

**Communicating Wellness:
An Immersive Experience in Teamwork and Collaboration
at Boston University's Fitness and Recreation Center**

Outline and Calendar

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Introduction

Communicating Wellness: An Immersive Experience in Teamwork and Collaboration is a cocurricular experience offered through the department of Physical Education, Recreation and Dance (PERD).

In this group problem-solving experience, students work together in a team to examine issues within campus and personal wellness, physical activity, and developing positive behaviors. Students practice collaboration, communication, feedback processing, and group reflection, and teams will create and deliver a presentation on wellness issues to a variety of audiences. This Hub cocurricular fulfills a single unit in the following BU Hub area: Teamwork/Collaboration.

Participants will meet weekly for two hours with their team and mentor. Participants will also work outside of group meeting times for two to four hours each week. The team will be responsible for conducting research, developing and delivering presentations and meeting with appropriate individuals and groups. Participants are responsible for periodic and final individual reflections on the team process.

Learning Outcomes

Communicating Wellness: An Immersive Experience in Teamwork and Collaboration is a cocurricular experience that satisfies 1 Hub unit for "Teamwork/Collaboration" within the BU HUB's "Intellectual Toolkit" area. The specific learning outcomes for this area are:

- As a result of explicit training in teamwork and sustained experiences of collaborating with others, students will be able to identify the characteristics of a well-functioning team.
- Students will demonstrate an ability to use the tools and strategies of working successfully with a diverse group, such as assigning roles and responsibilities, giving and receiving feedback, and engaging in meaningful group reflection that inspires collective ownership of results.

Learning Objectives

- Participants will engage in explicit training in teamwork through research, discussions and participation in FitRec's BU Interactive Leadership and Teambuilding (BUILT) Program.
- Participants will participate in a sustained experience in collaboration through their semester-long research and wellness-related presentation development process.
- Participants will explore roles within a team by engaging in a variety of activities and roles within their team project. Roles to include but not limited to: leader, researcher, organizer, listener, presenter, implementer and team worker.
- Participants will actively give and receive feedback, both individually and collectively, to team members on a weekly basis, as they develop and deliver their community wellness presentation.
- Participants will reflect as both as a team and as individuals on the process for developing a wellness communication plan, on their roles in that process, and on the effectiveness of their strategy and related wellness presentations they deliver.
- Participants will clarify their own values surrounding wellness and physical activity.
- Participants will gain understanding of community wellness and fitness and be able to articulate related issues, benefits and challenges to a variety of audiences.

Calendar and Outline

Jan 24: In person meeting – PERD Conference Room

Week 1: Framing this experience - what is wellness?

Orientation to the Department of Physical Education, Recreation & Dance and the BU FitRec.

Presentation of programs, data and challenges. Discuss learning outcomes and objectives.

Assignments: Website, social media, program participation and peer institution research.

Reflection on Blackboard: How are individuals on your team involved with wellness? What roles do wellness and fitness play in your life? What is the value of fitness to you? Are your reflections on wellness different or similar to your team's?

Jan 31: In person meeting – FitRec 221

Week 2: Getting to know your team

Participate in Boston University's Interactive Leadership and Teambuilding (BUILT) Program at FitRec.

Guest presenter: Julia Bair, Manager, Outdoor Programs

Assignments: Research stages of team development and key attributes for team success.

Prepare team presentation of learning.

Reflection on Blackboard: What was it like working with your new team? Did any roles naturally emerge? What did you take away from the BUILT experience?

Feb 7: Team work

Week 3: What is a team?

Students research findings on stages of team development, roles on a team and attributes for success.

Assignments: Research roles on a team and leadership. Prepare team presentation of research findings. Switch team roles. Evaluate, as a team, your performance.

Feb 14: In person meeting – PERD Conference Room

Week 4: What is a team?

Students present research findings on stages of team development, roles on a team and attributes for team success.

Assignments: Team to identify reasons why/why not community members have different perceptions and values of wellness. What is our audience's perception of wellness?

Reflection on Blackboard: How did your team's presentation of learning go? What was it like to switch roles on your team? Did this impact your productivity as a group? Has a leader emerged? Why or why not? If there is a leader, what is their leadership style?

Feb 21: In person meeting – FitRec 221

Week 5: Team project kickoff and brainstorm on campus wellness issues

Examining issues within campus wellness and physical activity. How do we encourage positive behavior?

Guest presenter: Kate Durant, FitRec Assistant Director, Fitness, Outdoor Education & Instructional Programs

Assignments: Perform team research on best practice and trends for engaging communities around wellness. Examine peer work, trends and best practice.

