
MENU OF PROGRAMS

FRATERNITY AND SORORITY LIFE OFFICE

LAST UPDATED: JULY 2025

MENU OF PROGRAMS

LAFENE HEALTH CENTER

- CPR TRAINING
 - **Heartsaver First Aid CPR AED** trains anyone with little or no medical training to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner.
- BLS TRAINING
 - **Basic Life Support (BLS)** for healthcare professionals trains participants to promptly recognize several life-threatening emergencies, give high-quality CPR, deliver appropriate ventilations and provide early use of an AED.

MORRISON FAMILY CENTER FOR STUDENT WELL-BEING

- MORRISON FAMILY CENTER FOR WELL-BEING
 - Well-being Center Main Office: Office 217 K-State Union
 - Health Education Division: 261 Lafene Health Center
 - wildcatwellbeing@k-state.edu
 - 785-532-6595
- HEALTH EDUCATION
 - **ALCOHOL AND SUBSTANCE MISUSE**
 - This presentation focuses on information about binge drinking, high intensity drinking, and alcohol poisoning, as well as the misuse of prescription and illegal drugs. In addition, topics related to the legal and academic implications of alcohol and substance misuse will be discussed.
 - **EVERY WILDCAT A WELLCAT RESOURCES OVERVIEW**
 - Learn about the six pillars at K-State that are key to holistic well-being: Career, Financial, Social, Emotional, Physical, and Spiritual. Key campus resources to support students' well-being will be discussed, as well as the EssentialIST model, which can be used to help keep students' well-being balanced in times of stress or transition.
 - **LIVE LIFE WELL - LAFENE HEALTH CENTER PRESENTATION**
 - Learn about the services offered at Lafene Health Center.
 - **SEXUAL HEALTH PRESENTATION**
 - Presentation for students teaching them about the importance of caring for and maintaining their sexual health. Discusses several topics related to sexual health. Includes an interactive learning opportunity for students to engage in, where they help dispel myths related to sexually transmitted infections.

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MORRISON FAMILY CENTER FOR STUDENT WELL-BEING

- TELUS HEALTH STUDENT SUPPORT PRESENTATION
 - Download the *FREE* student app designed to support your health and well-being at K-State. A guided tour through all of the health and well-being resources on the app, as well as how to access the 24/7 chat support or scheduled tele-health therapy--all with trained counselors.
- HEALTH AND HYGIENE KITS
 - Request health or hygiene kits for your group or yourself that will also include a card listing all services at Lafene Health Center and Counseling and Psychological Services, as well as information about the TELUS Health Student Support app.
 - Health kits include items such as a thermometer, ibuprofen, and lip balm. Hygiene kits will include items such as deodorant, shampoo/conditioner, and soap. Wrap kits include items related to sexual health, safety, and consent.
- STRESS MANAGEMENT
 - This presentation will focus on the connection between stress and well-being. Using the EssentialList model, participants will identify micro-strategies *NOW* that will help them be more equipped for the inevitable challenges that college life brings. Participants will also learn about campus resources as they develop strategies for building resiliency.
- 21ST BIRTHDAY PROJECT
 - The 21st Birthday Project at Lafene Health Center aims to reduce harmful drinking patterns surrounding K-State students' 21st birthday celebrations.
 - Celebrants will be invited via e-mail to attend a one-on-one, brief educational session with a Peer Education Leader the week before their 21st birthday. Participants will receive a coupon booklet consisting of free or discounted food as well as alternative activities for celebrating their birthdays.
 - For more information, please email us at ksu21stbirthday@ksu.edu or call 785-532-6595.
- SEXUAL ASSAULT PREVENTION PROGRAMING
 - HEALTHY RELATIONSHIPS IN THE DIGITAL AGE WORKSHOP
 - This workshop places specific focus on the role of technology and digital media in navigating relationships in everyday life. Participants will learn of the importance of setting boundaries in digital spaces (e.g. social media, phones, gaming, etc.) to challenge the notion that everyone must be accessible and available 24/7.
 - Program length: 60 minutes
 - HEALTHY RELATIONSHIPS AND CONSENT 101 WORKSHOP
 - This workshop places emphasis on healthy behaviors, boundary-setting, and consent within all forms of relationship (e.g. romantic, friendship, roommates, co-workers, etc.).
 - Program length: 60 minutes

