



On-Demand Workshops & Resources

FRATERNITY AND SORORITY LIFE & STUDENT INVOLVEMENT:

- **Leadership Development**
 - I Lead
 - Vandals Lead
 - Theory-based Workshops
 - Officer Training
 - Organizational Hard and soft skills, etc.
- **Retreat Facilitation**
- **Team Building**
- **Group Dynamics**
- **Professional Development**
- **Identity Development**
- **Hazing Prevention & Education**
- **Goal Setting**
- **Women in leadership**

Request a presentation seven (7) days in advance by emailing greek@uidaho.edu or getinvolved@uidaho.edu.

COUNSELING & TESTING CENTER:

- **Understanding Wellness**
 - Mental Health
 - Alcohol and Other Drug Use
 - Relationships
 - Nutrition and more

[Request a Presentation](#) seven (7) days in advance, and arrangements will be made to bring teaching materials and resources to your classroom or organization. Presentations normally last 40-60 minutes.

MOSCOW POLICE DEPARTMENT & OFFICE OF PUBLIC SAFETY & SECURITY:

- **Alcohol Abuse Education**
- **Sexual Assault Education**
- **Drug Awareness and Education**
- **Theft**

[Request a Presentation](#) 14 days in advance.

OFFICE OF CIVIL RIGHTS AND INVESTIGATIONS:

- **Sexual Misconduct Disclosure Procedures/Mandatory Reporter**
 - University of Idaho faculty and staff are invited to a training session on handling disclosures of interpersonal violence from students. After attending this training, you will gain.
 - An understanding of your obligations as a university employee, Title IX processes
 - Increased confidence in handling disclosures
 - Increased knowledge of resources and referrals, and
 - Increased knowledge of after-the-fact self-care.
 - This opportunity is open to all University of Idaho employees. Bring your questions and concerns! 30 minute, 1 hour or 1.5 hour (EDL credit eligible for 60 or 90 minute options)
- **Sexual Harassment: Identify and Prevent**
 - Sexual Harassment detracts from a productive work or educational environment. This training provides you with foundational information on how to identify sexual

harassment as a recipient or a bystander. It will also cover the role you can play in preventing or confronting the behaviors. This training can be adapted to meet various time constraints.

- **Title IX Overview**
 - Title IX of the Education Amendments of 1972 is a federal law that prohibits sex discrimination in education programs and activities that receive federal funds. Sex discrimination includes sexual violence and gender-based harassment. This training will provide a brief overview of Title IX as it applies to the University of Idaho and relevant definitions. Additionally, we will cover what the Title IX investigation process looks like. 30 minute, 1 hour (investigation process)
- **ADA: Supervisor & Employee Roles and Responsibilities**
 - Staff and faculty from across the university are invited to attend a training aimed at providing a brief overview about the ADA(AA) and increasing awareness of U of I policies, procedures and resources surrounding ADA.
- **Appropriate Interpersonal Relationships**
 - This session will explore interpersonal behavior in various social and professional situations and include examples of how participant's behavior may be misconstrued as inappropriate or harassing, including sexual in nature, and the consequences of these kinds of behaviors. It will also cover social norms such as body space, body language and direct communication.
- **Consent: The Real Deal**
 - We've all seen it in the news, scathing headlines about the most recent sexual assault that occurred on a college campus. It's an all too common story but it doesn't have to be that way at the University of Idaho. Consent doesn't have to be a scary or complex topic. Join us for a conversation about getting and giving consent. We'll break it down and give you the tools and understanding you need to enter college informed, prepared and ready to start getting and giving consent in every aspect of life.
- **The Complaint Process: Title VI, Title VII, Title IX, ADA, Retaliation**
 - In this workshop, we invite employees to learn more about what protections and rights exist under Title VII and Title IX. During this session you'll learn how the University of Idaho responds to reports of discrimination and gain a better understanding of what happens in an investigation process once a complaint is filed.

[Request a Presentation](#) 7 days in advance.

