



LEARNING MOMENT



✘ ✘ ✘ ✘ ✘ NORTH DAKOTA STATE UNIVERSITY ✘ ✘ ✘ ✘

Title: Celebrating Ourselves

Learning Goal and Outcomes:

Creating Connections

- Support peers in the community

Exploring Identity

- Place value in themselves

Timeframe: October 21 – November 4, 2019

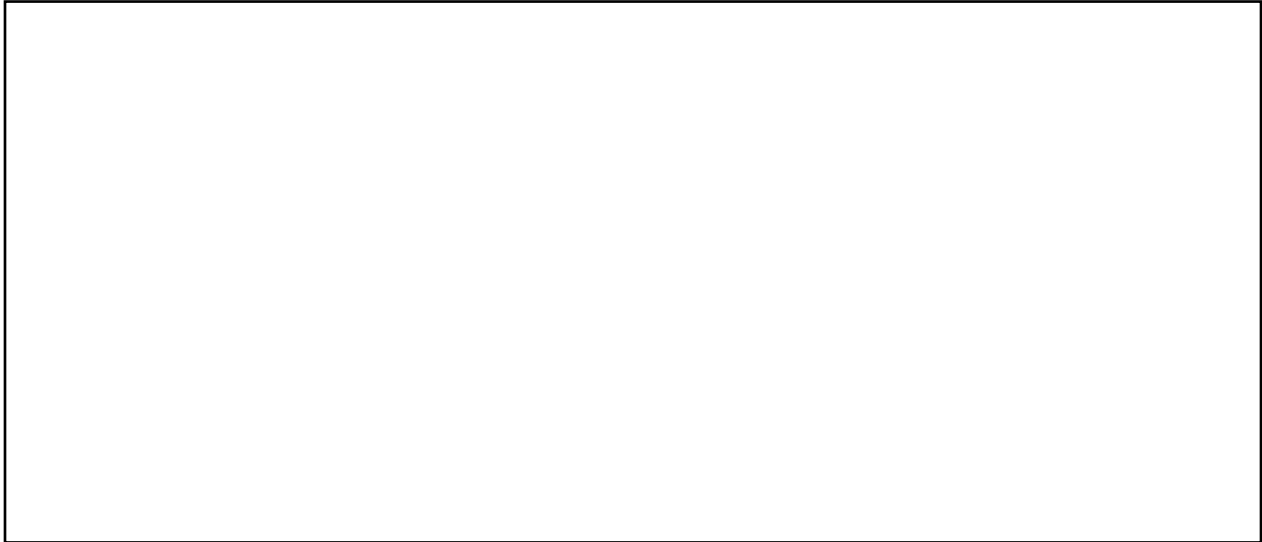
Background

1. An important part of building your community is being able to celebrate yourself and others. Here are some reasons it is important to celebrate:
 - [Why You Should Celebrate Everything](#)
 - More mindful and boosts our well-being
 - [Reasons to Celebrate More Often](#)
 - Build self-respect
 - *Please do not post the links for your residents, but instead use them to help yourself understand why celebrating is important.*

Developing Your Learning Moment

1. Brainstorm things you can celebrate in your community – no matter how big or little!
 - What are some of the things you are proud of about yourself?
 - In your conversations with your residents what are some accomplishments you have learned about them?
2. NDSU's seven dimensions of wellness may give you a good starting point of different types of accomplishments and successes you can celebrate:
 - Physical, intellectual, emotional, social, spiritual, occupational, environmental, and others like financial and mental well-being and community diversity
3. We all have unique ways of celebrating things in our lives. It can vary from person to person and culture to culture. We don't expect you to know everything about every culture, but we encourage you to learn more on your own. Below we have provided an example of how love is celebrated across cultures.
 - <http://blog.languageline.com/global-love-day-14-unique-ways-to-celebrate-love-around-the-world>





4. Some ideas you can use to celebrate the people in your community. This could include, but is not limited to:
 - Use the residents' own doors as a "proud" space. Have resident post an accomplishment they are proud of on their door, and have other residents come around with sticky notes to leave notes of encouragement for them.
 - Create door decorations that celebrate your residents. You know your community and your residents, so this can be a celebration of your community achievement or individual achievements.
 - Create a hashtag and post it in your building. Allow your residents to take pictures of their accomplishments and post them to their social media with the hashtag. Everyone in the hall will be able to search the hashtag and see what's been posted by their hallmates.
5. **Create your own celebration based on the specific needs and accomplishments of your community.**

While the Learning Moment is Active

- Monitor your celebrations to make sure it remains appropriate and remove any concerns or vandalism.
- Check it regularly to join in on the celebrations! Take note of what your residents like celebrating and being celebrated for.
- Encourage continued interaction. The goal is to help your community celebrate themselves and each other.

After the Learning Moment

1. Check in with your residents and remind them not to stop celebrating. Celebrations can and should be an everyday action.

2. Report to your Hall Director in the One Note, answering the assessment questions.

Assessment

1. Give an estimate of how many people participated?
2. Was there a specific theme(s) to the celebrations and if so, what were they? (i.e. academic, personal, etc.)
3. What interactions occurred between residents in regards to their celebrations?