

Activity Ideas

Types of activities we're looking for:

1. Related to content of FIG
2. Common Reading/Texts
3. Movies
4. How to be a student
5. Wellness
6. Service
7. Others?

FIG 01/02: Business Foundations I & II

- Watch Movie: *Money Ball*, discussion by a statistics instructor
- Watch Movie: *A Beautiful Mind*, discussion by economics professor (on Game Theory and its implications in the modern world)
- Invite CPA to floor to talk about job
- Invite local business owner to dinner/discussion to talk about how to start and run a successful business
- Common Text: Listen to Freakonomics podcast and discuss
- Attend Supplemental Instruction
- Basic Budgeting workshop (credit card applications, savings accounts, budgeting, etc)
- Stock Market game
- Visit to Wal-Mart distribution center
- Visit Wyoming Technology Business Center
- Discussion What physics taught me about marketing
(http://www.ted.com/talks/dan_cobley_what_physics_taught_me_about_marketing.html)

FIG 03: Music Avalanche

- Music appreciation: play/perform in Union, Prexy's or outside Library
- Mac 2 Idol (and/or practice for UW Idol)
- Attend live music downtown (may also get class credit for this): Night Heron, Coal Creek, Cloud 9
- Discussion on Virtual Choir (http://www.ted.com/talks/eric_whitacre_virtual_choir_live.html)
- Discussion on Music and Passion
(http://www.ted.com/talks/benjamin_zander_on_music_and_passion.html)

FIG 04: Theatre Foundations

- Watch Movie- *The Producers*, discussion by Theatre professor
- Visit any number of UW plays and Musicals-discussion following
- "Script Reading" night (practice together)
- Improv night

FIG 05: Foundational Studies in Visual Art

- Tour Downtown Laramie with Main Street representative (tour murals)
- Watch: *How Art Made the World*, discussion led by professor
- Visit Art Museum
- Hold contest for t-shirt design (invite other FIGs or rest of floor to be judge), have t-shirts made
- Service Learning: Make cards for Laramie Nursing Home
- Pair with Education FIG to do art class for local school (background check)
- "Wine Fruit & Cheese" Art Exhibit on floor

- Invite local muralists to come in and talk about process of designing and applying to do a mural in Laramie

FIG 06: Gateway to the World

- Celebrate a birthday each month in the style of a non-American custom
- Invite international students to have dinner at Washakie
- Various diversity programs at Washakie and greater campus (<http://www.uwyo.edu/isa/default.html>)
- Movies: Foreign Films (discussion by a student from that country?) Possibilities: *Run Lola Run*, *Amelie*, *Red Violin*, *Princess Mononoke*
- Service Learning: Volunteer at ELS Language Center working with international students' English skills
- Common Reading: *Persepolis*, Marjane Satrapi (graphic novel)
- Study Abroad presentations (students returned from abroad experiences)
- Studying Abroad vs. Growing up abroad
- Discussion of One Story (http://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story.html)
- Discussions of cultural perceptions (http://www.ted.com/talks/mechai_viravaidya_how_mr_condom_made_thailand_a_better_place.html)

FIG 07/08: Kinesiology and Health Promotion, PreProfessional Health Sciences

- Operation (game) Tournament for small prizes
- Invite local dentists, optometrists, physical therapists, and/or residents to do dinner at Washakie
- Watch Show: *Scrubs*
- UW Nursing & Health Professions Career Fair (October)
- Service Learning: Wyoming Area Health Education Center, CHAP
- Common Reading: *Stiff: The Curious Lives of Human Cadavers*, Mary Roach
- Develop health fair with stations for students to visit (yoga station, mini first-aid kits, nutritionist)
- Learn how to do blood pressure
- Blood typing for FIG
- Visit to Corbett to look at labs, skeletons, muscles, gym, etc
- Pfizer Diversity in Health Care (offered through School of Pharmacy for past two falls)
- Service Learning – important to med schools, etc.
- Presentation on Summer Internship opportunities through SMDEP
- Watch Charlie Bartlett and discussion on ethics
- Discussion of disability (http://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity.html)
- Discussion of infallibility (http://www.ted.com/talks/brian_goldman_doctors_make_mistakes_can_we_talk_about_that.html)

FIG 09/12: Teaching Young Children/Exploring a Teaching Career

- Guest lecturer: Brianna Wright (teaching science to students)
- Guest lecturer: Instructor of MATH 1100 (teaching math to students)
- Watch Movies: *Bad Teacher*, *Great Debaters*, *Dead Poet Society*, discussion by professor
- Service Learning: Volunteer to pick up trash around recess area at one of Laramie's local schools
- Common Reading: *Educating Esme: Diary of a Teacher's First Year*, Esme Raji Codell (a very quick and fun read)