Feb 28: In person meeting – FitRec 221

Week 6: Case study 1 – A work team: FitRec Member Services

Examine a cohesive team of BU student workers at FitRec, another group who have committed to making wellness a community priority.

Guest presenter: Sara Do, FitRec Member Services Staff Manager

Assignments: Continue team research – what does our community look like? What are wellness needs specific to our population?

Reflection on Blackboard: What principles of teamwork and collaboration does the Member Service team exhibit? What lessons can be applied to your own work as a team?

March 7: In person meeting – FitRec 221

Week 7: Team project workshop

Develop team presentation with the goal of communicating the importance of wellness and physical activity to the community.

Assignments: Develop team presentation with the goal of communicating the importance of wellness and physical activity to the community.

March 14: Spring Break

Week 8: Team project

Assignments: Continue work on team presentation with the goal of communicating the importance of wellness and physical activity to the community.

March 21: Team meeting

Week 9: Team project workshop

Assignments: Finalize team presentation with the goal of communicating the importance of wellness and physical activity to the community. Practice delivering presentation to each other. Prepare to deliver to mentor next week.

March 28: In person meeting – FitRec 221

Week 11: Finalizing a team product – let's test it out!

Present team project to mentor. Receive feedback.

Assignments: Process and incorporate feedback. Evaluate performance as a team. Set up appointments to present to two internal PERD audiences.

Reflection on Blackboard: Did the presentation meet your expectations? Did the team feel positive about the presentation? How did your performance as a group impact your team morale? How would you evaluate your participation in this team?

April 4: In person meeting – FitRec 221

Week 12: Practice makes perfect

Participants will deliver presentation to two groups of PERD Managers.

Assignments: Deliver presentation to PERD program managers and PERD Leadership Team. Receive feedback and revise presentation. Evaluate team performance. Secure two presentations with organizations and/or departments on campus and/or in the community that are open to hearing your message.

Reflection on Blackboard: How did it feel to be in front of this new audience? What went well? What can be improved? What stage of the team development process is your team in now?

April 11: Team work

Week 13: Go Time

Give and evaluate presentation number one.

Assignments: Deliver one presentation this week. Revise presentation and script based on team-evaluation and feedback. Follow up with audience leader, as well as individual members.

April 18: Team work

Week 14: Go Time

Give and evaluate presentation number two.

Assignments: Deliver one presentation this week. Revise presentation and script based on team-evaluation and feedback. Follow up with audience leader, as well as individual members.

Reflection on Blackboard: How did the audiences respond? What was surprising? How is your team performing now? Have roles changed? Has your role changed?

April 25: In person meeting – FitRec 221

Week 15: We did it!

With mentor, discuss team's process, evaluate team performance. Did we meet our Communicating Wellness goals? What are opportunities and challenges associated with helping communities make positive behavioral change?

Assignments: Prepare final team report.

May 2: In person meeting – PERD Conference Room

Week 16: Present final reflection project

Share final team report. Share feedback from presentation as well as evaluation of team process.

Assignments: Final report will be an oral presentation. Write and prepare for presentation.

Final Reflection on Blackboard: What insight can you share on this entire team process, from team building exercises, to case studies, to presentations of learning to creation of presentation, to planning to execution to evaluation? What surprised you? What are the key elements of a well-functioning team? What will you apply to your professional efforts? What will you do to ensure success of your future teams? How has this experience impacted how you view community wellness at BU?

Books, Articles, Video and other Background and Reflection Materials

Because of the immersive and experiential nature of this cocurricular experience, students will be expected to perform their own research, identify relevant articles, materials and data that will help them reach their team's goals. Students will read a minimum of 10 related articles for this experience.

Evaluation

These are the total requirements for participants to receive 1 BU Hub unit:

- **Attendance at weekly team meetings with mentor and with team**
In order to engage in research, discussions, teambuilding exercises, small group dynamics and team role identification/development, participants are required to attend one weekly team meeting with mentor and one weekly team "working" meeting.
- **Periodic reflection journals submitted digitally**
In order to reflect on individual wellness values as well as the sustained experience of team collaboration, participants will engage in short weekly journaling activities, as well as in reflective discussions with teammates and mentors.
- **Development and delivery of Communicating Wellness presentation**
In order to demonstrate understanding of community wellness, benefits and challenges, students will develop and deliver a presentation about Wellness to three to five audiences (both internal and external to PERD).
- **Final team presentation of learning**
In order to reflect as a team on the collaborative process, the team will deliver a group reflection presentation to the mentors.
- **Final individual 3-5 page reflection journal**
In order to reflect as an individual, each participant will prepare a short final journal with personal learnings on both teamwork and wellness topics explored throughout the experience.