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# **MENU OF PROGRAMS**

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**FRATERNITY AND SORORITY LIFE OFFICE**

**LAST UPDATED: AUGUST 2024**

# MENU OF PROGRAMS

## LAFENE HEALTH CENTER

- CPR TRAINING
  - **Heartsaver First Aid CPR AED** trains anyone with little or no medical training to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner.
- BLS TRAINING
  - **Basic Life Support (BLS)** for healthcare professionals trains participants to promptly recognize several life-threatening emergencies, give high-quality CPR, deliver appropriate ventilations and provide early use of an AED.

## MORRISON FAMILY CENTER FOR STUDENT WELL-BEING

- HEALTH PROMOTION
  - BULLETIN BOARD IN A BAG
    - We hope we have made it easier for you by providing a wide variety of bulletin board resources and posters you can print for your home.
  - EVERY WILDCAT A WELLCAT RESOURCES OVERVIEW
    - Learn about the six pillars at K-State that are key to holistic well-being: Career, Financial, Social, Emotional, Physical, and Spiritual. Key campus resources to support students' well-being will be discussed, as well as the EssentialIST model, which can be used to help keep students' well-being balanced in times of stress or transition.
  - LIVE LIFE WELL - LAFENE HEALTH CENTER PRESENTATION
    - Learn about the services offered at Lafene Health Center.
  - SEXUAL HEALTH PRESENTATION
    - Presentation for students teaching them about the importance of caring for and maintaining their sexual health. Discusses several topics related to sexual health. Includes an interactive learning opportunity for students to engage in, where they help dispel myths related to sexually transmitted infections.
  - TELUS HEALTH STUDENT SUPPORT PRESENTATION
    - Download the FREE student app designed to support your health and well-being at K-State. A guided tour through all of the health and well-being resources on the app, as well as how to access the 24/7 chat support or scheduled tele-health therapy--all with trained counselors.
  - LAFENE HEALTH CENTER HEALTH KITS
    - Request health kits for your group that include a card that lists the services offered at Lafene Health Center and Lafene Counseling and Psychological Services (CAPS), a business card about TELUS Health Student Support, and a thermometer from Lafene Health Center.

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## MORRISON FAMILY CENTER FOR STUDENT WELL-BEING

- PREVENTION PROGRAMING
  - *HEALTHY RELATIONSHIPS IN THE DIGITAL AGE WORKSHOP*
    - *This workshop places specific focus on the role of technology and digital media in navigating relationships in everyday life. Participants will learn of the importance of setting boundaries in digital spaces (e.g. social media, phones, gaming, etc.) to challenge the notion that everyone must be accessible and available 24/7.*
  - *HEALTHY RELATIONSHIPS AND CONSENT 101 WORKSHOP*
    - *This workshop places emphasis on healthy behaviors, boundary-setting, and consent within all forms of relationship (e.g. romantic, friendship, roommates, co-workers, etc.).*
  - *BRINGING IN THE BYSTANDER*
    - *Bringing in the Bystander (BITB) is a prevention program based on the concept that all community members have a role to play in ending incivility, harassment, violence and discrimination. The important role that a bystander has in intervention is the basis for this unique and effective program. The program helps participants gain the knowledge and skills needed to identify and safely intervene before, during and after instances of risky behaviors.*
  
- WELL-BEING
  - *Wellbeing Workshops* (click to access the form)
    - *Topics Include:*
      - *Alcohol and Other Drug Education*
      - *Bringing in the Bystander*
      - *Every Wildcat a WellCAT Resources Overview*
      - *Healthy Relationships in the Digital Age*
      - *Healthy Relationships and Consent 101*
      - *Lafene Health Center Health Kits*
      - *Live Life Well - Lafene Health Center Presentation*
      - *Resilience*
      - *Sexual Health*
      - *Stress Management*
      - *Suicide Prevention*
      - *TELUS Health Student Support Presentation*
      - *The Essentialist*
      - *Well-Being*
      - *WellCAT 101: Healthy Habits for BIG Results*
      - *WellCAT for Life: College to Career*

