

Associated Students Virtual Services

Beginning March 23, 2020

Associated Students

- Cats in the Wild: Content series
 - Students and staff submit videos on people, places and things they love from all over! Student experts in wellness, fitness, outdoor adventures, sustainability, music, etc. share what they know!
- AS Challenge: Social media challenges occurring every Monday
- Adulting 101: Online
 - We will offer some Adulting 101 workshops online. The goal is do these live and then have some Q&A's. Dates and time TBD. Topics we are looking to cover are;
 - Salary Negotiation
 - Trauma, Wellness and Care
 - Entrepreneurial Skills
 - Investments
- Blood Drive: AS leaders (Gov Affairs, CAVE, WREC, AO) will be outreaching to student and connecting them with opportunities to donate blood in Chico.

Wildcat Recreation Center

- Daily social media activities:
 - Building schedules and creating daily/weekly intentions to keep on track
 - 'In the Kitchen' series that focuses on meal prep and nutrition
 - "Tune in" time to create a community and share tips on how they are staying well at home
 - Promote and introduce our staff to check-in with our members and highlight what staff is doing to keep themselves focused.
 - Personal trainer Q&A
- Group exercise classes that do not require equipment.
- Personal trainers will stay connected to their clients. They can continue to track goals and offer home workout options. They can also provide suggestions to YouTube 'how to' and workout videos.
- Fitness Challenge: A remote exercise competition where individual participants of all locations and fitness levels compete to outlast each other completing weekly challenges. A drawing for prizes will be held for all that complete the challenge.
- AS Engagement Resource Center
 - How to exercise at home
 - How to keep wellness a priority
 - How to deal with stress and anxiety
 - Ways for students to improve their academic self

- How to have some fun
- How to pass time intentionally...

AS Child Development Lab

- Individualized Curriculum: Teacher's review observation notes, work samples, and photographic evidence of development and learning to complete the Desired Results Developmental Profile Assessment Tool for each child. Teachers use assessment results to create and distribute individualized curriculum via a digital modality.
- Virtual Learning Services (Read a-louds, small group times, music & movement): Teachers utilize a variety of materials to enhance language & literacy, cognitive, social emotional, and health and safety instruction.
- Education Conference: Teachers will plan, schedule and hold a digital family conference to discuss children's development and educational goals.
- Q&A Sessions with Teachers: will be available for a defined amount of time each day to communicate with families
- Family Newsletter: Teachers will provide a weekly newsletter to provide families with community resources and updates.

AS Government Affairs

- 2020 AS General Election
 - Continued virtual programming related to the Election
 - Candidate Forum: Virtual Q&A with the candidates
 - Twitter Chat with the candidates
- Time capsule submissions by mail
- AS President Fireside Chats: This will be a dedicated hour each week where students can view a video Trevor will be interviewing and discussing topics related to different officers/senators' positions. Topic examples: Census, green talks, global issues, online learning with the college senators, etc.
- Anti-Asian sentiment awareness social media campaign with DAC

Community Action Volunteers in Education

- Continuation of UNIV 389, UNIV 189, EDCI 110 courses (approximately 260 students and 380 units) through virtual instruction and assignments**
- Continuation of Community Engagement Workshop Series through virtual meetings with a shifted focus re: COVID
- Mobilize CAVE staff and volunteers to virtually help local non-profit agencies.

- Examples could include: graphic design, creating social media content, program planning, document creation and editing.
- Will continue to post engaging content for students via social media
- Work with Office of Civic Engagement to help with Census Outreach
- Virtual Adopted Grandparent? Have CAVE volunteers/staff connect with folks in senior care centers virtually on a regular basis
- Virtual tutoring – CAVE tutors connect with local students via Zoom, etc.
- Help mobilize students to continue donating blood during this time
- Work with others (WREC, AO, Sustainability) around campus to and create a plogging movement <https://en.m.wikipedia.org/wiki/Plogging>. Encouraging exercise and sustainability. Create hashtag so share via social media.
- CAVE Pro Staff will continue to help setup our graduating staff for success by reviewing resumes and cover letters, doing practice interviews over Zoom and help with application questions.
- Utilize the CAVE blog engage students through relevant and media-rich posts. Examples of topics:
 - Fear and leadership.
 - What are responsibilities as citizens? Who or what are we responsible for?
 - How should we respond in a crisis? Models of Mutual Aid and Disaster Relief.
 - Is crisis a destructive force or an opportunity for renewal?
 - Looking for the helpers –spotlight on positive projects.
 - Spotlight on the CAVE leadership team –how are we working as a virtual team. Lessons learned, etc.

Wildcat Leadership Institute

- **Freshman Leadership Opportunity****
 - FLO has six more meetings in total to complete and will be facilitated via zoom.
- Wildcat Leadership Institute Certificates
 - Leadership Identity Certificate: Student-lead certificate cohort focusing on individual leadership development
 - FSA leadership Certificate: Student-lead certificate cohort focusing on leadership within the Greek system (run by Fraternity and Sorority Affairs)

Adventure Outings

- **Continuation of AL Coursework through Blackboard Learn****
- Virtual Exploring:
 - "Exploring NorCal" local adventure feature
 - "Know your AO" staff and equipment features
 - Trip features for all cancelled excursions
- "How-to" Explorer series
 - DIY

- Outdoor & camping hacks
- Equipment maintenance & repair
- First aid training
- Risk management
- Nature Lessons
- Outdoor activities
 - Survival Skills
 - Navigation
 - Climbing
 - Paddling
 - Biking
- Fun/Entertainment Engagements (Videos)
 - One-handed figure 8 challenge
 - One-handed clove hitch challenge
 - Quarantine video journal from student staff
 - Adventure Storytelling
 - Social distancing challenge while making someone smile

AS Sustainability

- Continuation of sustainability internship program (TBD)**
- Daily and weekly tips, facts, and videos on climate issues, sustainable living, DIY, etc.
- Assist with This Way to Sustainability Conference virtually

**continued coursework credit through AS programs