Program Descriptions

Alcohol & Other Substances:

Blackout Blackjack
A fun, interactive twist on blackjack that teaches students how Blood Alcohol Concentration (BAC) works. Participants learn how factors like drink count, time, and body weight affect BAC, along with practical strategies to track drinks and make safer choices.

Trivia Pong with Drunk Goggles
Students compete in a lively game of trivia pong while wearing drunk goggles to simulate alcohol impairment. This activity combines alcohol safety education with hands-on learning about coordination, perception, and reaction time.

Bartending School
This engaging program tests students' knowledge of standard drink sizes, BAC, and safer drinking strategies. Participants "step behind the bar" to measure mock drinks and learn practical skills for making informed choices.

Mindful Mocktails
An alcohol-free event that blends creativity and wellness. Students "craft "mocktails while learning about mindful drinking, alcohol alternatives, and strategies for socializing without alcohol. *We do not provide the ingredients for the mocktails, only the educational game*

Cannabis Jeopardy
A fast-paced Jeopardy-style game focused on cannabis education. Students test their knowledge about cannabis effects, safety considerations, campus policies, and harm-reduction strategies in a fun, interactive format.

Healthy Relationships & Sexual Health:

Flag It or Fix It
An interactive relationship health activity where students review real-life scenarios to identify "green flags" and "red flags." Participants discuss healthy communication, boundary setting, and strategies to address concerns in friendships and romantic relationships.

Pillow Talk Bingo
A fun, approachable bingo game that covers topics related to sexual health, consent, and communication. Students learn key information about safer sex practices and healthy intimacy while competing for small prizes.

Program Descriptions

Stress Management:

The Chill Lab
A hands-on relaxation program designed to encourage stress management and self-care. Students create their own sugar scrubs, make stress balls, and unwind with calming coloring activities—perfect for midterms, finals, or high-stress weeks.

Mental Health:

Mental Health Monsters
A creative and interactive program that helps students explore common mental health challenges in a fun, approachable way. Participants design their own “monsters” representing stress, anxiety, or other challenges, then learn practical coping strategies and campus resources to help tame them.

Sleep :

8 Hours or Bust *Coming Soon*
An engaging program focused on the importance of quality sleep for academic success and overall wellness. Students learn how sleep cycles work, explore the impact of poor sleep habits, and discover practical strategies to improve sleep hygiene and get the rest they need.

General Wellness:

Wheel of Well-being
Give the wheel a spin and test your knowledge of the eight dimensions of wellness! Students answer questions, complete mini-challenges, and learn practical tips for enhancing physical, emotional, relational, financial, and other areas of wellness—while having fun and winning small prizes.