- Kappa Delta Pi
- Pair with Art FIG to do art class for local school
- Create mini lesson plans, and present/teach to fellow FIG peers
- Volunteer in local schools (background check)

FIG 10: Criminal Justice: Investigate a World of Possibilities

- Invite UW Law Student to floor to talk about Law school
- Watch *Movie: Pelican Brief*, discussion led by professor
- Watch *Law & Order*, discussion led by professor
- Visit/Tour Police Station
- Personal Safety workshop
- Collaborate with police department to fingerprint kids during SafeTreat for parents
- Bulletin Board idea: Legalities of social networking
- Visit from Law School Admissions office
- Visit from UW Students' Attorney
- Discussion on Ted talks:
 - http://www.ted.com/talks/misha_glenny_investigates_global_crime_networks.html
 - http://www.ted.com/talks/marc_goodman_a_vision_of_crimes_in_the_future.html
 - http://www.ted.com/talks/scott_fraser_the_problem_with_eyewitness_testimony.html
 - http://www.ted.com/talks/bryan_stevenson_we_need_to_talk_about_an_injustice.html
 - http://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil.html
 - http://www.ted.com/talks/elyn_saks_seeing_mental_illness.html
 - http://www.ted.com/talks/david_r_dow_lessons_from_death_row_inmates.html
 - http://www.ted.com/talks/damon_horowitz_philosophy_in_prison.html
 - http://www.ted.com/talks/mikko_hypponen_three_types_of_online_attack.html

FIG 11/15/17: Biodiversity for a Sustainable Future/Environment & Natural Resources/Exploring the Future of Energy

- Visit ACRES farm
- Visit Bright AgroTech
- Visit wind farm on Happy Jack between Laramie and Cheyenne
- Have a presentation by the Wyoming Conservation Corps
- Tour Bim Kendall House
- Visit Farmer's Market
- Service Learning: Pick up trash on Greenway or ACRES Farm Saturday Workday
- Bulletin Board idea: data from sustainability in halls, which buildings/floors use most energy, etc
- Examining *personal* sustainability (wellness, etc)
- Tour of UW Physical Plant
- Tour of UW's recycling program
- Backyards & Barnyards Event (<http://www.uwyo.edu/barnbackyard/events/index.html>)
- Discussion of 6 Ways Mushrooms Can Save the World (http://www.ted.com/talks/paul_stamets_on_6_ways_mushrooms_can_save_the_world.html)
- Discussion of How I fell in love with a fish (http://www.ted.com/talks/dan_barber_how_i_fell_in_love_with_a_fish.html)

FIG 13: Exploring Veterinary Medicine & One Health

- Visit Wyoming State Vet Lab
- Join or visit Vet Club meeting
- Watch *Movie: Temple Grandin*, discussion led by professor

- Visit UW Beef/Sheep/Pig Unit
- Service Learning: Volunteer at Animal Shelter
- Tour at local vet clinic
- Tronstad Ranch (family owned and operated farm/ranch. Grows chemical-free produce and raises all natural grass-fed lambs)
- Discussion on How Pig Parts Make the World Turn
(http://www.ted.com/talks/christien_meindertsma_on_pig_05049.html)

FIG 14: Molecular & MicroBiology: Life at Its Core

- Visit the Waste Water Plant Treatment plant, or have them come give a presentation on particulates and bacteria
- Visit Robert A Jenkins Microscopy Facility in basement of BioSciences
- Tour various labs (Microbiology, Immunology, Virology, etc.)
- Tour Altitude Brewery
- Common Reading: *Immortal Life of Henrietta Lacks*, Rebecca Skloot
- Swab surfaces around campus and test for specimens (WyoOne Cards, drinking fountains, etc)
- Discussion of dinosaurs
(http://www.ted.com/talks/jack_horner_building_a_dinosaur_from_a_chicken.html)

FIG 16: Outdoor Leadership

- Watch Movie: *127 Hours*
- Tour Outdoor Program space at Half Acre – learn about upcoming opportunities
- Try Half Acre climbing wall
- Rock climbing at Vedauoo
- Hiking in the Snowy Range
- Wilderness safety/survival lecture
- Service Learning: Greenway cleanup

FIG 18: Wyoming Research Scholars

- Tour of labs
- Research proposal writing seminar

FIG 19/20: Exploring Majors and Careers in Scientific Fields/Liberal Arts

- Can pull ideas from any of the categories listed above
- Career Counseling presentation from CACS