Answers will vary.

- What ways are there to get involved at UK?
  - Sports- intramurals, club sports, varsity
  - Join an org- about 500 here at UK!
  - Attend events- check out the campus calendar (You’ll show them this later.)
  - Get a job on campus
  - Undergraduate research
  - Education Abroad
  - Take a leadership class (Emerging Leader Institute: getinvolved.uk.edu)
  - Become a K Crew Leader or UK 101 Peer Instructor

- Why is getting involved important? Examples follow:
  - Meet people
  - Build leadership skills
  - Learn time management
  - Network with faculty/staff

Research shows those students who choose to be actively involved in co-curricular activities and actively participate in leadership development are more likely to be retained throughout their undergraduate career, especially those who become involved during their first semester at college. Involved students are also more successful in the classroom, sharpening skills like time management, teamwork, and goal setting.

How to Get Involved- Using the “GET INVOLVED” Website (10 min)

1) Go to http://getinvolved.uky.edu. (This is the Office of Student Involvement’s Website.)
2) Click the “What will you do?” button on the main page.
   a. There are over 450 different student organizations at UK and thousands of events every year on campus. The goal of this presentation is to show individuals the resources on campus. Organizations include the Student Activities Board (major campus programming); Student Government (policy making); Center for Community Outreach (local and global service); student media (radio, television, and print journalism, i.e.,Kernel); academic honoraries and college/departmental major groups; activist and political groups; cultural and multi-cultural organizations; club sports and intramurals; and many other special interest groups. There is something for everyone on this campus!
3) Ask how many students want to get involved but are unsure of where to start.
   - Search by category or keyword search (i.e., service, multicultural, sports, departmental, etc.). Once at a category, find an organization that sounds interesting or one that someone wants to get involved with. At this point, show the contact information of the group and if it has open meeting times.
4) After finishing up how to find an organization, go back to the home page.
5) Once at the home page again, click on the Campus Calendar (middle right side).
• The Campus Calendar gets over 20,000 hits a day and is a great way for students to find out what is happening on campus.
• At the top there is a feature that enables users to search by category. They can use this feature to find lectures, cultural events, student organization meetings and events, plus many more activities!
• Go back to the homepage and click on the “Click here for Leadership Information”.
  • This link will feature various leadership opportunities available to them.
    o Emerging Leader Institute
    o Monthly workshops
    o Lead UK Conference
  • This link also features the “Application Station”, where various offices, departments, and organizations from around campus will post their leadership opportunities and applications. (Click on link to show examples.)

**What Will You Do? Video and Reflection (10 min)**

Show Involvement Video (5 min).
http://vimeo.com/44171075

Reflection (can use as attendance question if you want to collect them.) (5 min)
How will you make an impact at UK?
Write down how you will get involved at UK and make a difference.

**Key Points of Session to Reinforce**

➢ Reinforce that it is easy to be involved. Stop by the Center for Student Involvement (CSI) for information and resources to get connected!
➢ Getting involved looks different for different people. Involvement can be as simple as a one-time event to joining an organization to working on campus.
➢ The purpose of involvement is for you to find a place on campus and make it your “home”.

*IF TIME ALLOWS AND YOU ARE IN THE CSI FOR YOUR CLASS, LEAD A TOUR OF STUDENT INVOLVEMENT PROGRAMS.*

**Self-Guided class tour of the Center for Student Involvement and the Office of Student Involvement Programs**

• Start in the Center for Student Involvement
  o Stop by at any time to find out more information on getting involved.
  o Mac Computers – available for student use, including video editing capabilities.
  o Tables are free to students to study, eat lunch, have group meetings, etc.

  ▪ All programs are led and facilitated by students.
  ▪ Leadership Exchange Leadership development programs such as the Emerging Leader Institute Class, Lead UK Conference and retreats/workshops are offered routinely.
  ▪ CATalyst Office (directly across from the classroom)- CATalyst is a student organization dedicated to the promotion of diversity and inclusion at UK. The group sponsors events such as Boxes and Walls and other programs that promote understanding across differences.
- **Wildcat Student Television WSTV** (across from the Mac Computers) is channel 49 in the halls and common areas throughout campus. The station shows new release movies every semester and produces college-based programming.

