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

## College Student Interest Exploration

<table>
<thead>
<tr>
<th>Activity</th>
<th>Past Participation?</th>
<th>Current Interest?</th>
<th>Notes (Resources / supports)</th>
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<td>Movies / Shows</td>
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<td>Card games / Board Games</td>
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<td>Crosswords / Sudoku</td>
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<td>Lego / Building Blocks</td>
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<td>Website Design / Coding</td>
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<td>Journaling</td>
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<td>Photography</td>
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<td>Drawing / Painting / Coloring</td>
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<td>Writing / Poetry</td>
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<td>Computer / Video Games</td>
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<td>Origami</td>
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<td>Knitting / Crochet</td>
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<td>Sewing / Quilting</td>
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<td>Meditation / Prayer</td>
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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

- JackBox ([https://www.jackboxgames.com](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!

[https://studentaffairs.usc.edu/virtual-engagement-games/](https://studentaffairs.usc.edu/virtual-engagement-games/)
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

- 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

https://studentaffairs.usc.edu/virtual-engagement-watch-listen/
USC Online/Virtual Activities

https://orsl.usc.edu/

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

Kortschak Center for Learning and Creativity
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

- 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.
Current Online KCLC Services

• 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

See the event’s section of KCLC’s website for more info
https://kortschakcenter.usc.edu/events/
Tools and 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

https://kortschakcenter.usc.edu/
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....