

Living Well Living Learning Community

AGREEMENT



2023-2024 Academic Year

SUNY Oswego's Well-Being Living Learning Community, Living Well, gives first year students the opportunity to be part of a vibrant, supportive community that is committed to helping students cultivate and maintain holistic wellness. You will live with a group of like-minded peers who are also interested in engaging in activities across all dimensions of wellness: Being active, eating well, managing stress, enjoying healthy relationships and more. Students will have the opportunity to learn and network with wellness professionals from within SUNY Oswego and the larger community.

All activities and programs are designed to:

1. Create a community where students feel like they belong and are welcome.
2. Provide a community within which members are striving to achieve a healthy lifestyle in all aspects of wellness.
3. Help students reflect on what living well means to them.

LLC Goals:

As a result of participating, students will be able to:

1. Demonstrate knowledge of campus resources and tools that can assist them in cultivating a lifestyle focused on wellness as they transition to college.
2. Identify co-curricular opportunities available at SUNY Oswego that align with their wellness goals and contribute to their success throughout their first year and beyond.
3. Engage in relationship-building with other first-year students, faculty, and staff who have a common interest in wellness, thus creating a high sense of community and belonging.

As a participant in this LLC program, I agree to:

1. Attend LLC Orientation. We'd like you to begin to connect with students, faculty, and staff in this community even before the start of classes. **Participants will arrive on campus to move into their residence hall on Tuesday, August 22, 2023.** Please note this is one day earlier than first year students not participating in an LLC.
2. Participate! The programs are designed to be fun and beneficial! Students will engage in a minimum of 3 per semester.
3. Attend a Community Circle once per semester to discuss how things are progressing within the community.
4. Bring an enthusiastic and open-minded perspective, as we hope students will engage in new strategies to support their sense of well-being.
5. Live in Oneida Hall on the designated well-being floor.