- **Center for Community Outreach CCO** - Service to UK and Lexington community, 9 groups that focus on different issues:
  1. Helping Hands (local volunteering around issues of poverty and homelessness, soup kitchens, etc)
  2. PAWS: Promoting Animal Welfare & Service
  3. PLAY: Placing Leaders Among Youth (mentor programs with youth/school-based programs)
  4. Project Health (health fairs, visiting hospitals, etc)
  5. STAG: Students Taking Action Globally (Homelessness Week, AIDS, activism around social justice issues)
  6. Young at Heart (working with elderly, nursing homes, etc.)
  7. ASB (alternative service breaks) including state, national, and international trips throughout the year
  8. DanceBlue (24-hour dance marathon raising money for pediatric oncology @ UK)
  9. FUSION: For Unity and Service in Our Neighborhoods (largest one-day service event in KY)
  10. Circle of Love: Sponsor a child during the holiday season

Leave the CSI, go out the doors by the Plus Account Office (can see radio station from windows)
- **WRFL - (Radio Free Lexington) 88.1**
  - Student-run, 24-7 radio station broadcasting via web live stream at wrfl.fm and on air in Lexington, Frankfort, Richmond, and across the state.
  - Has been in operation since 1988 with more than 22,000 cd’s and vinyl in its library
  - Non-commercial
  - Top college radio station nationally

Go up the stairs by the Plus Account Office.
- Point out the Student Involvement Ticket Center and Ticketmaster location. Students can purchase tickets for nationwide events as well as UK events (everything except athletic tickets, which are at the Athletics Ticket Office next to the Joe Craft Center).
- Across from the Ticket Center is the SAB (Student Activities Board) - 9 committees – group can go through the SAB office
  1. Campus Life (Tailgate Parties, Massage on the Go, Crunch Brunch)
  2. Concerts (Past concerts included: Brantley Gilbert, BoB, Jason Mraz)
  3. Cultural Arts (Events like Step Afrika, Rasdall Gallery art exhibits)
  4. Engaging Issues (Robert Irvine – Restaurant Impossible host, Farmers MarCat)
  5. Multicultural Affairs (Diversity Dialogues, Carissa Phelps – Human Trafficking)
  6. Pop Culture (last year: Joel McHale from The Soup)
  7. Traditions (Homecoming, Kitty Karnival, Mr./Miss. Black UK, Big Finish spring block party)
  8. SAB in the Halls (Connecting SAB with the Residence Hall Students)

Walk past the Credit Union and to Starbucks
Talk about the information desk, where they can ask about events in the Student Center

Go downstairs by Quickstop and walk to Cats Den (past Panda Express)
Cats Den has weekly evening programs like comedians, movies, and open mic nights
Can play video games, table tennis and pool any time of day
They have FREE popcorn daily!

Walk back towards CSI and stop by Student Government Office.
• Highlight sample programs and services offered
  - Tally Cats (Incentive reward system for students who attend designated campus activities and become eligible for major prizes at the end of each semester based upon point accumulation)
  - Freshman Senate and the Leadership Development Program as well as committees
  - Free legal service available to all students (i.e., landlord tenant issues, local infractions, court hearings)

After Student Government, walk back toward the CSI and point out the OUTsource
• Point out the OUTSource Gay, Lesbian, Bisexual, Transgender, Queer, Questioning, and Ally
  - GLBTQQA Resource Center where you can learn about discussions, programs, resources – open to all students.
  - Provides a safe space for students to learn about gender identity and sexual orientation

End of Tour
Attachment #1: Snowball Quiz

1) How many organizations/extracurricular activities are you involved in?
   i. 0
   ii. 1-2
   iii. 3-4
   iv. More than 4

2) What is the #1 reason why students join organizations?

3) True or False: Students who are involved in campus life tend to have lower GPAs.

4) True or False: I am not involved because I’m not sure where or how to start.
Attachment #2: Snowball Quiz Answer Key and Explanations

1) How many organizations/extracurricular activities are you involved in? \textit{answers will vary}
   i. 0
   ii. 1-2
   iii. 3-4
   iv. More than 4

2) What is the #1 reason why students join organizations? \textit{Answers will vary.}
   i. their friends are in them
   ii. organizations look good on their resume
   iii. their advisor urged them to
   iv. helps them to grow professionally
   v. helps them to strengthen leadership skills
   vi. helps them to build a greater communications network/skills
   vii. they believe in what they stand for
   viii. to meet new people and make friends
   ix. network with faculty/staff

   \textit{All of the items listed above are true. Joining an organization will help students make friends, manage their time more effectively, building leadership skills, etc.}

3) True or False: Students who are involved in campus life tend to have lower GPAs. \textbf{FALSE.}

   \textit{Studies show that 80\% of students with a 3.5 to 4.0 GPA are involved.}

4) True or False: I am not involved, because I’m not sure where or how to start. \textit{Answers will vary.}

   \textit{If you answered true to the question, today will be important for you to learn how to get involved.}

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