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/marc_goodman_a_vision_of_crimes_in_the_future.html
  - http://www.ted.com/talks/bryan_stevenson_we_need_to_talk_about_an_injustice.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