TUTORING & COLLEGE SUCCESS:

(In addition to the following workshops, Vandal Health Education will work with your chapter to create a workshop specific to the needs of your organization)

- **Academic Coaching:** [Request a presentation](#)
 - Self-Assessment
Are you curious to discover ways to improve your academic performance? A helpful starting point can be to learn more about ourselves, how our values, interests, learning preferences, and mental aptitudes influence our educational choices. In this workshop, students will learn how to identify their strengths and challenges in order to build a foundation for academic success.
 - Time Management

From developing a schedule system that works for you to breaking down large tasks into smaller steps, this presentation will give specific strategies that can be incorporated into anyone's time management style. Academic Coaches will provide several different tools and techniques that students can readily use.

- Study Strategies
Have you ever wondered why, after hours of reviewing notes and materials, you still cannot remember what you need to know? This workshop will provide tips for creating an ideal learning environment, becoming a more effective note taker, and utilizing strategies that increase memory performance.
- Note Taking
Developing an effective note taking strategy is key to academic success. In this workshop, Academic Coaches will provide an overview of note taking strategies that students can make specific for the courses they are enrolled in. Academic Coaches will discuss how students can transform their notes to become a powerful study tool.
- Critical Reading
Critical Reading increases comprehension of course subjects. In this workshop, Academic Coaches will incorporate time management techniques that will help students complete class readings. A variety of strategies will be discussed that will provide students an interactive system for critically reading efficiently and effectively.
- Test-Taking Strategies
Taking tests is one of the activities that students dread most. Through thoughtful preparation, however, it is possible to approach them with confidence. Come to this workshop to learn how to prepare for tests, manage anxiety, and respond to objective questions and essays, and discover post-test tips that will improve future performance.
- Goal Setting
Sometimes we are so concerned with the demands of daily life that we lose sight of both short- and long-term goals. In this workshop, students will learn how to implement the SMART approach to goal setting in order to have a more satisfying academic experience that prepares them for future success.
- Resource Connections
Students who become engaged in university life report a higher degree of satisfaction with their college experience. How can you become involved in and contribute to campus activities? In this workshop, students will become familiar with the University of Idaho's academic resources and opportunities.
- **Tutoring:** [Request a presentation](#)
 - Tutoring provides workshops on specific topics or courses that can benefit members of your chapter. You can request a workshop based on the schedule that works best for you.

VANDAL HEALTH EDUCATION:

(In addition to the following workshops, Vandal Health Education will work with your chapter to create a workshop specific to the needs of your organization)

- **Alcohol & Other Drugs**
 - Alcohol 101
Everything you need to know about alcohol and college — practice pouring a standard drink, bust common myths, learn about blood alcohol content (BAC)

and why alcohol affects people differently, and get the tools to keep yourself and your friends safer.

- Marijuana & Other Drugs
Learn about marijuana and other drugs and the risks associated with use, legal consequences, and signs of misuse to look for in a friend. Discuss resources, test your knowledge, and brainstorm what you can do to say “I Got Your Back” and promote a safer campus environment. Please add it to the “Alcohol & Other Drugs” section of the accordion under “How to Help a Friend” workshop description.
- Red Watch Band Bystander Intervention
Red Watch Band is an alcohol bystander intervention program designed to help students recognize the signs of acute alcohol poisoning, practice how to intervene, and help look out for each other.
- How to Help a Friend
Gain the skills and confidence to initiate a conversation with someone if you are concerned about their alcohol or other drug use or other risky behaviors. Learn why people can become defensive and how to use motivational interviewing principles to decrease resistance and have a productive conversation from a position of care and concern.
- **Mental Health**
 - Mental Health 101
What is mental health? What are common mental health concerns among college students? What is helpful and unhelpful when supporting a friend? This workshop aims to answer these questions through interactive activities to increase awareness and decrease stigma surrounding mental health. Participants will learn how to help someone they are concerned about and resources will be provided. This workshop lasts 45-60 minutes.
 - Stress Management
What is stress? Is all stress bad? We all encounter stress, so how we cope with stress is vital. In this workshop, participants will learn all about stress and try out some stress management strategies to find what works for them! This workshop lasts 45-60 minutes.
 - QPR: Question, Persuade and Refer for Suicide Prevention
Learn three basic steps to help a friend in distress. In this presentation, participants will learn the warning signs of suicide, the importance of speaking up, and how to find help for those in distress and/or thinking about suicide. This workshop lasts approximately 60 minutes.
 - Sources of Strength
Everyone faces adversity, but it is how we respond to those tough times that counts! In this strengths-based workshop, participants are encouraged to think about their sources of strength, including who or what they can turn to for support when times get tough. This workshop lasts 45-60 minutes.
- **Relationships**
 - Sex Scenes: Boundaries, Consent, and Safer Sex
In this workshop, participants will think about their sexual values, set boundaries for physical intimacy, gain communication skills, and learn about safer sex including STI and unintended pregnancy prevention. Participants will then use the information learned to respond to hypothetical and potentially risky sex scenarios where boundaries may be tested. This workshop lasts 45-60 minutes.

