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Table focuses on:

- Emotional Wellness 
- Physical Wellness 
- Intellectual Wellness 
- Financial Wellness 
- Occupational Wellness 
- Spiritual Wellness 
- Environmental Wellness 
- Social Wellness 

Alphabet Soup



A...B...C... LGBTQIA+! Let's learn the alphabet of basic terminology in the LGBTQIA+ community! This table is designed to educate the student body on how to respectfully interact with the LGBTQIA+ community using real world scenarios. There is a plethora of wonder surrounding this community, and it is important that we work actively to educate everyone on life within the community.

Consent Culture



Consent is vital to sexual relationships and one's relationship to themselves because everyone has a right to choose what they want to do sexually. It is important as a culture that we respect this to help build our relationships on trust and open communication. At this table, we will discuss consent and consent culture, why it's important, what language to use in regard to consent, and what support is offered for sexual assault survivors.



De-Stress For Your Tests

Managing your stress is a difficult challenge in college, and it is even harder to do during exam time. Coloring is a method of mindfulness and can be used as a relaxation tool during those times. Students will have a chance to color to take a mental break from their tests and assignments. They will also play with our thumbball to talk about what causes them stress and reflect on their responses to it.



Eat More Color

Good nutrition can be a major concern for college students. We know we should eat better, but that doesn't always mean that we do. The purpose of this table is to show students how easy it can be to build a balanced meal. Students will learn about recommended portion sizes according to MyPlate and then learn the benefits of adding a little more color to their diet! *Note: Two tables and two chairs are required for this table.*



Edit Your Credit

Credit cards and debit cards look almost identical on the outside. But there are some key differences between these two pieces of plastic. Depending on what the situation is, it may be better to use a credit card versus a debit card. No matter which card is used, it's always a good idea to make sure they are used responsibly. At this table, we will break down credit card facts using trivia questions and sort the differences between a credit and debit card to help students edit their credit!



EveryBODY Is Beautiful

It is our flaws that make us unique and beautiful. The purpose of this table is to have students embrace the aspects about their bodies that make them beautiful. They will identify their personal attributes, both physical and characteristic, that make them feel beautiful. Students will also identify the activities their bodies allow them to do. For example, while some students might be self-conscious about their thighs, that part of their body serves a physical purpose and allows them to walk, run, and dance. Students should embrace their uniqueness and be proud of what their bodies can do for them.



Fun With Beer Goggles

Whoa! Watch your step! When we consume too much alcohol in a short amount of time, it can negatively impact our coordination and the ability to complete routine tasks. At this table, students will have the chance to test how well they can complete different tasks while "under the influence" of our beer goggles.



Germ X

Spread kindness, not germs! Washing your hands and/or using hand sanitizer are great prevention tactics to eliminate illness-causing germs. Students will put their handwashing technique to the test and see how they can improve their handwashing routine for maximum effectiveness!



Go for Goals

Creating a goal helps us know what we're aiming for in life and gives us a purpose. Whether that's a weight loss goal, going to graduate school, paying for school, or getting the grades we want. Sometimes putting pen to paper clarifies our thoughts of what we would like to achieve. Our gold-medal activities are designed to help you with goal setting as a college student to make this semester the best one yet!



HIV-AIDS

We have come a long way since the news of HIV and AIDS broke back in the 80s, but there are still some common misconceptions. The goal of this table is to educate students about HIV and AIDS, fight the misconceptions of how it is spread, and share ways that we can support those who have tested HIV positive. Additionally, students are able to commemorate anyone they know who is currently battling HIV or honor an individual who has died from AIDS.



Let's Be Blunt

Let's be blunt, 42% of college students have used cannabis and 19% of them in the last two weeks. In fact, 54% of students drove within 6 hours of using cannabis. At this table, students will have the opportunity to learn about the effects of cannabis use and facts on safe and responsible consumption. Students will learn that if one chooses to partake in cannabis use, there is a way to do it safely.



Map Your Night

When alcohol becomes part of your night out, do we really know where the night will take us? Map Your Night allows students to make their own decisions to see where their actions will lead them. Will they go home with somebody, get a DUI, make it home, or get alcohol poisoning? They will also have the chance to engage in trivia about alcohol!



Mocktails Table (Largescale Only)

Everyone can have a tasty, nonalcoholic beverage when they are out. At this table, students will learn how to make non-alcoholic drinks from ingredients often found at parties. They will also get the chance to try some delicious drink options.

Largescale programs are defined as 100 people or more



Name The Grain

With access to dining halls, late night food delivery, and cheap ramen, it can be hard to maintain a healthy diet. Students will have the opportunity to identify different grains they could use in their diet today to prepare them for a lifetime of healthy eating!



Picture Yourself a Peer Educator

Current Peer Educators inform students about our group and recruit them to join. Students who stop by will learn about the group's tiered structure and about the various outreach activities hosted by Peer Educators, such as Healthy Hump Day and Cash Cab. Students can fill out our interest list to have the application emailed directly to them and be able to locate the application once it goes live. Students will have the chance to take a photo with our picture frame to picture themselves as a Peer Educator!



