

## **Student Activity Report**

**January 2024**

### **Student Engagement**

Student organizations wrapped up the semester with holiday celebrations and activities. Several groups utilized the student lounge for dinners, game nights, cookie decorating, service projects, and karaoke. Groups focused on preparing for club day events during Week of Welcome (WOW) January 16-19 and creating content for FVCC Connect. The new student engagement platform is a one-stop shop for student organizations, upcoming events, and campus resources. Students can learn about student activities, join a club, and get connected.

The Court Appointed Special Advocates (CASA for Kids) giving tree event wrapped up on December 13<sup>th</sup> and brought in gifts for 98 local foster children.

The Food Pantry received 7 visits during the first two weeks of December and distributed 69.8 pounds of food.

### **Campus Recreation**

The Campus Recreation program hosted basketball and volleyball intramurals twice a week throughout the semester with the last of the fall semester taking place on December 5<sup>th</sup> and 6<sup>th</sup>, seeing an average of 12 students each evening. A staff vs. students dodgeball tournament was hosted on December 6<sup>th</sup> and had 7 staff/faculty and 15 students participate. Trivia Thursday and Friday, an air frying foods event, alternated weeks throughout the semester with the last event taking place on December 7<sup>th</sup>. An average of 5 participants were in attendance for each.

Through the month of December, there were 165 members enrolled in the Fitness Center. This included 158 students and 7 staff or faculty. There was a total of 95 check-ins, with Wednesdays being the busiest day and with 10:00 a.m.-Noon and 3:00 p.m.-4:00 p.m. being the most popular times. From observation, the treadmills and ellipticals were the most utilized machines and the bikes were the least used.

### **Student Wellness Team (SWT)**

Through December, the SWT hosted a variety of events. On December 1<sup>st</sup>, a special karaoke event took place in remembrance of Freddie Mercury and in recognition of World AIDS Day. At this event, educational materials highlighting AIDS awareness and prevention were provided to all participants. There were approximately 12 students in attendance. On December 7<sup>th</sup>, the SWT hosted its biannual Stress Less Day event taking place the week before finals week. This event offered students the opportunity to destress and relax with therapy dogs, self-care activities, art therapy, and DIY stress balls. The event brought in approximately 60 students.