

A red banner with a large black 'N' and the text 'Northeastern University' is visible on the left side of the image. The banner is part of a larger display, possibly a sign or a wall, and is set against a background of green foliage.

Northeastern  
University

# The Fall 2020 Student Experience

Wellness ★ Joy ★ Engagement



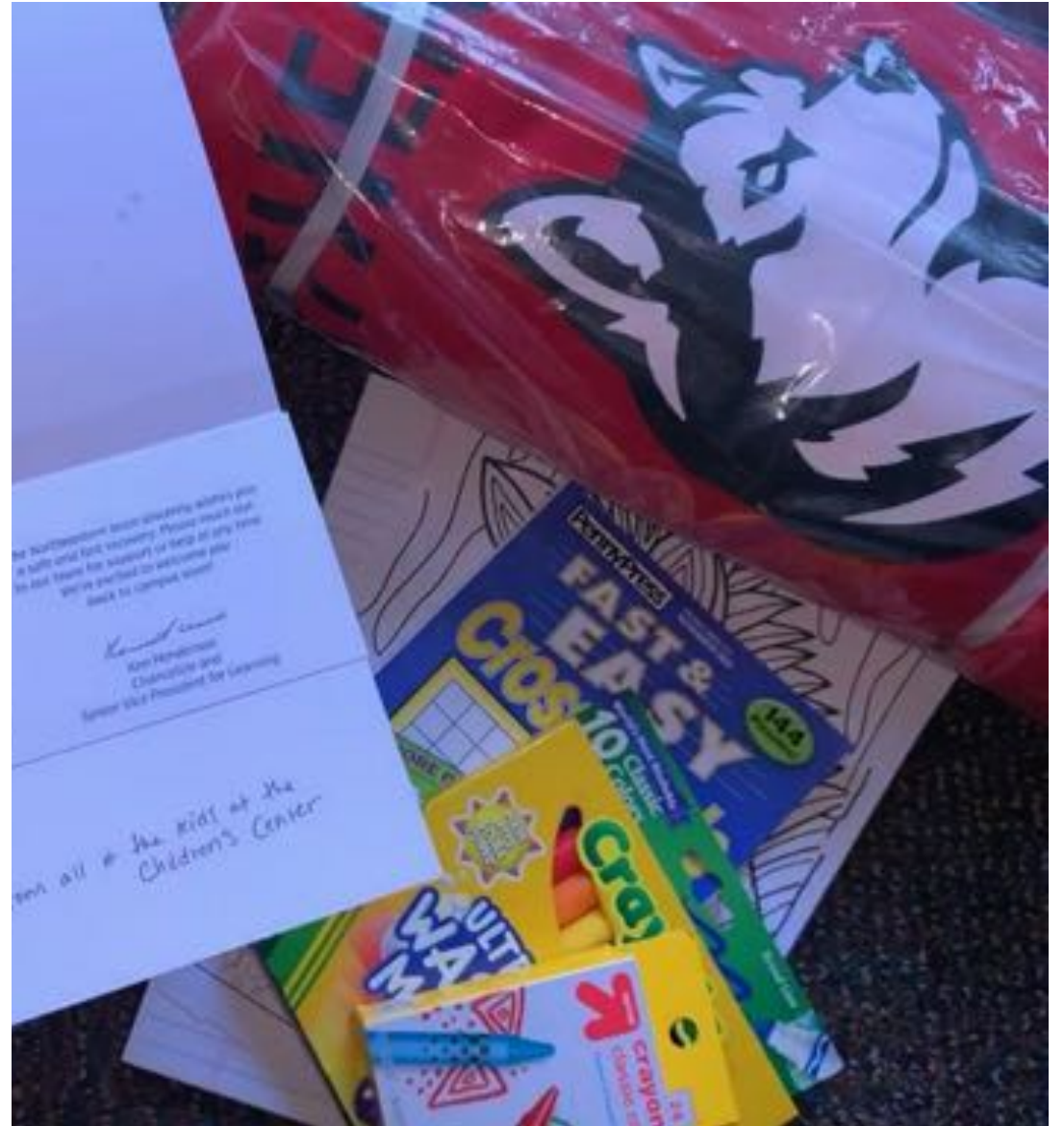
## Find@Northeastern

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- "Support and resources that help you find yourself, your peace of mind, and your distinctive path."
- Designed to offer students an immediate touchpoint for help and resources at anytime from anywhere.
- Available to all full-time students

**find**  
at Northeastern





## Wellness Experience

Day Two

### It's Day 2. Hear from Chancellor Henderson, and be on the lookout for your care package!

Chancellor Ken Henderson shares a special message with you as do your part to #ProtectThePack by isolating or quarantining in Wellness Housing or in your off-campus home.



