

SO, WHAT'S THERE TO DO HERE?

Social Life and Activities



SECTION I: TAKING ADVANTAGE OF YOUR LOCATION

College. It really is all up to you now – your time, your choices, your college experience. No pressure, right? You actually only spend about 15 hours per week in class. That's less than 10% of your entire week. How do you fill the remaining 90%? Laundry? Gaming? Sleeping? Hanging out? Eating? Exercising? Internet? Facebook/My Space? Studying? Working?

You've probably heard someone referring to his or her college years as "the best time of my life," or they say "I learned as much outside of class as I did in class," or "I wish I had it to do over again." Think about what you want to remember about your college experience 20 years from now. Instead of having to regret not doing more, make the most of it from the start.

There is always something for everyone. Take advantage of all of the amazing opportunities that are waiting for you. Whether these are on campus, near campus, or in the communities nearby, plenty of opportunities exist. Some of these you may want to do alone, while others might be good to do with friends (whether they're old friends or new friends). A number of these opportunities have been outlined for you here.

ON CAMPUS OPPORTUNITIES

Keep in mind that most on campus activities are typically free for students.

These may include, but are not limited to:

- Convocation, homecoming activities, themed weekly/monthly celebrations (traditional university events)



- Athletic events (multiple offerings each week)
- Student organization meetings or events (multiple offerings each week)
- Gallery exhibits
- Speakers
- Concerts
- Music or dance performances
- Theater
- Movies
- Volunteering
- Counseling Center, Learning Services, or self-development workshops
- Spiritual or religious services

OFF CAMPUS OPPORTUNITIES

Get to know your new community within the first few weeks of school so you don't miss anything. Public transportation makes it easier to explore off campus areas. Get a friend or a group of people to go together to give your experiences more flavor.

Off campus activities may include:

- Museums
- Theater
- Sporting events
- Festivals
- Movies
- Shopping
- Music or dance performances
- Community service and volunteering opportunities
- Spiritual or religious services
- Parks and recreation facilities

SO, HOW DO YOU BEGIN?

If you're interested in finding out about what's happening on or off campus, you might have to do some research first. After all, great activities and events aren't always going to appear right in front of you. You can find a list of great resources further into this section.



To make the most of your college experience, you might consider:

- Planning and scheduling how you will spend your time
- Getting involved
- Being adventurous and creative
- Connecting with faculty outside of class

So, it really is all up to you now. Remember? It's your college experience. Students who get involved in activities and attend events on campus enjoy their college experience more, make more friends, and typically graduate from the college or university where they started. You will also become that well-rounded individual you're always hearing about and well-rounded is something future employers are looking for. Consider that once you get involved in activities on campus, whether you are taking part in them or planning them, you'll actually have something to talk about when you start interviewing for jobs. Those interviews will be here sooner than you think!

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SECTION II: WHAT IT IS TO HAVE A SOCIAL LIFE

Now that you've been told how to be more social in college, let's go over the specifics of what it is to have a "social life." Webster's online dictionary defines social life as "public activities performed in association with others for the purpose of pleasure." A social life is more than simply talking to people or hanging out in your room, it means getting involved, stepping outside of your normal activities, and getting to know your surroundings.

Imagine your health and wellness as a wheel, comprised of 6 individual, yet equally vital parts. These 6 components need to be maintained throughout your life, especially while you are in school. So how do you use this wheel to enhance your social life? Since each part of the wheel affects all other parts, it is essential to keep each part as tuned as possible.



THE 6 COMPONENTS OF THE WHEEL ARE:

- 1. Physical:** This component is about taking care of your body. Develop healthy activities that benefit your body such as exercise and nutrition.

On campus you can:

- Participate in intramural sports
- Use the aquatic and/or fitness center
- Join a club sport team
- Join a recognized athletic team
- Get a group of friends together and jog the trails, sidewalks, roads, or track areas on campus
- Visit the student health center for information about nutrition and health

Off campus you can:

- Join a local running group
- Run local/regional races
- Visit a local community center for exercise classes
- Find out what local parks are around and see what activities and facilities they offer

- 2. Spiritual:** This component facilitates personal growth by enhancing the connection between your body and mind.

On campus you can:

- Take a yoga class
- Join an organization affiliated with spirituality or religion
- Take a class connected with health and balance
- Keep a daily journal and reflect on what you do each day
- Attend a religious/spiritual service

Off campus you can:

- Join a local religious/spiritual group
- Visit museums, theater shows, or health and wellness seminars
- Do volunteer and community service work



3. Intellectual: By using resources available to you, this component allows you to expand your knowledge, create, and become mentally stimulated.

On campus you can:

- Take a class that peaks your interest – something you want to know more about
- Start a reading circle
- Join the forensics or debate team
- Engage in conversations with classmates with whom you might not normally socialize
- Join a club or organization outside of your typical interests

Off campus you can:

- Attend local festivals that showcase different cultures and events
- Volunteer
- Join a local reading club

4. Emotional: Focusing on enhancing your inner strength, the emotional component pays close attention to self-expression, stress reduction and relaxation.

On campus you can:

- Attend stress reduction or study workshops
- Schedule an appointment with a counselor
- Get a massage
- Play Frisbee, volleyball, or any outdoor sport with a group of friends
- Find a quiet place on campus to sit back and nap
- Read a book that isn't for class
- Audition for a play or band that isn't tied to a class

Off campus you can:

- Attend gallery exhibits
- Visit a spa
- Perform in a local theater company
- Play at a local park or recreation facility



5. Social: This component allows you to develop healthy relationships with those around you while contributing to your community.

On campus you can:

- Join a club or organization
- Plan traditional campus events including Homecoming or a film series
- Get involved with your hall council if you live on campus
- Join a non-residential student group if you live off campus
- Join Student Government
- Write for the school newspaper
- Sign up for intramurals
- Volunteer with a campus community service group

Off campus you can:

- Volunteer with a local business or agency
- Get involved with local politics
- Visit a local festival
- Go to the movies, dance performances, or the theatre
- Attend local sporting events

6. Occupational: This component shows you how to contribute to a work environment where strengths are developed and weaknesses are accommodated in a healthy way.

On campus you can:

- Work at a campus job
- Volunteer in an office on campus
- Visit the career services center for tips on resume building, career paths, or occupational interests and jobs
- Attend the on campus job fair

Off campus you can:

- Attend other local job fairs
- Work at an off campus job



USING YOUR RESOURCES

Now that you've been given a few suggestions to get you started on the path to developing a great social life, it's up to you to find which components of the wheel you want to work on the most. Every area offers something different and can help you engage in activities that truly interest you.

The following resources are great for finding the most up to date lists of social activities:

- Student handbook
- Student planner
- Student activities website
- School newspaper
- Residence hall bulletin boards
- Local area websites
- Local newspaper

Your social life should be more than sitting around with friends and talking. It means getting up, getting out, and getting involved, both on and off campus. Take advantage of everything your area has to offer and see where it leads you!

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