<table>
<thead>
<tr>
<th>Session Title</th>
<th>Description</th>
<th>Standards of Excellence</th>
<th>Best for Chapters Who...</th>
<th>SOE Category</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>8 Dumb Things Well Intended People Say that Widen the Diversity Gap</td>
<td>Common statements, often made by people that are not intentionally trying to cause harm, can impact others in very harmful ways. We examine eight examples of such statements by looking at the intent, impact and best response for each statement. This presentation is based off Dr. Maura Cullen's book, 35 Dumb Things Well-Intended People Say.</td>
<td>Have members that want to gain a better understanding of communication in relation to social identities.</td>
<td>Diversity</td>
<td>Complete Buck-Identity Request Form at: <a href="http://mcc.osu.edu/education-and-training/buck-identity-workshops/">http://mcc.osu.edu/education-and-training/buck-identity-workshops/</a></td>
<td><a href="mailto:Crawford.843@osu.edu">Crawford.843@osu.edu</a></td>
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<tr>
<td>A Custom Workshop Just for You!</td>
<td>Want to learn more about a topic not listed? Does a combination of two of these workshops sound perfect? Great! We are happy to work with you to design something that's just the right fit. All you need to do is fill out the Workshop Request form at the top of this page and type 'Custom' into the Workshop Title section. Then provide details in the Purpose/Goals section. We'll get back to you right away to discuss our ideas!</td>
<td>Have members that have expressed an interest in a social justice or diversity topic that can't be found in this list.</td>
<td>Diversity</td>
<td>Complete Buck-Identity Request Form at: <a href="http://mcc.osu.edu/education-and-training/buck-identity-workshops/">http://mcc.osu.edu/education-and-training/buck-identity-workshops/</a></td>
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<tr>
<td>Cultural Competence for Health Care Workers</td>
<td>The intended audience for this workshop are those currently enrolled or interested in the health professions. Participants will be given an overview of cultural competence and its impact on their skills as a future health care professionals.</td>
<td>Have members that are interested in the health care field and want to learn how cultural competence impacts their work.</td>
<td>Diversity</td>
<td>Complete Buck-Identity Request Form at: <a href="http://mcc.osu.edu/education-and-training/buck-identity-workshops/">http://mcc.osu.edu/education-and-training/buck-identity-workshops/</a></td>
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<tr>
<td>How Do You Make Meaning?</td>
<td>This workshop focuses on the non-religious - religious - spiritual continuum and how people of various identities can communicate their values across difference.</td>
<td>Have members that want to explore religious differences.</td>
<td>Diversity</td>
<td>Complete Buck-Identity Request Form at: <a href="http://mcc.osu.edu/education-and-training/buck-identity-workshops/">http://mcc.osu.edu/education-and-training/buck-identity-workshops/</a></td>
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<td>Media Matters</td>
<td>Analyze the use of media messages and how they effect our own concept of social groups. This presentation uses common forms of media (e.g. award shows, film, and music videos) to illuminate discussions on bias and stereotypes.</td>
<td>Have members that want to explore the impact media plays on social identities.</td>
<td>Diversity</td>
<td>Complete Buck-Identity Request Form at: <a href="http://mcc.osu.edu/education-and-training/buck-identity-workshops/">http://mcc.osu.edu/education-and-training/buck-identity-workshops/</a></td>
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<td>Speak Up</td>
<td>Learn quick responses and ways to engage in dialogue when something that someone says &quot;rubs you the wrong way&quot; or is explicitly prejudiced. This workshop focuses on realistic ways to deal with such statements in various everyday contexts.</td>
<td>Have members that want to understand how to work through or to address situations that may be offensive.</td>
<td>Diversity</td>
<td>Complete Buck-Identity Request Form at: <a href="http://mcc.osu.edu/education-and-training/buck-identity-workshops/">http://mcc.osu.edu/education-and-training/buck-identity-workshops/</a></td>
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<tr>
<td>Who Am I? Who Are You? Who Are We?</td>
<td>An introduction to social identities and how they operate in various community settings.</td>
<td>Have members that want to gain a better understanding of their personal identity and the identities of those within the chapter.</td>
<td>Diversity</td>
<td>Complete Buck-Identity Request Form at: <a href="http://mcc.osu.edu/education-and-training/buck-identity-workshops/">http://mcc.osu.edu/education-and-training/buck-identity-workshops/</a></td>
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| Specific Student Populations (e.g. Students with Autism, Deaf/Hard of Hearing) | • Our services & how to refer students  
• Overview of specific disability  
