

S.T.A.R.S. Conference Programming Packet



Name of program: Photo extravaganza
Presented by: Esopus hall
Contact info: meganbrannan9@yahoo.com

Program summary:

Work together as a team to take pictures of all 15 things on the scavenger hunt list!

Goals of the program:

Get everyone in the group to participate, laugh, and just have fun working together in general.

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

Print out a scavenger hunt list to provide to each team. An example of one of the things on the list would be a scene from a Disney movie. The teams then must work together to come up with the funniest most creative photos they can. The only real rule is that other than the photographer, everyone from the group must be in each picture.

At the end judges decide which group did best based on creativity, following the rules, humor, and completion of all 15 categories.

Name of program: A Word Can Have 1000 Meanings

Presented by: Sarah Sobel And Jonathan Freifeld

Contact info: SSobel61@newpaltz.edu, JFreifeld24@newpaltz.edu

Program summary:

This is program is all about team building and communication. Often words are misinterpreted when people have conversations leading people to inaccurately interpret what had been said causing issues with communication and progress. This program shows how words can be misinterpreted; how it harms teambuilding and ways to improve communication in order to prevent this from happening.

Goals of the program:

To Inform, Improve Communication and Improve Teamwork

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

This program starts by playing the Telephone game to show how as messages are passed between people the original message often changes. Next the presenter gives examples of how words can be interpreted and shows examples through skits that the group does of how a group such as a hall government or e-board could be negatively impacted by it. Give each person a different role to play such as leader, person who always says yes and person who doesn't listen ect. Pass the cards during the skits so people get chances of playing different roles and then ask how they felt each of those roles handles communication. After that the presenter will give tips about communication both giving messages and listening (Can be done verbally or shown on a PowerPoint). Then the program will touch upon how certain words can be offensive even though they are used often in society. These things such as referring to a group of guys and girls as guys or using the words gay to describe things other then its meaning are other things to be mindful of when working with a team (Come up with creative examples and get the reminder slips from online or make your own.

Name of program: Bevier Host the Main Lounge
Presented by: Bevier Hall Gov
Contact info: Jenn Jerussi N01953087@newpaltz.edu

Program summary:

College can be construed as a time for partying, but not everybody is into the party scene and it can also be dangerous. That's why we have the program "Bevier Hosts the Main Lounge." It is a great way to have fun and learn facts about the effects of alcohol. Water flip cup and mock-tails can be just as fun as the real thing; all you need is a positive attitude and be ready for a good time!

Goals of the program:

Inform residents of the ill-effects of alcohol
Play games that enforce team work
Provide a safe alternative to partying

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

Necessary Items:

- Cups- with alcohol facts written on the sides
- Root Beer or Water
- A long table
- Juices and other items to make "mock" tails
- Stamps and Music to establish a club theme

How-To

- Students present their ID's at the door to get stamped and enter
 - The room is set up with music and a club ambiance
 - Some students may play flip cup or root beer pong
- The cups have alcohol facts written on the cups
-The teams have to work together in order to win supporting team work
- Other residents can drink mock-tails such as "safe-sex on the beach" or "sham-pagne" and socialize, allowing them to make new friends without the pressure of alcohol

Name of program: Sex Pictionary- or “Sextionary”

Presented by: Gage Hall Government

Contact info: Gage Hall office phone number: 845-257-4701

Program summary:

This fast-action, entertaining game, is very similar to Pictionary, except it only uses sex-terminology. A resident randomly selects a sex-term, whether it fun like “doggy style,” or educational like “Chlamydia,” and draws it for the rest of the residents to guess. Whoever guesses the term correctly wins a prize and is the next person to draw.

Goals of the program:

The goal of this program is to educate, and promote sexual responsibility, while still having a lot of fun.

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

Before the program:

First, look up a number of sex-terms and write them on strips of paper. We suggest you try to balance the amusing terms with the educational terms, and the easier terms to draw with the more difficult ones. Second, find either a large pad of paper, white board, or chalk board where residents can draw, while can others watch. Third, decide what to use for prizes. We suggest you buy a large amount of condoms, dental dams, lubricant, etc. This will be incentive for residents to come to the program, but also provide them with proper protection. Other fun sex-related prizes are fun as well, such as vibrators, karma sutra books, etc. Fourth, decide how many prizes a resident can receive when winning a round. For example, they could be able to choose between ten condoms, or one larger prize. Fifth, advertize and put on the program!