Movie Night  
Monday



Trivia  
Tuesday



Wellness  
Wednesday



Think  
Thursday



Fam  
Friday



Spirit  
Saturday



Sports  
Sunday





# 45-DAY WELLNESS CHALLENGE

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- Campaign geared towards self-care, personal motivation and individual well-being
- Complete at least 30 wellness challenges within 45 days
- Tag #HealthyHuskies
- Win a Northeastern swag bag



# Finding Joy on campus

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# Keeping in touch: postcard campaign





# Events and traditions

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10/24



11/15

11/12



10/30



# Fostering community in the Res Halls

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- floor-wide Fantasy Football
- masked “speed friending” to help residents meet one another
- art nights
- community Minecraft
- team Jeopardy roommate competitions
- movie nights/film discussions
- ‘jigsaw puzzle bonding’
- recipe shares/cookbook creation
- ‘true color’ identity programs
- hall playlist creations/Spotify exchange
- tea & pastries with Tatte gift cards
- voter registration events



# 2020 Election



HELP US GET OUT THE VOTE!

## BECOME A NORTHEASTERN VOTES AMBASSADOR

Ambassadors will work to educate, register, and mobilize the northeastern community for the upcoming elections.

All years, majors, and registration statuses are welcome to join!



Sign up by  
visiting the  
form featured  
in our  
linktr.ee



### [Religion & Politics](#) October 29, 2020

Northeastern Votes is collaborating with the Center for Spirituality, Dialogue, and Service (CSDS) to have a discussion about how religious beliefs may influence voter preferences. Counselors from the CSDS that each come from different religious backgrounds will share their experiences voting and what larger trends are present within their religious groups.

### [#Feminism: Gender & the 2020 Election](#) Oct 30, 2020

Expert panelists and participants in this interdisciplinary symposium will consider how gender and feminist activism should inform our thinking about the upcoming elections.

### [What-If Government Scenarios](#) November 3, 2020

Professors discuss worse-case scenarios in politics & how the American governance system works.

### [Circle for Post-Election Reflection](#) November 4, 2020

National elections can be stressful and overwhelming for voters. This is a time for reflection and healing following election day.



# Celebrations

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# Spiritual Life

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- Need a break? → Visit the Sacred Space and Reflection Room (200-201 Ell Hall) for some peace and quiet
- Want to chill? → Check daily mindfulness meditations & yoga on the CSDS [YouTube Channel](#)
- Need a listening ear? → Spiritual Advisors are available as nonjudgmental, confidential resources
- Livin' on a prayer? → Leave a request in the Prayer Box in the Sacred Space or the [electronic prayer box](#)
- Ready to celebrate? → Honor Holy Days and Sacred Seasons virtually or safely in-person
- Need tools for self-care? → Enroll in the 5-week, Spirituality and Mental Health Discussion Group
- Want to get creative? → Check out the 'Spirituality and the Arts' programs, like [Paint Night](#) on Nov. 9 at 6 pm.



# mindfulness

FALL 2020

MONDAY - FRIDAY

guided meditation

12-12:30 PM EST

yoga

4-5 PM EST



NORTHEASTERN SPIRITUAL LIFE 

CSDS@NORTHEASTERN.EDU



# Dining: 'Surprise & Delight'

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- New virtual XK events
- Healthy distanced signature events (Pumpkin Fest and Gingerbread)
- Pop-ups in Dining Halls: every other week →
- Wellness Wednesdays: Teaching Kitchen IGTV videos
- [#FreebieFriday](#) gifts at BSO for students who use meal exchanges on Fridays
- Student choice: votes determine meals @International Village →
- DIY kits - surprise student giveaways (latest: DIY Pumpkin Vinaigrette)
- Weekly Themes (latest: superfood apples)



# Club Sports

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- 2400+ students, 64 competitive teams
- Several clubs have begun low-risk activity – individual or socially distanced group activities (non-contact workouts, aerobic conditioning, individual skill work, drills)
- 31 Club teams now utilizing Carter Field + outdoor fitness classes available to all students
- Low-Risk sports (tennis, cycling, running, triathlon, cheer, dance, golf, trap & skeet, alpine skiing, equestrian) have begun modified activity.
- Created a new student leadership position called ‘COVID Officers’ required for all teams. Officers go through an extensive training on COVID guidelines and have a duty to enforce regulations among teammates.





# Making life easier for students

- Opening more spaces for or students to conduct co-op interviews & take online classes
- Making Curry (contactless) lockers available at no cost
- Granting student access to new meeting/study space
- Allowing student org tabling
- Offering opportunities to reflect or “press pause”
- Encouraging physical & emotional wellness
- Boost mobile ordering



WE ARE  
WE ARE  
NORTHEASTERN  
NORTHEASTERN

#PROTECTTHEPACKNU

