

Community Service

- VA Blood Drive, September, 2009
- Angel Tree (Christmas Project), December, 2009
- The Salvation Army Red Kettle (Christmas project) December, 2009
- Haiti Relief Fund Raiser January-March, 2010 (Loose change Drive)
- Valentine's Day Project -Fund Raiser, "Hearts for Haiti" buy a candy bag, February, 2010
- VA-Blood Drive, March, 2010

Goal:

To encourage community outreach projects.

Objectives:

- To plan activities that will impact the community through service.
- To work with community-based organizations.

Research Base:

Supported by the study "Service Learning: Bolstering Leadership Development While Encouraging Personal Growth," community service learning is discussed as a means of helping participants develop a broader understanding of self and others in addition to enhancing skill-building and academic learning.

Source:

Scharff, Constance. (2009). Service learning: Bolstering leadership development while encouraging personal growth. *Transformative Studies Institute*, 2, 80-95.

Educational Enhancement Programs - Programs that are offered in a less formal academic environment that supplements classroom learning.

- Breast Cancer Awareness Forum, October, 2009
- Plagiarism Workshop, October, 2009
- Student Conduct Advisory Board Forum, April, 2010
- Texting While Driving Study, April 2010

Goal:

To provide educational programming that will enhance the overall educational environment.

Objective:

To offer activities that will expand students' educational experience.

Research Base:

Student affairs professionals develop educational expansion activities and communicate information to students and other professionals for the goal of enhancing the academic experience. They contribute to student transformation in higher education through the creation of dynamic programs which promote student learning in classroom and in co-curricular settings.

Source:

Moore, E., & Blake, J. (2007). Articulation, communication, dissemination: Sharing your experiences with others. *New Directions for Student Services*, (117), 57-63. Retrieved from Academic Search Complete database.

Social Programs

- Fall Student Kick-Off Dance (Gym Jam) September, 2009
- Halloween event (Trail of Terror) October, 2009
- Halloween Fall Festival, October, 2009
- Miss, Ms. and Mr. RBC Pageant, November, 2009
- Basketball game trip to William and Mary February, 2010)
- RBC Talent Show, March, 2010
- Campus-Wide Outing (Busch Gardens) April, 2010
- Spring Fling, April, 2010
- Live Band Concert, April, 2010
- Trip to International Raceway, May 2010
- Coffee Fellowship, March, 2010
- Coffee Fellowship, April, 2010

Goals:

- To create the opportunity for fun in a safe environment through co-curricular programs developed by students for students.
- To augment students' social development as a part of their overall academic experience.

Objectives:

- To make social programs available to students that will increase peer interaction and promote character building.
- To assist in developing more well-rounded students.

Research Base:

In the article, "Taking student retention seriously: Rethinking the First Year of College," Vincent Tinto (2000) states that "as students learn more and see themselves as more

academically and socially engaged, their persistence is enhanced." Social activities that promote peer interaction increase student feelings of connectedness with their peers and the institution. Based on Tinto's theory (2000), having this social connection is an integral part of the educational experience.

Source:

Tinto, V. (2000). Taking student retention seriously: Rethinking the first year of college. *NACADA Journal*, 19,(2), 5. Retrieved from <http://faculty.soe.syr.edu/vtinto/index.php>.

Stress-Release Events

- Mid-Semester De-Stressor, October 2009
- Final De-Stressor, December, 2009
- Mid-Semester De-Stressor, March, 2010
- Cook-Out Final De-Stressor, April, 2010

Goal:

To create an environment in which students are away from the pressures of academic deadlines and assignments.

Objective:

To provide programs that can assist students with coping with the stress of academic life.

Research Base:

Stress has a very significant effect on college students. Even in extreme cases, it leads to physical and mental illness. When students have no outlet for de-stressing, their performance suffers quickly. In the article "MyStudentBody-Stress: An Online Stress Management Intervention for College Students," Chiauzzi et al found that "an American College Health Association (ACHA, 2007) survey of more than 16,000 college students found that 33.7% reported that stress interfered with their academic performance, as evidenced by missing classes, receiving lower grades, or dropping courses."

Source:

Chiauzzi, E., Brevard, J., Thurn, C., Decembrele, S., & Lord, S. (2008). MyStudentBody-Stress: An online stress management intervention for college students. *Journal of Health Communication*, 13(6), 555-572. doi:10.1080/10810730802281668.

Commuter Student Focused Events

- Commuter Student Thursday (Coffee Break and more), October, 2009
- Commuter Student Thursday (Coffee Break and more), November, 2009
- Commuter Student Thursday (Coffee Break and more) January, 2010
- Commuter Student Thursday (Coffee Break and more), February, 2010
- Commuter Student Thursday (Coffee Break and more) March, 2010
- Commuter Student Thursday (Coffee Break and more) April, 2010

Research Base:

Studies show that commuter students attend college for various reasons versus their residential student counterparts. Commuter students come from backgrounds of great diversity and have unique needs. A significant number of them may be parents, full-time employees, and come from non-traditional older age groups. In "Commuting Students and Co-curricular Activities," Glass and Hodgins quote Ward and Kirz, who compares a campus to a city, which is made not by buildings, but by people. "To achieve a sense of community, the campus must give the students a visual sense of the whole and his place in it and generate a frequency of social encounter, which strengthens his interpersonal relationships. This means a lively place with a variety of activities, holding the interest of the day students and accommodating the needs of the part-time student."