How the program works:

Gather the residents into one space, have the person drawing stand in front of them, with the drawing easy for everyone to see. (A hall government member can be the first person to draw.) There aren’t teams. Instead, whoever is the first to guess the term correctly wins a prize, and is the next person to draw. The game continues until there aren’t any terms left.

A final suggestion:

Look up fun and interesting sex facts, and read them throughout the program. They can be read in between each round. This provides for more amusement and allows for easier transitions. Example: “The average size of an erect penis is 5 inches, and the average flaccid penis measures about 3 inches.” Or “Marilyn Monroe, according to some of her close friends, admitted to never reaching an orgasm.”

Name of program: Capen It Bollywood!

Presented by: Capen

Contact info: Lauren.parry71@newpaltz.edu

Program summary:

A fun introduction to Bollywood dance, music, and Indian food! Learn a modern dance in the style of “Bollywood” movies with your fellow residents, while enjoying Samosas and experience part of Indian culture.

Goals of the program:

To learn about a different culture, have fun with friends, and learn to work together

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

Before the residents arrive, it is necessary to order Samosas (or other desired Indian food) from New Paltz Indian Restaurant, and set up a laptop with speakers. Two of our hall government members are very experienced with Bollywood dancing and they had a dance ready to teach. Other halls who may not have a resident with such experience can contact members of SACA on campus for help with their program.

When residents arrived, the two dance instructors performed the dance in front of everyone to the music. The residents were then paired up into couples (because the dance involved couples) and the steps of the dance were broken down so the dance could be learned more easily. After the group felt comfortable with their knowledge of the dance, the group was split in two. The first group performed the dance with the music in front of the other half who ate samosas while watching, and then they switched. After that, more Bollywood music was played as residents ate, danced, and talked as they wished.

Name of program: Bandana Making

Presented by: Lenape Hall- Dan McCabe, Jasmine Shovlin, Nick LaStella

Contact info: N01704167@newpaltz.edu

Program summary:

Create cool and unique bandana patterns!

Goals of the program:

Have fun, learn a fun skill to use in the future, and make cool bandanas!

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

This program requires dark-colored bandanas (brown seems to work the best). When you lay down little patterns and spritz a 50% water, 50% bleach on them and press them down, they reveal the pattern when removed, while the rest of the bandana remains dark. Or you can just spritz bleach wherever you want on the bandana and watch the spots that you sprayed change colors! Lay the bandana down on the table, on top of newspaper so the table surface isn't damaged. Wearing rubber gloves doesn't hurt either. To create a pattern with the bleach, take the shapes for the pattern that you want, and spritz bleach on the back of them until they are soaked, then press them on to the bandana with a good amount of pressure for a few minutes. Repeat the process until your desired pattern is finished. Or, you could just spray the bandana with the bleach mixture and watch it change cool colors!

Name of program: Reasons to Smile
Presented by: Scudder Hall Gov
Contact info: Dani.esposito29@newpaltz.edu

Program summary:

Getting residents to know each other by participating in Ice breakers and fun games as well as writing positive comments about each other.

Goals of the program:

To encourage residents to get to know each other and build a positive relationship by looking at the good in people. It is also a self esteem builder.

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

Basically everyone attending should sit in a circle on the floor. Go around and introduce yourself (name and a random fact work well). Then there is an Ice breaker that is a lot of fun. Everyone takes approximately 15 pieces of candy. (Depending on group size) Pick someone to start and go around the circle and say something that you are bad at (for example: I am bad at math) anyone in the circle who is also bad at math would then toss a piece of candy at the person basically as a way to agree. After you get through the entire group go around again this time saying something you are good at. In the end everyone is left with a pile of candy to snack on. (we have done other ice breakers in here as well such as the winds are blowing) The second part of the program is easy. Everyone takes an envelope and writes their first name on it big so everyone can see. Everyone takes enough slips of paper in order to write a message to each person so if there is 15 people take 14 slips. Then everyone passes the envelopes to the right and everyone writes a little something to that person. (you have a great personality, or It is really cool that you are a pianist) the last person with the envelope before the owner should seal the envelope. The owner now has an envelope with little comments that when one is pulled out it should be a confident booster and a reason to smile.

Name of program: Can You Survive Walking in Someone Else's Shoes?

Presented by: Rebecca Raider

Contact info: rraider62@newpaltz.edu

Program summary: Learn to work as a team with everyone around you. Every person brings something unique to the group, what do you bring? Participants will work with others to test their senses in group activities.

