

Rec Connect Week Development Sessions!

Below are all the development sessions students can participate in for Rec Connect Week! Please read through and RSVP for the session you would be most interested in attending. Reminder that you would be paid up to 2 hours of work time. After the 2 hours, you will not be paid, but we still encourage students to attend this session and connect and learn more from others in the SIUE community.

To complete Rec Connect Week, you must attend a total of at least 6 sessions. If you complete the week, you will get a certificate and a chance at winning a \$25 gift certificate to the SIUE bookstore! If you have any questions or are struggling to sign up for sessions, please let Michael Bates know at micbate@siue.edu.

RSVP for the sessions and CREC Connect event using this Sign-Up Genius Link:

<https://www.signupgenius.com/go/10C054FAEAB22A6FFC70-57654146-reconnect>

Note: Please show up 5-10 minutes early to each session.

Tuesday, September 16th (Wellness Sessions)

- Team Building Activity with Michael Bates (Facilities and Operations Coordinator)
 - Enjoy fun team-building activities with Michael, the Facilities and Operations Coordinator. Team builders are meant to help you grow with your campus rec team and become more comfortable working with others!
 - 3:00 pm-3:30 pm in the Student Activity Center (SAC)
- Talk with SIUEPD and Therapy Dogs
 - Session will provide all services SIUEPD offers to students, including the RAVE app and more, all while spending some time with campus favorite furry companion Chase!
 - 3:30 pm-4:30 pm in the Student Fitness Center Large Conference Room
- Tour of the Nutrition Lab with Khalil Pleas
 - Session will be a tour of the nutrition lab upstairs in the Vadalabene Center, along with touching on the different resources available to students. Khalil has worked with Campus Rec, so he also has a lot of knowledge to give to other students.

- 4:30 pm-5:00 pm in the VC nutrition lab
- SIUE Credit Union talks about budgeting and credit (Financial Wellness)
 - This session will go over how to build good credit and how to budget properly as a college student. This talk will be given by the SIUE Credit Union.
 - 4:30 pm-5:30 pm in the Large Conference Room
- Group Fitness Class (Cycle Zone)
 - Get ready to work up a sweat with our Cycle Zone class! Join a group fitness class with other campus rec staff members and follow direction from the Cycle Zone instructor.
 - 5:15 pm-6:15 pm

Wednesday, September 17th (Career Day)

- Team Building Activity with Dustin and Ben (Student Fitness Center GAs)
 - Enjoy fun team-building activities with Dustin and Ben, the Facilities and Operations GAs. Team builders are meant to help you grow with your campus rec team and become more comfortable working with others!
 - 3:00 pm-3:30 pm in the Student Activity Center (SAC)
- Student Supervisor Panel (what it takes to be a supervisor)
 - Learn about the student supervisor position from current facility supervisors. Ask any questions you might have about the position!
 - 3:00 pm-3:30 pm in the student fitness center's large conference room
- Resume & Cover Letter building with SIUE Career Services
 - This session will include resume and cover letter building and a discussion regarding AI in the hiring field. **(Please bring your resume and cover letter to this session.)**
 - 4:00 pm-5:00 pm in the student fitness center's large conference room
- Mock Interviews with Campus Recreation staff
 - This session is for students to learn interviewing skills. Participate in the mock interviews and learn from other SIUE professional staff!
 - 5:00 pm-5:45 pm in the student activity center
- Olivia White (Assistant Director of Athlete Success)

- This session gives a behind-the-scenes look at SIUE athletics. Olivia White will give a tour of our athletics facilities while also giving a talk about student-athlete success!
- 5:00 pm-6:00 pm in the Large Conference Room
- Group Fitness Class (CougarFit)
 - Get ready to work up a sweat with our CougarFit class! Join a group fitness class with other campus rec staff members and follow direction from the Group Fitness instructor.
 - 5:15 pm-6:00 pm
- Volunteer Opportunity at Restore Décor in Downtown Edwardsville (**Max 10 participants**)
 - Volunteer your time for Restore Décor in Downtown Edwardsville. Students will learn how the business is run while also helping move and paint furniture at the store. (**Max 10 Participants**)
 - 6:30 pm-8:00 pm at Restore Décor located in Downtown Edwardsville

Thursday, September 18th (SIUE Day)

- Team Building Activity with Dustin and Ben (Student Fitness Center GAs)
 - Enjoy fun team-building activities with Dustin and Ben, the Facilities and Operations GAs. Team builders are meant to help you grow with your campus rec team and become more comfortable working with others!
 - 3:00 pm-3:30 pm in the Student Activity Center (SAC)
- SIUE Pro Staff Panel learn from SIUE full-time staff
 - This session lets you learn the path of other SIUE professional staff members. Learn from the experience of many professionals while being able to network.
 - 3:00 pm-3:30 pm in the Large Conference Room
- Dan with Play It Again Sports
 - This session will be a presentation of how the former SIUE club hockey president prepared himself to own a small local business in Edwardsville!
 - 3:30 pm-4:30 pm in the student fitness center's large conference room
- NIRSA and IIRSA discussion with Dustin!! (chance to attend a professional conference)

- In this session, you will learn about the National Intercollegiate Recreation & Sport Association (NIRSA) and the Illinois Intercollegiate Recreation & Sport Association (IIRSA). This is an information session about the possibility of attending these conferences to network with other recreation professionals.
- 5:00 pm-5:30 pm in the student fitness center large conference room
- Graduate Assistant Panel (dopamine response activity)
 - In this session, you will learn from graduate assistants and do an activity about dopamine response!
 - 5:30 pm-6:00 pm in the large conference room
- Climbing Gym (learn how to climb with the climbing attendant)
 - Learn how to climb with the climbing attendants! They have a lot of experience and can even teach you how to belay!
 - 5:00 pm-6:00 pm in the climbing gym

Friday, September 19th (CREC Connect Event)

- Club Ice Hockey Event (Home Opener)
 - Located at the East Alton Ice Arena
 - The game starts at 7:00 pm
 - Free Entry for SIUE students!!