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## STUDENT BELONGING AND INCLUSION

- MORRIS FAMILY MULTICULTURAL STUDENT CENTER
  - [MFMSC@k-state.edu](mailto:MFMSC@k-state.edu)
  - Intercultural Learning & Academic Success
    - *Dr. Debra Bolton, Director*
    - Intercultural Learning and Development
      - *Student Identity Development and Academic Success promotes awareness of self and others by providing workshops, publications and events with other professional development opportunities that advance belonging and equitable policies and best practices to address the academic, social, and emotional needs of students.*
  - Reserve Space in the Morris Family Multicultural Student Center
    - *Reservations must be used to promote multiculturalism, while aligning with the mission of Multicultural Student Life. For an understanding of the rules, schedule of charges, and expectations, please review the Center's Policy Manual.*
    - Step-By-Step How to Reserve

## STUDENT SUPPORT AND ACCOUNTABILITY

- STUDENT CODE PRESENTATION
  - *Contact: [studentsupport@ksu.edu](mailto:studentsupport@ksu.edu)*
    - *If you would like to have someone come in and speak/explain the Student Conduct Policy or the Conduct Process to your organization or leadership/exec, please contact the above email.*

## CENTER FOR ADVOCACY, RESPONSE AND EDUCATION

- WORKSHOPS INCLUDE:
  - *CARE 101*
  - *The Red Zone*
  - *The Reality of Sexual Violence*
  - *The Reality of Relationship Violence*
  - *Realities of Teen Dating Violence*
  - *Sexual Harassment in the Workplace*
  - *Trauma-Informed Care*
  - *Drug-Facilitated Sexual Assault*
- *If you would like to have someone from CARE come to your location (residence hall, community, class, etc.) to give a presentation or facilitate a discussion, please email us at [ksucare@ksu.edu](mailto:ksucare@ksu.edu).*

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## STUDENT PROGRAMS AND INVOLVMENT

- ORGCENTRAL PRESENTATION
  - *Contact: studentinvolvement@ksu.edu*
    - *If you are needing a refresher for your leadership/exec, email the above address to ask about presentations and trainings regarding OrgCentral.*
- STUDENT ORGANIZATION POLICIES
  - *Contact: studentinvolvement@ksu.edu*
    - *If you would like to have someone come in and speak/explain the Student Organization Policy to your organization or leadership/exec, please contact the above email.*

## POWERCAT FINANCIAL

- GROUP PRESENTATIONS
  - Presentation Requests
  - Presentation Topics
    - *Personal Education Financial Plan*
    - *Budgeting and Saving*
    - *Credit Use and Debt Management*
    - *Student Loan*
    - *Work After College*
    - *Job Offers and Employment Benefits*
    - *Identity Theft*

## RECREATIONAL SERVICES

- FITNESS SERVICES
  - Fitness Outreach
    - *Personal trainers and group fitness leaders are available upon request to conduct fitness/exercise-related workshops/presentations at various times throughout the semester. Services may be requested for campus affiliated groups/clubs. Workshops/presentations will be conducted at the Recreation Complex or can be brought to you on campus at the discretion of the Assistant Director-Fitness. All requests require submitting a presentation request form.*
    - *Invoices will be sent to the requesting individual or group once the request has been approved. Requests will be scheduled based on the availability of personal trainers and/or group fitness instructors. Requests submitted less than 2 weeks out are not guaranteed to be scheduled.*
    - *\$30 fee for up to 50 participants*
    - *\$60 fee for 51 or more participants*

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## K-STATE POLICE DEPARTMENT