• Tips and strategies for working with this student population | Have members that want to gain a better understanding of how to refer students and the services that are provided by the Office of Disability Services. This may also be good for chapters that want strategies on working with students with disabilities. | Diversity                                                                 | Complete Buck-Identity Request Form at: http://mcc.osu.edu/education-and-training/buck-identity-workshops/ |                                                     |
| “You’re So Crazy!” Bias, Stereotypes, & Etiquette | • Negative and positive portrayals of individuals with disabilities in the media  
• Discussion of the implications of bias and stereotypes  
• Etiquette tips | That want to gain a better understanding of stereotypes of students with disabilities and etiquette tips for working with this student population. | Diversity                                                                 | Complete Buck-Identity Request Form at: http://mcc.osu.edu/education-and-training/buck-identity-workshops/ | Crawford.843@osu.edu |
| Disability as Diversity: Ableism, Identity, & Inclusive Practice | • Our services & how to refer students  
• Social identity & ableism  
• Medical vs. social model of disability  
• Discussion of bias and stereotypes  
• Accessibility guidelines for student life offices  
• Etiquette tips  
• Universal design principles | That want to gain a better understanding of disability and how to practice inclusion with this identity. | Diversity                                                                 | Complete Buck-Identity Request Form at: http://mcc.osu.edu/education-and-training/buck-identity-workshops/ | Crawford.843@osu.edu |
| Why Don’t You Understand Me?                     | A closer look at how social identity can impact communication and conflict. Participants learn about dialogue as a skill to communicate across difference. | Have members that want to lean skills to communicate with those that may have a different social identity. | Diversity                                                                 | Complete Buck-Identity Request Form at: http://mcc.osu.edu/education-and-training/buck-identity-workshops/ | Judy Hoffmann Manager for Fraternity Managers Association (614) 294-2531 ext.21 jhoffmann@fmaosu.com |
| Fire Safety                                       | An interactive training where chapter members participate in a smoke out of their facility to simulate a fire and how to respond. | Needs to practice a fire drill in a simulation style experience. | Housing                                                                 | Abby Shaffer Fire Prevention Specialist (614) 247-0355 scheerle.2@dps.ohio-state.edu |                                                     |
| Food Safety                                       | Learn to implement essential food safety practices and create a culture of food safety within your chapter facility. Topics can vary from time and temperature for cooking to cleaning and sanitation. | Have chapter members that are cooking for themselves and/or want to gain a better understanding on safe food practices. | Housing                                                                 | Detective Cassandra Shaffer Shaffer.279@dps.ohio-state.edu |                                                     |
| General Safety                                    | Learn personal safety tips and to reduce your risk from being a victim. | Have members that have expressed an interest in gaining tips on how to reduce their risk as a victim. | Housing                                                                 | Officer Scott Holbert (614) 645-5993 holbert.2@osu.edu |                                                     |
| House Safety                                      | Gain a better understanding of how to ensure that your chapter facility is safe and adhering to city codes. | May be preparing for a city inspection or just has general questions regarding the physical safety of their facility. | Housing                                                                 | Rick Stollard City Inspector for the City of Columbus (614) 645-5993 stollard@cityofcolumbus.gov |                                                     |
| Legal Affairs                                     | Leasing | Have a lot of chapter members that are living off campus and want to know what to look for in a lease or how to work with a landlord. | Housing                                                                 | Student Legal Services (614) 247-5853 studentlegal@osu.edu |                                                     |
Roommate Counseling
Attending college means living away from home, either on or off campus or in a chapter facility. This choice necessitates learning to live with and share common spaces with others. This may provide you with an opportunity to live with and learn to appreciate people who are very different from yourself. Living with roommates provides an exciting opportunity for close friendships but also brings with it many challenges. Students often come from differing cultures or home environments and bring with them varying expectations regarding what their relationships and living environment should be like. In addition, individual needs often change over time. Very often these differences and changing expectations lead to conflict. While conflict is a part of life and living environment should be like. In addition, individual needs often change over time. Very often these differences and changing expectations lead to conflict. While conflict is a part of life and

