

Thriving as a Trojan Online

Meaningful Activities to Help You Fight On!

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What are we going to cover today?

We will explore a variety of creative activities and hobbies that promote health and wellness from your own room and can add a little fun to your day.

- Eight dimensions of wellness
- Interest exploration
 - Old & new hobbies and activities
- Online/virtual activities

Eight Dimensions of Wellness



Interest Exploration

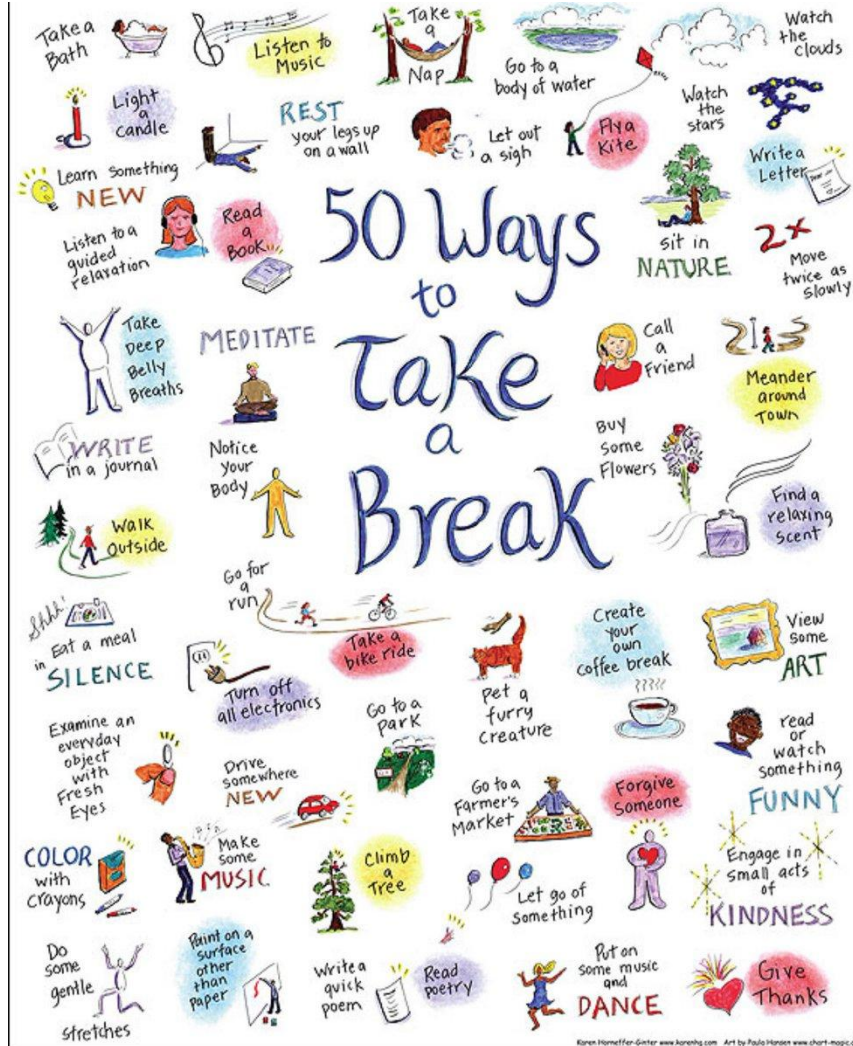
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College Student Interest Exploration

Activity	Past Participation?	Current Interest?	Notes (Resources / supports)
Movies / Shows			
Card games / Board Games			
Crosswords / Sudoku			
Lego / Building Blocks			
Website Design / Coding			
Journaling			
Photography			
Drawing / Painting / Coloring			
Writing / Poetry			
Computer / Video Games			
Art Galleries			
Online Fieldtrips			
Origami			
Knitting / Crochet			
Sewing / Quilting			
Meditation / Prayer			

Take an Energy-Restoring Break!



