

**ACTIVITIES RECORD-SPRING 2022**

***Only count events you attended from start to finish. Circle the points earned and total each month. If you attended an event not listed but authorized by Dr. Miller, Mrs. Smith, or Dr. McClain give a brief explanation. Enjoy the events! Remember you need 50 points, but you can always do more. Event Attendance Evaluation forms must be submitted on Blackboard (or by email, if permitted).***

**JANUARY Circle below**

**18 Health Equity: Diabetes, featuring Van Jones**  **5 pts.**

**25 Honors Café**-Welcome and overview  **5 pts.**

**25 *Sankofa*** Film discussion **6 pts.**

**26 Mindful Moments 3 pts.**

**31 RCNHC Power Hour-**Dr. Terri Best  **5 pts.**

 **Total\_\_\_\_\_\_\_\_\_**

**FEBRUARY**

**1 Honors Café**-Stress Management  **5 pts.**

**2 MLK Speaker Tamika Mallory 8 pts.**

**2 Mindful Moments 3 pts.**

**2 Dr. L.D. Britt Diversity, Health Equity and Disparities Virtual Lecture 6 pts.**

**4 NSU Pre-Law Virtual Meeting 4 pts.**

**5 World Affairs Council-“Drug Policy in Latin America” 5 pts.**

**6 NSU Dance Theatre/Virginia Ballet-Master Class & Lecture 4 pts. each**

**7 National African American HIV/AIDS Awareness Day**

**7 Dr. Tanya Brice—“Racework for African American Health and Wellness” 6 pts.**

**7 African Dance**   **4 pts.**

**8 Honors Café**-“Navigating Black Masculinity: Decolonizing Paradigms and Interventions” **5 pts.**

**9 Wellness Wednesdays: Social/Cultural Wellness for Community Wellness 6 pts.**

**9 Mindful Moments 3 pts.**

**9 Dr. L.D. Britt Diversity, Health Equity and Disparities Virtual Lecture 6 pts.**

**10 "Dispatches from the Barber’s Chair" Webinar 6 pts.**

**12 World Affairs Council-“Changing Demographics” 5 pts.**

**14 Douglass Day Celebration READ-IN and Douglass Day Celebration Panel Discussion 5 pts. each**

 **14 African Dance 4 pts.**

**15 Honors Café-**Mentor/Mentees Session  **5 pts.**

**16 Wellness Wednesday: Black Financial Wellness 5 pts.**

**16 Mindful Moments 3 pts.**

**16 Centering Anti-racism and Equity in Healthcare 6 pts.**

**17 “Bomb Threats to the Black Intellect” Panel 6 pts.**

**17-20 “A Soldiers Play,”** NSU Theatre  **6 pts.**

**19 World Affairs Council-“Climate Change” 5 pts.**

**21 African Dance 4 pts.**

**21-June 13 RCNHC Student Association Tutoring 15 pts./2 sessions**

**22 Honors Café-**Internships **5 pts.**

**22Black Male Health and Wellness 5 pts.**

**23 Wellness Wednesday: A Holistic, Interdisciplinary Check-in 5 pts.**

**23 Mindful Moments 3 pts.**

**24 BHM: Health and Wellness—The Urgency of Now! 5 pts.**

**24 Black Lives Matter in Academic Spaces 6 pts.**

**24 Jazz Night 4 pts.**

**25 “In What We See--A Printmaker's Response” Wise Gallery--Opening Reception 6 pts.**

**26 World Affairs Council-“Biden’s Agenda” 5 pts.**

**28 African Dance 4 pts.**

**28 Spartan Leadership Workshop 5 pts.**

**28 Virtual Voice Recital 5 pts.**

 **Total\_\_\_\_\_\_\_\_\_**

**MARCH**

**1 Honors Café-**“Environmental Justice”  **5 pts.**

**2 Mindful Moments 3 pts.**

**3 HRACRE Information Session 3 pts.**

**3** **Critical Infrastructure and Resiliency Webinar 5 pts.**

**3-4 Furious Flower Poetry Center Collegiate Summit 5 pts./day**

**3** **"Unsilenced: Rewriting Histories of Slavery from a Florida Prison" Webinar 4 pts.**

**4 Adopt a Spot Community Clean Up 8 pts.**

**4 Freshman Class Fashion Show 3 pts.**

**5 World Affairs Council-“Industrial Policy” 5 pts.**

**6 Women in the Arts Gala 6 pts.**

**8 Honors Café-**Dr. Manalang **5 pts.**

**9 Mindful Moments 3 pts.**

**12 World Affairs Council 5 pts.**

**13 Women in the Arts "Charcoal Drawing with Jack" 6 pts.**

**14-20 Spring Break**

**20 Women in the Arts "Impact: Lighting the Darkness through Photography" 6 pts.**

**22 Honors Café-**Women’s History Month  **5 pts.**

**23 Career Fair 4 pts.**

**23 Mindful Moments 3 pts.**

**27 Women in the Arts "Rhythmic African Dance with Sirocco" 6 pts.**

**27 Annual HBCU Choral Festival 6 pts.**

**29 Honors Café-**“Managing Me: Awareness, Expectation, and Care”  **5 pts.**

**30 Mindful Moments 3 pts.**

**30-April 2 SRHC Conference 15/20 pts. presenter**

**Total\_\_\_\_\_\_\_\_\_**

**APRIL**

**4-7 RISE Symposium 15/20 pts. presenter**

**5 Honors Café-**   **5 pts.**

**6 Mindful Moments 3 pts.**

**8-9 VCHC Conference 15/20 pts. presenter**

**12 Honors Café**-“Let’s Play and Learn! An Interactive Experience”  **5 pts.**

**13 Mindful Moments 3 pts.**

**13-May 6-“Dreamgirls”** NSU Theatre and Va. Stage Co.  **6 pts.**

**19 Honors Café-**Preparing for a Productive Summer**--**Resource Panel Discussion **5 pts.**

**20 Mindful Moments 3 pts.**

**26 Honors Café-**   **5 pts.**

**27 Mindful Moments 3 pts.**

**Total\_\_\_\_\_\_\_\_\_**

**May**

**RCNHC May Graduates Celebration**

**Total\_\_\_\_\_\_\_\_\_**

**ADDITIONAL EVENTS (Include date, name of event and points earned.)**

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 **Grand Total\_\_\_\_\_\_\_\_\_**

**Your signature attesting to the accuracy of this record:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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