- COMMUNITY SAFETY TALKS
- PRESENTATION REQUESTS
  - *If you would like an officer to come speak to your fraternity, sorority, residence hall, class, or other group about topics such as drug awareness or crime prevention, please call Lieutenant Bradli Millington for scheduling or e-mail Lieutenant Bradli Millington.*
- SAFETY AND SERVICES
  - *Rave Guardian App, Cats Don't Drink and Drive, SafeRide, Silent Witness, K-State Alerts, Blue Light Phones, and Fingerprinting.*

## OFFICE OF RISK AND COMPLIANCE

- ELLIOT YOUNG
  - *Contact: [ecyoung@ksu.edu](mailto:ecyoung@ksu.edu)*
  - *Risk management information and guidance to help the fraternity and sorority communities manage risks - safety, liability risk reduction, hiring vendors, transportation, compliance with university policies, university resources, insurance coverage and others.*

## UNION RESOURCES

- BOOK A SPACE
  - [View Event Spaces](#)
  - [Request Event Spaces Online](#)

## OFF CAMPUS PROGRAMMING

- KYKEON COACHING COMPANY
  - [Contact Greg Pestinger if interested!](#)
    - *Email: [gpester@kykeoncoaching.com](mailto:gpester@kykeoncoaching.com)*
  - [Cost: \*\*FREE, time and materials are being donated!\*\*](#)
  - [Brief Overview of Programming:](#)
    - *In an uncertain world, we have one primary goal: to offer the right insights, guidance, and support to help you discover your best self. Kykeon Coaching Company hosts a multitude of workshops that are customized to what you are looking for, some of these are: Courageous Leadership, Managing Change, Emotional Intelligence, Interpersonal Communications, Time Mastery, and many more that can be found on the [website!](#)*
    - *There are many retreats, events, and workshops that you can browse through to find what best suits you and your chapter's needs. These can also all be delivered in various formats! Please don't hesitate to reach out to Greg and start planning a program fit for what you are looking for!*

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## OFF CAMPUS PROGRAMMING

- KEATING CHIROPRACTIC
  - Contact Dr. Weston if interested!
    - Email: [westonloder95@gmail.com](mailto:westonloder95@gmail.com)
  - Cost: **FREE**
  - Brief Overview of Programming:
    - A variety of health and wellness related topics including but not limited to: prevention and mitigation of repetitive injuries and sports injuries, sports nutrition for recovery and performance and or general nutrition, responsible ergonomic practices for students, daily healthy habits, or can specialize a presentation based on the groups interest!

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## **WANT TO CONTRIBUTE YOUR EXPERTISE TO OUR COMMUNITY?**

***WE ARE SO EXCITED THAT YOU ARE WANTING TO OFFER UP YOUR EXPERTISE REGARDING THE EDUCATIONAL PROGRAMMING YOU WANT TO BRING INTO OUR COMMUNITY! BELOW YOU WILL FIND A LINK TO A GOOGLE FORM WHERE YOU CAN TELL US A LITTLE ABOUT WHAT YOU WERE WANTING TO BRING TO OUR COMMUNITY, SO THAT WE CAN GET IN CONTACT WITH YOU ABOUT FEATURING YOUR PROGRAM IN OUR MENU!***

***[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSEW6P9J\\_NJ75KHTXPZCF4GU9Y1X\\_YKLOWEVVXIZ6\\_YFJYZN2OQ/VIEWFORM?USP=SF\\_LINK](https://docs.google.com/forms/d/e/1FAIPQLSEW6P9J_NJ75KHTXPZCF4GU9Y1X_YKLOWEVVXIZ6_YFJYZN2OQ/VIEWFORM?USP=SF_LINK)***

## **NOT FINDING WHAT YOU ARE LOOKING FOR?**

***IF WHAT YOU ARE LOOKING FOR IS NOT CURRENTLY AVAILABLE ON OUR MENU, PLEASE CONTACT OUR OFFICE AND WE WILL TRY OUR BEST TO HELP YOU FIND WHAT YOU ARE LOOKING FOR!***

***PHONE: 785-532-5546***

***EMAIL: GREEKLIFE@KSU.EDU***