Online/Virtual Activity Options

- Online games - individual & group
- Knowledge/skill acquisition
- Virtual tours & live animal cameras
- Watch online videos
 - crafts, exercise, movies, etc.
- USC sponsored online activities



Online Games and Puzzles

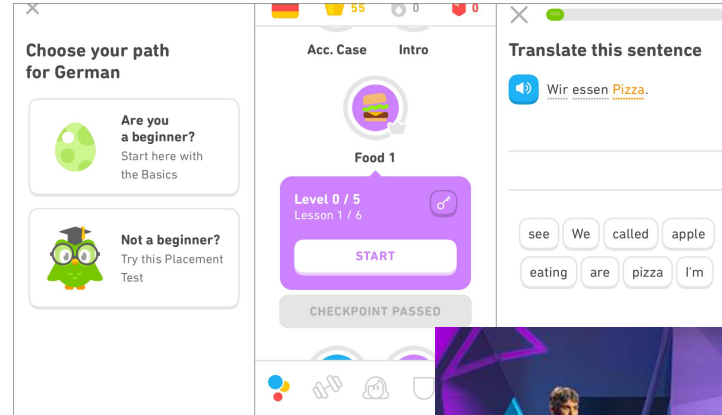


<https://studentaffairs.usc.edu/virtual-engagement-games/>

- JackBox (<https://www.jackboxgames.com>)
- Game apps (GamePigeon, House Party, etc.)
- Puzzles, Word searches, crossword puzzles, Sudoku, etc.
- Online board games
- Online video games
- & many many more!

Knowledge/Skill Acquisition

- Digital and Audio Books
 - USC & local library
 - Audible, VitalSource, etc.
- Learn a New Language
 - Duolingo (online & app) & others
- TED talks
- Learn a new skill
 - YouTube, social media, etc.
 - USC cooking class via Zoom
- Mindful USC online classes (<https://mindful.usc.edu>)
- USC Trojan Learn
- California Science Center - daily experiments with everyday items



Virtual Tours & Live Animal Cameras

- Virtual Tours

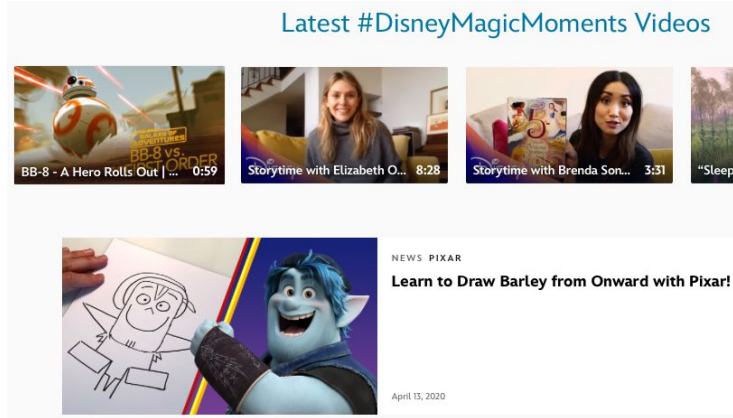
- Museums
- National Parks
- Zoos & Aquariums
- MARS with the Mars Rover
- Landmarks like the Great Wall of China
- & more!



- Live Animal Cameras

- San Diego Zoo
- Smithsonian National Zoo
- Houston Zoo
- Atlanta Zoo - Panda cam
- Monterey Bay Aquarium
- Georgia Aquarium
- & more!

Watch Online Videos



<https://studentaffairs.usc.edu/virtual-engagement-watch-listen/>

- Live concerts
 - Musical artists
 - Melbourne Symphony
- Broadway Plays
- Metropolitan Opera
 - free streams from 7:30pm EST each night
- Workout videos
- Social Media & YouTube
- Amazon Prime, Hulu, Netflix, etc
- Disney Magic Moments
 - <https://news.disney.com/magicmoments>

USC Online/Virtual Activities

RELIGIOUS & SPIRITUAL LIFE

ONLINE SCHEDULE / April 6 - 10, 2020

MON	TUES	WED	THU	FRI
				
<u>Mindful Self-Compassion Drop In Session</u>		<u>Mindful Meditation Practice Group</u>	<u>Campfires</u>	<u>Mindful Self-Compassion Drop In Session</u>
	<u>Spiritual Care with Vanessa Gomez Brake</u>		<u>TEA w/ the DEAN</u>	
<u>Iyengar Yoga w/ Tim Grundy</u>		<u>Iyengar Yoga w/ Tim Grundy</u>		
			Game Night w/ ORSL Staff	

