

Greeks Raising the Bar

Spring 2017

Sponsored by GAMMA



Wellness Resource Center
University of Missouri

Letter from the Wellness Resource Center

Dear Chapter President,

We could not be more thrilled to kick off a great semester for Greeks Raising the Bar at the University of Missouri. As the leader of your chapter, and of the Greek community as a whole, we hope that you understand the importance of alcohol safety and take pride in the image of the Greek community. This attached guide includes a full calendar of events and opportunities in order to pursue the mission of a healthier and safer Greek community here at Mizzou.

Our goal is to use "Greeks Raising the Bar" is to get the conversation started on alcohol issues, to encourage members to take pride in being Greek, and keep members safe. If our programs can affect the lives of even a few members, we are on the track to achieving these goals. Our team knows how great Greek Life can be. By working with us, together, we can make it an even better experience for everyone.

We hope that through this informational packet, you are able to discover what our office has to offer for your chapter for Spring 2017. We will be incentivizing attendance and participation with a letter to your nationals and "Wellness Programming Excellence" banner to hang at the winning chapter's house for achievements.

If you are interested in participating in this year's Greek's Raising the Bar Programming or for more information, please email Graduate Advisor, Samantha Sagakheneh or stop by the Wellness Resource Center in the lower level of the Student Center and check us out!

All the Best,

The Wellness Resource Center

For more information:

Graduate Assistant, Wellness Resource Center

Samantha Sagakhaneh
scsd6c@mail.missouri.edu

Link to Contact for Presentation Requests:

Orgsync: <https://orgsync.com/138867/forms/199692>

Point Breakdown

Award Tiers

Level	Significance
1st Place Winner	The chapter with the most points will receive a "Programming Excellence Banner", a letter to nationals addressing the chapter's commitment and participation, and a donation to the chapter philanthropy.
2nd Place Winner	The chapter that comes in second place will receive a "Programming Excellence Banner", and a letter to nationals addressing the chapter's commitment and participation.
Chapter with +2,000 Points	Chapters that reach 2,000 points throughout the semester will receive a letter to nationals addressing the chapter's commitment and participation.

Point Breakdown

Event details are available on the following page.

Lunch and Learns - Free Lunch!	
February 8, 12pm-1pm: "Step Up Bystander"	10 Points/Person
February 15, 12pm-1pm: "Pregamming"	10 Points/Person
February 22, 12pm-1pm: "Legal Issues"	10 Points/Person
March 8, 12pm-1pm: "Self-Care"	10 Points/Person
April 12, 12pm-1pm: "Achieving Resiliency Together"	10 Points/Person
April 26, 12pm-1pm: "Stress and Time Management"	10 Points/Person
Chapter Programming	
In order to request a presentation for your chapter, please log onto Orgsync and proceed to GAMMA portal. There you will find the form to fill out for your request! We require 2 weeks' notice. If you have any trouble, please contact Samantha Sagakhaneh at scsd6c@mail.missouri.edu.	
New Member Presentations	500 Points/ Chapter
Chapter Presentations	1000 Points/ Chapter
Individual Training Opportunities	
"Ask Listen Refer" Training	
<ul style="list-style-type: none"> - Visit asklistenrefer.org - Select "University of Missouri" for the customized course - Email provided certificate to scsd6c@mail.missouri.edu OR bring certificate to the Wellness Resource Center front desk. (either way, please include your chapter affiliation) 	

SPRING INTO WELLNESS!

2017

STEP UP BYSTANDER

February 8, 12pm-1pm, Women's Center Lounge
Learn how to look out for your friends & help to keep them safe!

Free lunch for the first 50 people!

PREGAMING

February 15, 12pm-1pm, Women's Center Lounge
What are the risks and rewards of pre-gaming?

Free lunch for the first 50 people!

LEGAL ISSUES

February 22, 12 pm-1pm, Women's Center Lounge
What are the potential legal & student conduct consequences for an underage or other alcohol violation?

Free lunch for the first 50 people!

SELF-CARE

March 8, 12pm-1pm, Wellness Resource Center Lounge

Free lunch for the first 50 people!

SAFE DRIVING INFORMATION TABLING

March 15, 11am-1pm, Table 6, Food court area of Student Center

Free prizes!

ART: ACHIEVING RESILIENCY TOGETHER

April 12, 12pm-1pm, Women's Center Lounge
Resiliency is the ability to bounce back from adversity. It is found in a variety of behaviors, thoughts and actions that can be learned and developed.

Free lunch for the first 50 people!

STRESS AND TIME MANAGEMENT

April 26, 12pm-1pm, Women's Center Lounge
Tips, Tricks and Hacks for managing stress & time with final projects and exams!

Free lunch for the first 50 people!