

## P.A.S.S.A.G.E.S DEFINED (Outline):

<b>P</b> ersonal January/February	<b>House Comms:</b> Orientation, Floor socials, Valentine celebrations, Carbon footprint initiatives <b>Mentors:</b> Group discussions, Storytelling, Study groups, Relationship programmes, One-on-one mentoring sessions, Getting along with your roommate, res life and adjusting to varsity life, Goal setting, Time management <b>Character Building:</b> <i>Ethical decision making</i>
<b>A</b> cademic <b>I</b> nitiatives March	<b>House Comms:</b> Human Rights celebrations <b>Mentors:</b> Time Management, Study Skills, Stress Management, Financial aid, note taking / summarising, Time management, Procrastination, Study Strategies, Note taking strategies, Social event <b>Character Building:</b> <i>Respect</i>
<b>S</b> elf- <b>A</b> wareness April	<b>House Comms:</b> Easter/Family day celebrations, Freedom Day celebrations Wellness awareness, alcohol/drug awareness, relaxation/mediation, self-defence <b>Mentors:</b> Alcohol/drug awareness, Academic reflection, financial planning, problems you encounter <b>Character Building:</b> <i>Responsibility</i>
<b>S</b> easonal May	<b>House Comms:</b> Youth Day celebrations, <b>Mentors:</b> Exam skills, Stress Management, Alcohol free alternatives, Wellness awareness, coping with going home, <b>Character Building:</b> <i>Caring</i>
<b>A</b> cceptance July	<b>House Comms:</b> Diversity, Welcome back celebrations, Awareness campaigns <b>Mentors:</b> Welcome back celebrations, rebuilding/team building, Awareness campaigns - post holiday depression, reflection on semester 1 <b>Character Building:</b> <i>friendliness and courage</i>
<b>G</b> rowth August	<b>House Comms:</b> Women's day celebrations, election awareness, volunteerism (promote), carbon footprint initiatives <b>Mentors:</b> Self-esteem/self-image, , current event discussions, leadership skills, motivation, choices, effective communication, relationships, conflict <b>Character Building:</b> <i>Acts of kindness</i>
<b>E</b> mootional September	<b>House Comms:</b> Alcohol awareness (campaigns/talks); Heritage Day celebrations <b>Mentors:</b> Stress Management/relief; Self-image, managing and making money; Assertiveness, Success <b>Character Building:</b> <i>Fairness</i>
<b>S</b> end off October / November	<b>House Comms:</b> Year-end socials, award ceremonies <b>Mentors:</b> Award ceremonies, Exam tips, create photo albums, study in the sun, beach/nature walks <b>Character Building:</b> <i>Community Builders (teambuilding activities)</i>