<https://orsl.usc.edu/>

Campus Activities Virtual Events



Apr 13
12:00 PM

TikTok Contest
CA Instagram



Apr 13
11:45 AM

Homework Club
Zoom



Apr 14
12:00 PM

Adulting 101
CA Instagram



Apr 14
7:00 PM

Student Wellness Workshop
Zoom



Apr 15
6:30 PM

Karaoke
Zoom



Apr 16
11:00 AM

Student Wellness Workshop
Zoom



Apr 17
3:30 PM

Baking Class
Zoom

*Subject to change, check website for more information.
*Please refer to our website or CA Instagram for Zoom meeting ID

USC Student Affairs
Campus Activities

campusactivities.usc.edu



USC Campus Activities

<https://studentaffairs.usc.edu/student-life-virtual-resources/>

Kortschak Center *for*
Learning and Creativity

Feelin' Connected Fridays

[https://kortschakcenter.usc.edu/
upcoming-events/](https://kortschakcenter.usc.edu/upcoming-events/)

USC

Kortschak Center *for*
Learning and Creativity
presents

FEELIN' CONNECTED FRIDAYS

Every Friday at **11-12pm PDT** join us via zoom to experience a different social and creative outlet that will spark connection with peers, help you cope with stress, promote rejuvenation and allow you to discover new interests, hobbies and talents!

[HTTPS://USC.ZOOM.US/J/3195865018](https://usc.zoom.us/j/3195865018)

- **CULTIVATING GRATITUDE - APRIL 3RD**

- Learn how to practice daily acts of gratefulness to improve mental health, strengthen relationships and foster resilience

- **DIGITAL DESIGNING- APRIL 10TH**

- Together we will explore how to make a digital card, flyer, newsletter or vision board to refine your creativity and enhance motivation

- **PET PARADE- APRIL 17TH**

- An opportunity to showcase your pets that are running around your house! Feel free to dress them up for the spotlight as we put them on the hot seat to get to know them.

- **ONLINE OLYMPICS (GROUP GAMES)- APRIL 24TH**

- Engage in some friendly competition as we play multiplayer online games together including games such as pictionary, word puzzles and more!

- **A CELEBRATION OF DANCE- MAY 1ST**

- Celebrate the last day of classes with us as we discover and practice dance moves from cultures all around the world.

- **MINDFUL WAYS TO APPROACH FINALS- MAY 8TH**

- Prepare yourself for the second week of finals by exploring how to be present using your 5 senses of touch, taste, sight, smell and sound.

Kortschak Center *for*
Learning and Creativity

Current Online KCLC Services



See the event's section of KCLC's website for more info

<https://kortschakcenter.usc.edu/events/>

- Online Drop-in hours with KCLC Academic Coaches
 - Monday-Friday 1-3pm PDT
- Live *Skill Building for Success* workshops hosted by KCLC Academic Coaches
 - Online learning strategies
 - Time management techniques
 - Stress management
 - Test taking tactics

Tools and Resources



Kortschak Center *for*
Learning and Creativity

Home Our Story ▼ Our Services ▼ Our Space ▼ Our Events ▼ **Tools & Resources ▼** Our Training ▼ Our Research ▼

Apps Helpful for Learning

On-Demand Workshops

Video Tutorials

Campus Resources

Self-Care Tips

[How to Meditate \(PDF\)](#)

[Procrastination Tips \(PDF\)](#)

[Simple Stretches for Stress Management \(PDF\)](#)

[Getting Good Sleep \(PDF\)](#)

[Mindfulness and Relaxation \(PDF\)](#)

[Sensory Strategies \(PDF\)](#)

[College Student's Guide to Using Fidget Tools \(PDF\)](#)

[Food for Thought \(PDF\)](#)

Goal Setting

[SMART goals \(DOC\)](#)

[Strength Improvement Strategy Chart \(DOC\)](#)

Fostering Creativity

[Creative 2 unit courses \(PDF\)](#)

- On-Demand Workshops
- Handouts Online

Thank you!
Any Questions?



What activity should we do together?

Use the annotate feature to put a stamp next to the activity you would like to do with everyone...

1. Origami - Crane
 - <https://www.youtube.com/watch?v=Ux1ECrNDZI4>
2. Make a card to send to a friend with Canva
 - <https://www.canva.com>
3. Watch some live animal cams from the San Diego Zoo
 - <https://zoo.sandiegozoo.org/live-cams>
4. Disney online coloring pages
 - <https://lol.disney.com/games/coloring-pages>

What are some activities that you would like to explore?

Use the annotate feature to type what activities you would like to explore further during this time....