Self Defense
Learn realistic self defense tactics and techniques that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on the basics of hands on defense training. Have chapter members that want to gain additional skills in managing living with other and how to address conflict.

BUSTED: You & The Law -- Your Criminal Rights and Responsibilities
Student Legal Services at The Ohio State University (SLS) is a non-profit law office that provides legal advice, representation, education and resources to Ohio State students. In this session, you’ll learn from SLS’s Criminal Team about your criminal rights and responsibilities. You’ll hear about the common criminal and traffic issues facing OSU students and how you can prevent them from happening to you! Armed with knowledge, you can make wise choices at OSU and beyond.

Off-Campus Housing
This topic covers the legal consequences of hosting events, particularly with alcohol involvement. Have chapter members that want to gain a better understanding of laws related to off-campus housing.

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Alcohol and Sex: Do They Mix?
This interactive session will explore the relationship between alcohol and sex through a variety of activities. Learn about sexual consent - what it is, when you can get it, and what happens when alcohol is in the mix.

Planning for the Future
Have members that want to gain an understanding of the health and legal effects of marijuana usage.

Marijuana Fun Facts
This interactive session will educate students about the myths and facts surrounding marijuana and what the law states.

Consent is Sexy
Learn about sexual consent, why you should get it, and how to make it hot. This interactive session will promote an honest discussion about consent and communication within relationships through a variety of activities.

Hold your horses until you get your criminal rights and responsibilities. You’ll hear about the The Ohio State University (SLS) is a non-profit law office that provides legal advice, representation, education and resources to Ohio State students. In this session, you’ll learn from SLS’s Criminal Team about your criminal rights and responsibilities. You’ll hear about the common criminal and traffic issues facing OSU students and how you can prevent them from happening to you! Armed with knowledge, you can make wise choices at OSU and beyond. This interactive session will explore the relationship between alcohol and sex through a variety of activities. Learn about sexual consent - what it is, when you can get it, and what happens when alcohol is in the mix.

Planning for the Future
Have members that want to gain a better understanding of the health and legal effects of marijuana usage.

Personal Finance 101
An introduction to credit, budgeting, and banking. This session will allow students to gain a better understanding about personal finance and learn how to better prepare for their financial future.

Beyond The Box
This interactive session will explore what it means to be a "real man" and a "real woman." Highlighting how society’s expectations of masculinity and femininity often perpetuate violence in our culture. Consider what life would be like living beyond the box, and learn ways to prevent sexual violence from happening.

Blurred Lines
Are you sure you know "they want it?" This interactive session will break down sexual consent - what it is, what it isn’t and how to get it without coercion.

Consent is Sexy
Learn about sexual consent, why you should get it, and how to make it hot. This interactive session will promote an honest discussion about consent and communication within relationships through a variety of activities.

Abuse of prescription drugs can have health and legal consequences. An interactive session that provides a guide for OSU students to make informed decisions regarding the abuse and misuse of prescription drugs.

Prescription Drug Misuse Education
An interactive session that provides a guide for OSU students to make informed decisions regarding the abuse and misuse of prescription drugs.

Wait, Have We Been Lied To?
It’s time to rethink what you’ve been taught about sexual violence and how it happens. This interactive session will bust many common myths about sexual assault and present ways you can stop it before it happens.

Holistic Wellness & Goal Setting
This session will provide an overview of wellness as a way to better understand yourself, your goals, and ways to experience greater balance in life. Participants will review each aspect of the 9 Dimensions of Wellness model that is endorsed by The Ohio State University. Gain greater awareness of how this model applies to your personal wellness and be challenged to set wellness oriented goals that have personal value and relevance.

Strengths, Wellness & Goal Setting
This session will provide an overview of wellness as a way to better understand yourself, your goals, and ways to experience greater balance in life. Participants will review each aspect of the 9 Dimensions of Wellness model that is endorsed by The Ohio State University. Gain greater awareness of how this model applies to your personal wellness and be challenged to set wellness oriented goals that have personal value and relevance.

Resilience
Resilience is the capacity to bounce back from adversity. This presentation will give a brief overview of resilience and explore five practices that can increase your ability to get through challenging situations.

Latex & Safer Sex
Through interactive activities participants learn why it is necessary to use latex barriers and how to properly use them in order to reduce the risks associated with STIs and pregnancy. Some common misconceptions and questions about sexual health are discussed. Participants have the opportunity to join the Condom Club at the end of the presentation.

Motivated To Move
Are you looking to get fit or stay in shape? This session covers guidelines for improving and maintaining cardiovascular fitness, muscular fitness, flexibility, and body composition. It also provides information about campus and other fitness resources. Participants will leave with the information they need to build an effective workout program.

Body Image: Feeling Comfortable in Your 'Genus'
This discussion-based presentation addresses the many facets of body image, and how you can empower yourself and others towards positive body image.

 Stress and Time Management
Many involved students feel stretched between competing demands in their roles as students, leaders, friends, partners, and family members. This session will discuss ways to find a greater sense of balance through practices that help to identify and make space for the most important tasks at any point in time.

Have members that want to gain additional skills in managing living with other and how to address conflict.