Richard Bland College has been committed to the commuter student since its inception. Each year, student affairs administrators develop co-curricular programs that consider the concerns of commuter and nontraditional students, who often juggle a great deal of responsibilities, including family, work, etc. The College continues to support organizations such as the Commuter Student Association, which advocates, promotes, and addresses the concerns of commuter students.

Goal: To engage this population in the campus community in a way that allows students to have the full college experience.

Objective: To organize programs that are centered around providing support for the needs of commuter students.

Source:

Glass Jr., J., & Hodgins, H. (1977). Commuting students and co-curricular activities. *personnel & guidance journal*, 55(5), 253. Retrieved from Academic Search Complete database.

Student Leadership Training

- New Student Leader Summer Training August, 2009
- Student Organization Training (Taking on the Leadership Role) September, 2009

Goal:

To produce well-trained student leaders who are able to be fair and objective problem-solvers, active listeners, and versatile and well-rounded individuals.

Objective:

To equip each organization's members with the critical thinking and communication tools that they need to become better leaders.

To foster a learning environment that promotes vision, positive attitudes, respectful behavior, effective communication, mood and crisis management, and of course, civility.

Research Base:

The article Student Development Theory: A Primer describes student development as "the ways that a student grows, progresses, or increases his or her developmental capabilities as a result of enrollment in an institution of higher education." Student development results in more complex individuals in environments that promote positive growth and address students' needs in a healthy manner. This involves students facing challenges, receiving support, developing coping mechanisms, and finding positive resolutions, which create better students and better leaders.

Source:

Gardner, Susan K. (2009). Student development theory: A primer. *Ashe Higher Education Report*, 34, 15-28.

Culture and Human Rights Events

- Cultural Tuesday (Hispanic/Latino) Forum, September, 2009
- Cultural Tuesday (Germany) Forum, October, 2009
- Dr. Martin Luther King Jr. Recognition Program, January, 2010
- Celebrating Black History RBC Talk Show, February, 2010
- Let Your Voice Be Heard (Anti-Gay Discrimination Forum), March, 2010

Research Base:

One key idea in the article "Practicing Diversity Leadership

in Higher Education," is that cultural awareness and diversity programs should be used to convey the message that everyone is an important part of the student body. "Open forums can be used in tandem with other organizational practices to meet specific goals for diversity."

Source:

(2006). Practicing diversity leadership in higher education. *ASHE Higher Education Report, 32*, 71-107. Retrieved from Academic Search Complete database.

Goal:

To foster a broader understanding of one's own culture and other cultures.

Objective:

To offer programs that will enhance the awareness of the diverse groups and unique individuals that comprises the RBC student body.

Awarding Outstanding Student Leadership

- Student Leadership Banquet, April, 2010

Goal:

To acknowledge students for their hard work and dedication to the campus and local communities.

Objective:

To provide an event for students, families, and friends to celebrate student achievements.

Research Base:

The argument has been made by Paul Chance (1992) that teaching without offering external rewards is like asking students to learn to draw while blindfolded. It is important that student achievement is rewarded not only in the classroom, but outside of it, where families and friends can be a part of the recognition.

Source:

Chance, P. (1992). The rewards of learning. *Phi Delta Kappan, 74*(3), 200-205. Retrieved from Academic Search Complete database.

Fall, 2009

New Student Leader Summer Training August, 2009
VA Blood Drive, September, 2009
Fall Student Kick-Off Dance (Gym Jam) September, 2009
Cultural Tuesday (Hispanic/Latino) Forum, September, 2009
Student Organization Training (Taking on the Leadership Role) September, 2009
Mid-Semester De-Stressor, October 2009
Breast Cancer Awareness Forum, October, 2009
Cultural Tuesday (Germany) Forum, October, 2009
Commuter Student Thursday (Coffee Break and more), October, 2009
Halloween event (Trail of Terror) October, 2009
Plagiarism Workshop, October, 2009
Halloween Fall Festival, October, 2009
Miss, Ms. and Mr. RBC Pageant, November, 2009
Commuter Student Thursday (Coffee Break and more), November, 2009
Angel Tree (Christmas Project), December, 2009
The Salvation Army Red Kettle (Christmas Project) December, 2009
Final-De-Stressor, December, 2009
Commuter Student Thursday (Coffee Break and more), December, 2009

Spring, 2010

Haiti Relief Fund Raiser January-March, 2010 (Loose change drive)
New Student Orientation, January, 2010
Commuter Student Thursday (Coffee Break and more) January, 2010
Dr. Martin Luther King Jr. Recognition Program, January, 2010
Celebrating Black History RBC Talk Show, February, 2010
Valentine's Day Project -Fund Raiser ("Hearts for Haiti") buy a candy bag, February, 2010
Basketball Game trip to William and Mary February, 2010)
Commuter Student Thursday (Coffee Break and more), February, 2010
RBC Talent Show, March, 2010
Coffee Fellowship, March, 2010
Commuter Student Thursday (Coffee Break and more) March, 2010
Mid-Semester De-Stressor, March, 2010
VA Blood Drive, March, 2010
Let Your Voice Be Heard (Anti-Gay Discrimination Forum) March, 2010
Commuter Student Thursday (Coffee Break and more) April, 2010
Campus-Wide Outing (Busch Gardens) April, 2010
Spring Fling April, 2010
Student Conduct Advisory Board Forum
Live Band Concert, April, 2010
Student Leadership Banquet, April, 2010
Cook-Out Final De-Stressor, April, 2010
Texting While Driving Study, April 2010
Trip to International Raceway, May 2010
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