Goals of the program:

1. develop better team building skills
2. knowledge of self and others
3. better awareness of the world around them
4. become better communicators

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

I first read a disclaimer to the participants that in no way the activities that we were to do were to make fun of people with disabilities. I next set up two lines of masking tape about five to six feet apart from each other. I gave some people the inability to see by placing blindfolds on them. I gave some people the inability to use their arms, some people were unable to use their legs and others had the inability to talk or hear. They were given a few (anywhere from 2-4) paper plates in which they were told that the paper plates were marshmallows to help them cross the river. They then had to use each other in order for all of them to effectively cross the river. After that, we had a discussion on how it felt to have a disability and what it was like to have to communicate without seeing, hearing or talking.

Name of program: Bring It On! – How to Bring Out the Best in Yourself

Presented by: Christina Alch

Contact info: alch13@newpaltz.edu

Program summary:

Jean Houston once said, “we all have the extraordinary coded within us, waiting to be released.” As student leaders, we will all be faced with having to represent ourselves well through interviews, presentations, and applications. Come learn how to appropriately reflect that extraordinary coded within you, and how to combat that uncomfortable feeling when someone asks you to talk about yourself!

Goals of the program:

1. Empower attendees to think about themselves positively.
2. Help attendees understand the importance of appropriately reflecting themselves in an interview, application, or presentation.
3. Use my experiences (both good and bad! both as the interviewee and interviewer!) to offer effective interview, application, and presentation tips.

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

First, we will start off with the adjective name game icebreaker, where everyone goes around and says their name with an adjective that starts with the first letter of their name. This will lead into the next part of the program, which is discussing representing yourself positively and appropriately. For nearly all student leader positions, you will have to represent yourself well in interviews, applications, and presentations. I will facilitate a discussion on this, and get feedback from the attendees. Questions I will ask would be: “do you find it awkward/uncomfortable to say positive things about yourself?”, “how do you find a balance between saying positive things about yourself and accepting your weaknesses?”, “how do you turn challenges/weaknesses into a positive?”, etc. Next, we will move onto an activity where attendees will create a notebook that will be used to write down a positive word or thing about themselves every day. We will be creating our own, homemade notebooks out of sustainable materials, and the attendees will personalize them. These notebooks will be used to look back on before an interview, presentation, or application, and will make the attendee comfortable going through these processes.

Name of program: Converse with your Converse

Presented by: Deyo Hall

Contact info: asofer02@newpaltz.edu, hsliva38@newpaltz.edu

Program summary:

Participants decorate cardboard shaped like Converse high-tops with elements relating to things they like. These pieces can then be used to decorate their rooms

Goals of the program:

Allow participants to relax and do a fun arts project, while creating a unique decoration representing themselves

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

In order to prepare for this program, the presenters must first cut out a number of shoe shapes onto cardboard or paper. Paper is better for markers, cardboard is better for paint. It is a good idea to decorate one first to use as an example of what can be made. After a number of pieces are made, they are handed out. Supplies to decorate (paint, markers, glitter, ribbon, magazines) are handed out, and from there the participants can decorate their shoes however they like.

Name of program: Movie Trivia and Mocktail's
Presented by: Bouton Hall- Crystal Okereke and Samantha Tansey
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Program summary:

To provide the New Paltz community with knowledge about some popular movies in the last few decades and pop culture in general. While giving them a treat to drink. (So their mouths are not too dry from answering these questions). This program will resemble Family Feud. Every round will allow the team to earn more points than the last with some bonus questions included. There will be teams and their objective is to get the most questions right to win the grand prize. This all has to be done while working together as a team. This will help improve people's ability to work with one another in a group.

Goals of the program:

1. To give people a better understanding about American pop culture through movies
2. To test people's knowledge while also enlightening them
3. Bring about teamwork between people who are not familiar with one another

Outline the program (basically, how would you explain how to put on this program to someone who did not see the presentation?):

- ❖ Game is played much like Family Feud
- ❖ Beforehand a number of trivia questions are created on a flash card about any topic concerning American movie pop culture
- ❖ A spokesperson for each team will be elected
- ❖ Teams will be formed (preferably by people who are not familiar with one another)
- ❖ There will be at least 5 or 6 rounds with at least 10 questions asked during each round.
- ❖ As each round is completed the points received will increase.
- ❖ Drinks will be served so that the teams will not be dry from constant talking, as a little treat for competing and to draw in more people (who can say no to free drinks?)
- ❖ Teams will continue to take turns answering questions until the last question is asked.
- ❖ Once the last question is asked the points will be tallied and the team with the most points will win.
- ❖ This program will ask in depth questions that will force the team to work together to win the grand prize