Have members that have expressed an interest in gaining self defense tactics and techniques.

Have chapter members that want to gain additional skills in managing living with other and how to address conflict.

Have members that want to gain a better understanding of consent when alcohol is consumed.

Have members that want to gain a basic understanding of finances to prepare for their future.

Have members that want to gain a better understanding of prescription drug misuse and abuse.

Have members that want to gain a better understanding of prescription drug misuse and abuse.

Have members that want to gain an understanding of the health and legal effects of marijuana usage.

Have members that want to gain a basic understanding of finances to prepare for their future.

Have members that want to gain a better understanding of prescription drug misuse and abuse.

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<th>Event</th>
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<th>For chapters that want to...</th>
<th>Venue</th>
<th>Contact Email</th>
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</thead>
<tbody>
<tr>
<td><strong>Sleep</strong></td>
<td>This session will help students understand the important of getting enough sleep and will provide tips for sleeping better during your time as a college student.</td>
<td>Want a better understanding of how getting adequate sleep will improve their daily lives.</td>
<td>Safety, Health &amp; Wellness</td>
<td><a href="mailto:wellness@osu.edu">wellness@osu.edu</a></td>
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<tr>
<td><strong>Perfectionism</strong></td>
<td>High/over-achieving, and healthy functioning and the multi-dimensional origins of perfectionism. Presenters will also address the risks to perfectionistic thoughts and behaviors, focus on process versus outcome, and strategies individuals can use to set healthy goals.</td>
<td>For chapters that have members that want to address perfectionism and gain a better understanding of strategies to work with perfectionism.</td>
<td>Safety, Health &amp; Wellness</td>
<td>Tuesdays 3-4pm</td>
</tr>
<tr>
<td><strong>Stress and Time Management</strong></td>
<td>Students will learn about natural stress reactions and ways to cope with stress, including strategies geared toward time management.</td>
<td>For chapters that have members who would like to learn with ways to cope with stress and better manage their time.</td>
<td>Safety, Health &amp; Wellness</td>
<td>Fridays 3-4pm 150 Younkin</td>
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<tr>
<td><strong>Relaxation Station</strong></td>
<td>Come to this 50-minute workshop to learn about and practice behavioral strategies to decrease anxiety and promote relaxation.</td>
<td>For chapters that want to gain more tools to promote relaxation and decrease stress.</td>
<td>Safety, Health &amp; Wellness</td>
<td>Wednesdays 4-5pm 150 Younkin</td>
</tr>
<tr>
<td><strong>Open Doors</strong></td>
<td>The intent of this program is to create a safer and more welcoming environment which acknowledges that acts of bias occur at our University and which helps individuals and communities heal from, and become more resilient to, acts of discrimination and bias.</td>
<td>For chapters that want to gain knowledge on how to identify, interrupt and report bias.</td>
<td>Diversity</td>
<td><a href="mailto:opendoors@osu.edu">opendoors@osu.edu</a></td>
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<td><strong>Sisters Creating Change</strong></td>
<td>Sisters Creating Change is a two-part interactive workshop developed by sorority women for sorority women in order to foster a safe space for women to talk about sexuality, sexual consent, and sexual violence in a supportive environment. This program fulfills the annual Safety, Health, and Wellness Standards of Excellence requirement and is a great opportunity for your chapter to come together to explore this issue of sexual violence in an in-depth and meaningful way.</td>
<td>For sororities that want to learn more about sexual consent and sexual violence</td>
<td>Safety, Health &amp; Wellness</td>
<td><a href="mailto:athletesick.5@osu.edu">athletesick.5@osu.edu</a></td>
</tr>
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<td><strong>An Open Reflection on Spirituality: Faith in Your Greek Experience</strong></td>
<td>Think back to the time you walked across your campus and ran into the “extremist” religious speaker. How did that interaction make you feel? What were your initial thoughts? During this reflective presentation participants will have an opportunity to synthesize those moments and reach a deeper understanding of their own spiritual journey in relation to their fraternal experience. The purpose of this presentation is to have participants understand their personal spiritual identity and how it connects to their experiences as fraternity and sorority members. Through the use of Robert Nash’s Religio-Spiritual Narratives the presenters will explore personal identity development. This presentation is open to all walks of life regardless of faith based beliefs or experiences.</td>
<td>Have members that want to gain a better understanding of spiritual matters and faith; and that want to learn about ways to discuss and explore spirituality.</td>
<td>Safety, Health &amp; Wellness</td>
<td><a href="mailto:quin.strouse@cru.org">quin.strouse@cru.org</a></td>
</tr>
</tbody>
</table>