Pour Decisions

Different types of beer, wine, or liquor can have very different amounts of alcohol content. This can lead to us making poor decisions on how much alcohol we are consuming. Students will participate in an interactive pouring activity to help them learn that "one cup" doesn't necessarily equal "one drink." They will also have the chance to engage in trivia about alcohol!



Prevention & Wellness Info

Prevention and Wellness is a high energy office, here to meet the health and wellness needs of FGCU students! We provide health education, free resources, outreach events, and other methods of engaging to educate students on wellness topics relevant to their success in college. At this table, students will engage in a matching game to help them understand some of the different resources that are available through our office and similar offices.



Private Protection

We believe that protecting one's sexual health is something to be proud of, not embarrassed about. Don't let pregnancy or STI's come between you and your partners. Let's get closer with barriers by learning about contraceptive and protection methods for sexual health.



Relationship Red Flags

A relationship is a connection between two individuals and our lives are made up of so many of them – friends, family, acquaintances, and romantic partners! Unfortunately, many people may not know how to identify the subtle differences between a healthy relationship and an unhealthy relationship. By understanding what factors create a healthy relationship, we hope that students will begin to recognize “red flags” of an unhealthy relationship in order to help them lead fulfilling lives.



Safe Spring Break

Spring Break is a much anticipated time of the year for college students. Whether students go to the beach, drink, visit family, rest and relax, have sex, or go on an adventure, we want them to be prepared. Students will be able to create personalized Safe Spring Break Kits with their choice of resources. They will also will get the chance to test their sun safety knowledge to help beat the heat!



Sleep On It

Sleep is vital to success in classes, work, and personal life. However, most students sacrifice their sleep to balance everything on their plate. Studies reveal that when people fail to get enough sleep, concentration and memory can suffer. This table gives students the opportunity to learn the different ways people are affected by sleep loss by navigating their way across our game board to collect the most amount of sleep hours! It also offers a unique activity, allowing students to try meditation using our anti-gravity chair! This is a simple technique every student can use before bed to help them relax and have a better night's sleep.



Soul Searchin'

Spirituality holds different meanings for everyone. To some, it is part of a religious practice such as going to church and praying. To others, it is non-religious and can be felt through reflection, yoga, or long walks. Students will have the opportunity to guide their spiritual journey by defining what spirituality means to them, identifying their personal values, and expressing gratitude.

STD Roulette



STD Roulette is a fun way to test your knowledge of STDs. Since many STD's have overlapping symptoms, it can be difficult to tell them apart. Students will spin the wheel to select an STD category, answer a trivia question related to that STD, and have the chance to learn facts about it.

Stop the Stigma



Mental health is a topic that is very real and can be uncomfortable to talk about. This table aims to stop the stigma of mental health and the shame that many people who struggle with mental health feel on a daily basis. We hope to normalize mental health by talking about it and by correcting the common misperceptions that surround it.

Study Safe



Tests are unavoidable for college students. Some students may pull "all-nighters" and consume an excess amount of caffeine or use study drugs to ace a test. Take a minute to learn the pros and cons of caffeine consumption as well as the daily allowance for caffeine. The table also discusses the effects of study drugs and some alternatives to using them!

The Blame Game



Victim blaming is when the victim of a wrongful act is made to feel partially or entirely responsible for the actions committed against them. Sexual assault is never the survivor's fault. In speaking with a survivor of a traumatic incident, language is incredibly important. The goal of this table is to make students aware of common questions and phrases that are actually examples of victim blaming.

Tick Tock, Manage Your Clock



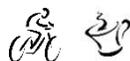
In college, you have the chance to be involved on campus, have a job, and take some neat classes. How do you balance it all? How do you know what to do first on your long list of things to do? At this table, students will come away with one concrete adjustment to help prioritize their time better. Students can also take a procrastination self-test to determine whether they are struggling with procrastination.

Wellness: Keeping It Wheel



Life is all about balance. At this table, students learn about the 8 dimensions of wellness and how balance within it contributes to their overall health. They will get a chance to recognize successes and improvements in their personal wellness journey, while learning about campus resources that can support them. In addition, we inform them about our Wellness Coaching program, in which students can participate in a one-on-one meeting to achieve a well-balanced lifestyle! They will also get to learn about our Wellness Warrior pathway, where students can earn neat prizes!

Woke About Smoke



Let's dive in! It is a common understanding that smoking has an impact on the lungs, but most people don't realize how smoking can also affect things such as bones and muscles! At this table, students will be able to learn about the different physical and mental effects smoking can have on an individual's body using the classic board game Operation! They can also join us for a discussion about the health effects from cigarettes, e-cigs, and hookah products, and leave a little more woke about smoke!

You're Invited



It is not always easy to know someone is considering suicide. Signs are not always given in a direct and easy way. Usually, people with thoughts of suicide are showing others in different ways. What we see, hear, sense or learn about a person can give us an invitation that they are struggling with thoughts of suicide. Students will be able to learn about these invitations and resources that can be utilized to provide the best support for someone with these thoughts.

Zombie Zone



Drugs such as Flakka, Molly, and LSD can lead to users being in a zombie-like state where the body and the mind take over. At this table, students will be able to jump into the zombie zone and navigate through it by answering some trivia questions!