- **Healthy Relationships: Desires & Deal-breakers**
In this workshop, participants will discuss and learn about aspects of healthy relationships, reflect on what types of relationships they are or are not interested in, consider qualities of partners that are important to them, and reflect on relationship red flags and how to support a friend. This workshop is provided in collaboration with the Violence Prevention Programs. This workshop lasts 45-60 minutes.
- **Sex Talk & Blow Pops**
Ask, discuss and learn about healthy relationships and sexual behaviors. This presentation and Q&A session will provide participants with an opportunity to ask and discuss any questions they may have about keeping their relationships and sex lives healthy. Charm's Blow Pop candy provided. Groups requesting this presentation should plan on 75-90 minutes of fun, lively discussion, tricky questions and more.
- **This Thing Called Love**
This thing called love has been immortalized in books and poems, theorized by scholars and discovered by many more. However, love is not experienced the same by all. Love is bliss, confusing and sometimes painful. In this program, love will be discussed in a humorous, but intellectual manner.
- **GREEN DOT – Overview Workshop**
Looking out for each other is one of the most powerful tools to keeping our campus safe. Host a member of the Green Dot team to lead activities about “green dots,” “red dots,” and what that means for our campus. This overview workshop lasts approximately 60 minutes.
- **Nutrition**
 - **Healthy Eating on a College Budget**
Eating healthy can seem like an expensive alternative to fast food and microwave meals, but with some simple grocery shopping tips, cooking skills and preparation, a healthy diet can be delicious and affordable.
 - **Healthy Cooking Made Easy - A Demonstration**
Eating a healthy diet with minimal kitchen gadgets and cooking skills can seem daunting. Host a Healthy Cooking Made Easy demo to learn some simple, tasty recipes, sample your work, and gain the skills to recreate them.
 - **Stress and Nutrition**
An apple a day may keep the doctor away, but what about the pounds? Learn the link between stress and nutrition. From emotional eating to final exam food cravings, every college student has experienced the stress eating phenomenon. Simple and fun tips will be provided to empower and educate.
 - **Healthy Body Image and Eating Disorders**
Learn about fostering a healthy body image, how to identify the signs and symptoms of an eating disorder, and how to help a friend struggling with disordered eating with a thought-provoking and engaging discussion.
- **General Health and Well-being**
 - **What's Up with My Wellness Wheel?**
Wellness is a weighty word with a big definition. Learn about six components of wellness and see where you stack up. Maintaining balance in physical health, social health, emotional health, occupational health, spiritual health and intellectual health takes some work, but finding the right balance in your wellness wheel can keep you on the road to success and happiness.

- Sleep 101
Why is sleep so important for your overall health and academic success? In this workshop, participants will examine their own sleep quality, learn about the importance of sleep and learn how to apply the "Great 8" tips and techniques to enhance their own sleep health. Taking small steps toward 7-9 hours of sleep each night can pay big rewards in terms of overall health and wellness.

[Request a Presentation](#) 10 days in advance

VIOLENCE PREVENTION:

- **Sexual Assault** (*general*)
- **Sexual Assault on College Campuses**
- **Sexual Assault & people with disabilities**
- **The Intersections of Interpersonal Violence** (*overview*)
Child abuse, incest, sexual assault and rape, dating violence, domestic violence and stalking
- **Domestic violence** (*general*)
- **Domestic violence and the criminal justice system**
- **Domestic violence as a global health issue**
- **Dating violence** (*general*)
- **Dating, domestic violence and stalking: Technology as a weapon**
- **Stalking** (*general*)
- **Interpersonal violence: Unique challenges for members of the LGBTQ community**
- **How can I help?**
An overview of what friends, families and colleagues of survivors of violence need to know
- **Green Dot Safety Training**
- **Mobilizing Men: Deconstructing Toxic Masculinity**

[Request a Presentation](#) 10 days in advance.