We hope you find this calendar helpful when you are brainstorming program ideas. You want to know your residents well and meet their individual needs, but this calendar should provide some ideas of topics that college students are often going through.

Remember to plan your programs for times that are accommodating for your students as well as for your schedule. The last Tuesday of the block is not the best time for an in-depth discussion, nor is the Thursday before your midterm.
# Fall Semester

## Topics:
- Homesickness, especially for first-year students.
- Roommate conflicts will arise.
- Dealing with memories of September 11.
- Value crisis: students are confronted with questions about their values.
- Feelings of inadequacy and inferiority develop because of the discrepancy between high school status/grade and initial academic performance. Adjustment to new study habits.
- "In Loco Parentis Blues": students feel depressed because of real or perceived restrictive policies and regulations of the college.
- Foreign students feel confused, vulnerable, depressed and seek advocacy from those in power positions.
- First-year students begin to realize that life at college is not as perfect as they were led to believe by parents, teachers and counselors. Old problems seem to continue and new ones are added.
- Grief may develop because of inadequate skills for finding a group and not being selected by one.
- A feeling of failure and loss of self-esteem follow mid-term academic workload pressures.
- Sexual conflicts and confusion result when confronting, for the first time, different heterosexual standards and homosexuality.
- Non-dating students sense a loss of esteem because so much value is placed upon dates.
- Job panic for mid-year graduates.
- Learning to balance alcohol and drinking limits. Homecoming activities can lead to excessive drinking.
- First Year students have first class outside of FYE program.
- Academic pressure is beginning to mount because of procrastination, difficulty of work and lack of ability.
- Depression and anxiety increase because of feelings that one should have adjusted to the college environment by now. Possible thoughts of suicide.
- Some students have ceased to make attempts at establishing new friendships beyond two or three parasitic relationships.
- Apathy/Getting stuck in a rut.
- Learning to balance alcohol and drinking limits. Homecoming activities can lead to excessive drinking.
- Extracurricular time strain: seasonal parties, concerts, social service projects, religious activities drain student energy.
- Anxiety, fear and guilt increase as final examinations approach and papers are due.
- Pre-holiday depression, especially from those whose concerns are for family; those who have no home to go to because of family conflicts.
- Financial strain because of holiday gifts and travel costs.
- Pressure increase to perform sexually because of the approach of vacation and extended separation.
- Feelings of grief may arise for those who have lost someone during the year.
- Friendships tension, stress over meeting friends from high school again.
- Study Abroad students concerned about leaving.

## Themes/ Holidays:
- Hispanic Heritage Month
- International Opportunities Week
- International Day of Peace
- Housekeeping Appreciation Week
- Food Service Employees Appreciation Day
- Lesbian and Gay History Month
- National Breast Cancer Awareness Month
- National Coming Out Day
- Alcohol Awareness Week
- National Diabetes Month
- Native American History Month
- Eating Disorder Awareness Week
- Human Rights Month
- World AIDS Day
- Kwanzaa

## Program Ideas:
- Roommate Game
- Roommate Conflict Management Workshop
- Study Skills/Time Management
- Assertiveness/Personal Safety
- Goal Setting
- How to Work Out at a High Altitude in the Winter
- Budgeting Your Money/Credit Card Information
- LGBT Awareness/Being an Ally
- What to Ask Your Academic Advisor
- Alcohol/Drug Information
- Crazy fun to get people out of their routines
- Body Image Issues- eating disorders, weight, etc
- Dealing with your parents now that you’re in college
- What are you Thankful for?
- Holiday Celebrations Around the World
- How to beat the Winter Blahs
- Creative Holiday gift making
- Community Service projects for homeless, elderly, etc
- Closure for first semester- revisit community contracts
## Topics:
- Post-holiday depression due to being away from home's security and positive strokes again.
- Cooped-up – athletic events, outdoor sports: football, baseball, general running around and being outdoors, gives way to spending more time in residence hall rooms and less opportunity to release extra energy.
- Many students experience pessimism because the second semester is perceived as "going downhill".
- Career choice causes anxiety and depression.
- Couples begin to establish stronger ties (engagements) or experience weakening of established ones.
- Depression increases for those students who have failed to establish social relationships or achieve moderate amounts of recognition.
- Cabin fever
- Summer job searches begin
- Study Abroad, job applications, and other forms are being filled out.
- Scholarship/grant search finalizing.
- Academic pressures increase with mid-term exams.
- Drug and alcohol use increases.
- Depression begins due to anticipation of separation from friends and loved ones at college.
- Existential crisis for seniors: Must I leave school? Is my education worth anything? Was my major a mistake? Why go on?
- Anxiety regarding staff selection.
- Spring Break!
- Money problems, job interviews = lots of stress!
- As the spring approaches, people wear less clothing and body issues arise again.
- Academic pressures continue to increase because of finals.
- Frustration and confusion develop because of decisions necessary for pre-registration.
- Summer job pressures.
- Papers and exams are piling up.
- The mounting academic pressure forces some students to temporarily give up.
- Social pressures: Everybody is bidding for participation in trips, banquets, picnics.
- Everyone wants to fall in love in the spring… or at least get a date. Sexual/Social tensions arise.
- Illnesses develop as people dress inappropriately for the weather.
- Students are tired of eating the "same old food".
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## Themes/Observances:
- National Blood Donor Month
- Martin Luther King, Jr.'s Birthday
- Super Bowl Sunday
- African American History Month
- American Heart Month
- American Music Month
- Random Acts of Kindness Week
- Valentine's Day
- Chinese New Year
- Women's History Month
- National Nutrition Month
- American Red Cross Month
- National Alcohol and Drug Information Week
- National Collegiate Health and Wellness Week
- Take Back the Night March
- National Alcohol Awareness Month
- National Residence Hall Month
- STD Awareness Month
- Student Employee Appreciation Week
- World Health Day
- Earth Day
- Secretary Appreciation Week
- Asian/Pacific Heritage Month
- National Mental Health Month
- Cinco De Mayo
- National Nurses’ Week
- No Tobacco Day

## Program Ideas:
- Civil Rights awareness
- Exercise/Nutrition Plans
- Time Management/Study Skills
- Aerobics
- Relaxation techniques
- Scholarship/Grant Money Information
- Study Abroad
- Safer Sex Information
- Sex in the Dark (sexual discussions that don’t require a partner/date)
- Choosing a Major
- Mural Painting
- Safe Break Week
- Career Center Information/Tour
- T-Shirt Collection Contest
- Suicide Prevention Program
- Sexual Assault Awareness/Personal Safety
- Men’s and Women’s Perspectives—Similarities and Differences
- Work with the dining center to have a theme dinner
- Nutrition
- Outdoor activities/community service
- Study Breaks
- Fun things without Alcohol
- Closure Activities for your community
- Senior Wills/Gifts