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SPECTRUM

AOD

BYOB - Better Your Own Body

SPECTRUM

What do you want out of college?
An education? A job?
Life-long friends?
A better understanding of our world
and your place in it?
All of the above?

SPECTRUM is a program that highlights the variety of opportunities you have to get involved on campus and make the most of your Pace experience. SPECTRUM events are campus lectures, workshops, field trips, parties, cultural celebrations and more that are designed to address one of the following topics:

- S** Spirituality
- P** Physical Health
- E** Emotional Wellness
- C** Careers & Vocation
- T** Thinking & Learning
- R** Recreation & Social Activity
- U** Unconditional Service
- M** Multicultural Understanding

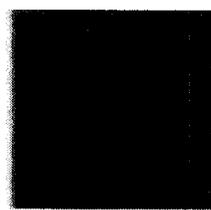
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WHAT IS SPECTRUM?

Careers and Vocation- A big part of your college experience is centered on your vocational and career choices. Events could include a skill assessment workshop, a panel discussion featuring alumni, or a guest speaker from the Peace Corps.

Thinking and Learning- Thinking and Learning are what college is all about! Programs may include a workshop on study skills, a panel discussion about preparing for the CPA examination, or a situational leadership exercise.

Recreation and Social- College is supposed to be fun, right? Social events build community and help us to relax. Examples might include parties, movies, festivals, barbecues, poetry slams or theatrical performances.

Unconditional Service- By serving our community we show respect for others and improve the world around us. Whether volunteering in a soup kitchen, becoming a tutor, participating in a voter registration drive, or cleaning up a park you can find the satisfaction that comes from unconditional service.

Multicultural Understanding- In an educational environment, there are limitless opportunities to learn from those around us. By celebrating our differences and working to find common ground, we can build multicultural understanding. Events may include a film series about lesbian culture, a debate about the Middle East conflict, a celebration of the Chinese New Year or a guest speaker on elder abuse issues.

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 Student Development &
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 New York, NY 10038
 212-346-1590
spectrum@services.pace.edu

OHRM
 106 Fulton Street
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hr12@pace.edu

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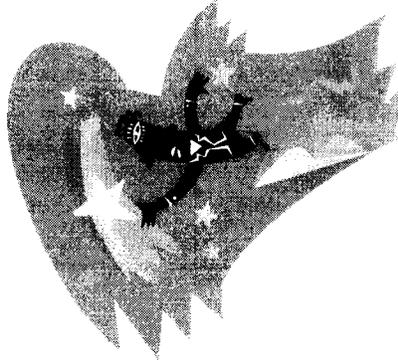
Spirituality- Spiritual programs address questions such as: What do I believe in? What is life all about? What are my priorities? Spiritual events might include a religious celebration, a philosophical discussion, an ethical debate or a workshop on meditation.

Physical Health- Physical health is often neglected in college. It is hard to eat right, exercise and get enough sleep when you're studying until 3:00 am! Events that promote physical health could include nutritional tips, a program on safer sex practices, a workshop on maintaining a healthy body image, or intramural sports.

Emotional Wellness- College can be a stressful time- especially during midterms and finals. Maintaining a healthy balance can be challenging. Events that promote emotional wellness might include opportunities for stress management, discussions about healthy relationships, or a workshop on dealing with difficult people.

WHY SHOULD I JOIN?

Whatever your goals for your college years, joining SPECTRUM can help you to meet them. Do you want to be a better student? Participate in a workshop on time management and study skills. Is landing your dream job your ultimate goal? Come to a networking event. Do you want to have fun and meet new people? Go to a party! Do you want to learn more about another culture? Attend a lecture or film series. By participating in SPECTRUM, you will be exposed to the full spectrum of events at Pace!



HOW CAN I JOIN?

Joining is easy! Simply carry the attached SPECTRUM card with you and present it at SPECTRUM events to earn your sticker. Any approved SPECTRUM event will feature the SPECTRUM stamp on its publicity or mention, "This is a SPECTRUM event." Students who earn a new SPECTRUM sticker each month are eligible to participate in a drawing for prizes at the monthly SPECTRUM rally. (See dates and locations.) The more stickers you earn, the better the prizes!

SPECTRUM RALLY DATES

Our rallies will occur during the Common Hour at 4:15 pm in the Kiosk Lobby at 1 Pace Plaza! Join us in the excitement on...

September 30th

October 28th

November 25th

December 16th

February 24th

March 30th

April 27th

May 4th

Missing a Spectrum card? You can get one from Student Development and Campus Activities at 41 Park Row, 8th floor or the Office of Housing and Residence Life at 106 Fulton, 2nd floor.

Don't forget to bring your card to all Spectrum events to receive your sticker!

Leadership is an intentional choice born out of self-understanding, reflection, education and experiences. Only those who make the choice become leaders - B. Kathleen

U

Sponsor: _____ Hall/Floor: _____ Today's Date: White

Title of Proposed Event: _____ Time/Location: _____ Proposed Date: _____

Part I: Goals/6 I's of Community

Introduction _____ Interaction _____
Involvement _____ Investment _____
Influence _____ Identity _____

Part II: Brainstorming Session

LDEC _____ RHD _____

Part III: Type

Spirituality _____
Physical Health _____
Emotional Wellness _____
Career & Vocation _____
Thinking & Learning _____
Recreation & Social _____
Unconditional Service _____
Multicultural Understanding _____

Part V: Advertisement

Start Date: _____ End Date: _____
RA Flyer and Poster Checklist:
OHRL Stamp _____ Hall Name _____
Sponsored By line _____ Title _____
Date/Time _____ Attach Ad _____
SPECTRUM Line _____
Location _____

Part VI: Approval

Residence Hall Director _____
 Approved
 Denied
All planners must be submitted 2 weeks in advance for approval

Part VII: Evaluation

> What **need** was identified?
> How was it **assessed**?
> What **awareness** did this event provide?
> What **knowledge** did this event provide?
> What **skills** did this event provide?
> What were some of the **challenges**?
> How could this event **improve**?
 Discussed during 1:1

Part VIII: Reimbursement

Actual Spent: _____
Returned Money To: _____ (Initials)
Please allow 2 weeks for any reimbursements

Part IX: Credit Needs

Student Evaluation _____
Flyers Taken Down _____
Attendance Sheet _____
Attach Receipt _____

Part IV: Description

Requested \$ _____ Approved \$ _____
RHD Initials _____

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Ratio - yellow

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card →



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light
orange

Resident Name: _____

Building: _____ Room# _____

Ext: _____ E-mail: _____

Interested in helping planning SPECTRUM events? Y N

Interested in submitting an article to your Hall Newsletter? Y N

Would you like to be involved in our Leadership Retreat? Y N

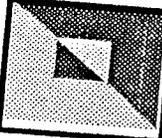


recto

Event Attended: _____

Date of Event: _____ Hosted by (Circle one): RA/ Hall Council

verso

 **Student Evaluation of SPECTRUM
Community Development Events**

- 1) How did you hear about this SPECTRUM event?
- 2) How did Hall Council/Your RA or BA inform you about this event?
- 3) What did you like about this event?
- 4) What feedback do you have for this particular event?
- 5) What did you learn by attending this event? _____

