

Southern New Hampshire University

Residential Learning Communities

2010



The Fitness First RLC pod is very excited for this upcoming year! Our group consists of myself, Kelsey Nokes, Derek Berndt, Kara Ogilvie, and Alena Mukdaprakorn. This year, we will be developing a plan to create and sustain healthy lifestyles! Our first program, Track That, will be a month long process of creating and analyzing our own personal food diaries and exercise logs. Through this process, with the help of our advisor Vinny Zuccala, we hope to discover and analyze what we're doing well, what we could be doing better, and create a healthy living plan that will be easy to execute right here at SNHU! Our year goal is to be able to take the knowledge that the RLC has allowed us to develop and sustain, and relay it to other students on campus. So watch out for Fitness First's Health & Fitness pamphlet! By the end of the year, we will be able to share our months of hard work and research with every student on campus ☺

Contact Information			
Name:	Kelsey Nokes	Title:	Student Program Director
Residence Hall:	Windsor Hall	Dept:	Residential Learning Communities
E-Mail:	Kelsey.nokes@snhu.edu	Program Affiliation:	Fitness First
Responsibilities:	<p>Student Program Directors will live in East Side Residence Halls with their programs. Attend orientation sessions to be held prior to the official opening of the residence halls in the fall semester. Attend a seminar with other program directors once each month. Seminars will focus around topics related to leadership including such possible issues as, motivation, communication, mediation, ethics and power, group development, etc. Meet individually with the RLC Coordinator / Residence Director once every week during each semester or as deemed necessary. Student Program Directors will assist in evaluating their program by helping to distribute program evaluations. Program directors will also be asked to encourage their members to complete the evaluation. Student program directors will assist with other operations area's, such as new student recruitment, as needed. Program Directors will keep the RLC Coordinator/ Residence Director informed about activities and events that are being sponsored by their individual programs. Student program directors will learn to work within a budget framework in order to accomplish the goals that they have set forth for themselves and their programs. As a student leader and a role model for other students in their programs, student program directors must remain in good academic standing with the University.</p>		