

Cardinal Semester PACKAGE Life Skill Mentoring \$2,000 Sharing is Healing



Week of semester	Service provided	Sample goal/focus
Move in day	Come see you/help	Welcome to campus
Week 1		
Day before classes begin	1-1	Walking tour classroom locations for Monday, Wednesday and Friday schedule. Setup materials needed for the classes.
	Day 3 of classes 1-1	Focus on calendar use, seek out Community Advisor and greet them together.
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	Experience	Meal at Dining Hall or somewhere on campus using dining package- small talk- class conversation starters
Week 2		
Sunday	1-1	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Relaxation plan/self care plan/ set up Therapy Assistance On line log in
	1-1	Laundry
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
Week 3		
Sunday	1-1	Schedule and detailed planning & organization medicine and dorm room.

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	1-1	Friendships and relationships-
	1-1	Therapy Assistance Online pathway work together
	Experience	Campus Traditions
Week 4		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Safety options on campus
	1-1	ISU history today
	Experience	To Be Determined
Week 5		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Communication skills- Expressing preferences or likes Excusing oneself to use the restroom When, and with whom, it might be appropriate to start a conversation
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
Week 6		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Expressing disappointment, frustration and anger- using anger management skills

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Week 7		
Sunday	1-1	Schedule and detailed planning & organization medicine and dorm room.
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Boundary setting
	Experience	To Be Determined
	1-1	Planning weekend studying and self care.
Week 8 midterms		
Sunday	1-1	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Communication skills: Listening skills Obtaining help when necessary Level of response to others Eye contact during regular interaction Voice volume, tone, and tempo
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
Week 9		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Identifying and expressing emotions in social conversation format
	Experience	To Be Determined

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Week 10		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Initiating social connection with peers
	Experience	To Be Determined
Week 11		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Relationships- assertiveness/advocating
	Experience	To Be Determined
Week 12		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Giving and receiving compliments - social skills conversations
Week 13		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Recognizing and interpreting social cues
	Experience	To Be Determined
Week 14		
Sunday	1-1 Zoom	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Social expectations
	Experience	To Be Determined

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Week 15 prep		
Sunday	1-1	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Planning for social connection/communication over break
	Experience	To Be Determined
	1-1	Planning weekend studying and self care
Week 16 finals		
Sunday	1-1	Schedule and detailed planning & organization medicine and dorm room.
	1-1	Break time planning

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| Experience Options | Coffee on campus | Bowling at Memorial Union |
| Music Ensembles | Ames Farmers Market | Billiards at Memorial Union |
| Choir Concerts | Cooking class at Cook's Emporium | |
| Museums | Recreational services | Ice cream from Creamery |
| M-Shop at Memorial Union | Campus Traditions | Workspace at Memorial Union |
| Lunch at Tea Room | | |

type	# of services	standard cost per service	totals
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1-1	37	\$40	\$1480
experiences	9	\$30	\$360
check in	6	\$15	\$90
reports communication	2 hours in increments 15 min of report/ communication with team members		\$70
			\$2000

ADD on Fees may include upon request and agreement-

additional experiences

additional report/communication

additional check ins

additional 1-1 sessions