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MORRISON FAMILY CENTER FOR STUDENT WELL-BEING

- *BRINGING IN THE BYSTANDER*
 - *Bringing in the Bystander (BITB) is a prevention program based on the concept that all community members have a role to play in ending incivility, harassment, violence and discrimination. The important role that a bystander has in intervention is the basis for this unique and effective program. The program helps participants gain the knowledge and skills needed to identify and safely intervene before, during and after instances of risky behaviors.*
 - *Program length: 90 minutes*
- *DON'T STAND BY: ADDRESSING SEXUAL VIOLENCE IN OUR COMMUNITY*
 - *This workshop emphasizes the role of bystanders in preventing sexual violence while providing an overview of the 4 D's of bystander intervention, tips for identifying and navigating high risk environments, and information regarding campus resources and support strategies in the event an act of sexual violence does occur.*
 - *Program length: 45 minutes*
- *PROTECT YOUR PEACE: CONSENT AND BOUNDARIES*
 - *This workshop places specific focus on the definitions and practice of consent, boundary making, and boundary enforcement in healthy relationships and overall wellbeing. Interactive scenarios will challenge participants to identify and respond to non-consensual interactions and boundary violence in a safe and healthy way.*
 - *Program length: 45 minutes*
- WELL-BEING WORKSHOPS
 - *PERMAH Wellbeing Survey: A Guided Presentation*
 - *Your state of well-being is your ability to feel good and function effectively as you navigate the inevitable highs and lows of going to college. Students will be introduced to the PERMAH Wellbeing Survey and have the opportunity to take the assessment during this session.*
 - *Students will then be guided through how to use their results to enhance current levels of well-being, as well as access related resources at K-State! Students may also schedule a Well-being Advising appointment to further develop their skills.*
 - *Building Connection with 'Cats Connect*
 - *Looking for a way to help your students or team build connections on campus? Our 'Cats Connect Promo can provide a quick overview of the program, which is hosted by the Morrison Family Center for Student Well-being and the Staley School of Leadership.*
 - *'Cats Connect is a peer-facilitated program for students, faculty, and staff, designed to build social networks and community on campus. There are typically two 6-week sessions each semester. Members get to know each other through a series of fun and thought-provoking questions. Sample activities/questions, as well as registration information will be provided.*

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STUDENT BELONGING AND INCLUSION

- MORRIS FAMILY MULTICULTURAL STUDENT CENTER
 - MFMSC@k-state.edu
 - Intercultural Learning & Academic Success
 - Dr. Debra Bolton, Director
 - Intercultural Learning and Development
 - *Student Identity Development and Academic Success promotes awareness of self and others by providing workshops, publications and events with other professional development opportunities that advance belonging and equitable policies and best practices to address the academic, social, and emotional needs of students.*
 - Reserve Space in the Morris Family Multicultural Student Center
 - *Reservations must be used to promote multiculturalism, while aligning with the mission of Multicultural Student Life. For an understanding of the rules, schedule of charges, and expectations, please review the Center's Policy Manual .*
 - Step-By-Step How to Reserve
- COREY WILLIAMSON
 - Contact Corey Williamson if interested!
 - Email: cdw4388@ksu.edu
 - Cost: **FREE**
 - Brief Overview of Programming:
 - **Foundations for Cultural Humility:** *This presentation offers an overview of foundational principles to connect with members of our K-State community across various cultures and identities.*
 - **Community Healing Hubs:** *The primary mission of the TRHT Campus Center Community Healing Hub (CHH) is to invite the Kansas State University community to engage in a transformative process intended to deepen human connections, encourage self-reflection, and challenge preconceived assumptions about those with different identities than our own. Grounded in the principles of equal value of all human beings, these spaces provide a structured and supportive environment for sharing personal narratives. The ultimate goal is to cultivate a sense of belonging and connection among diverse peers and colleagues.*
 - <https://www.k-state.edu/academic-success-student-affairs/about/initiatives/trht/events.html>

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STUDENT SUPPORT AND ACCOUNTABILITY

- STUDENT CODE PRESENTATION

- Contact: studentsupport@ksu.edu
 - If you would like to have someone come in and speak/explain the Student Conduct Policy or the Conduct Process to your organization or leadership/exec, please contact the above email.

CENTER FOR ADVOCACY, RESPONSE AND EDUCATION

- WORKSHOPS INCLUDE:

- CARE 101
- The Red Zone
- The Reality of Sexual Violence
- The Reality of Relationship Violence
- Realities of Teen Dating Violence
- Sexual Harassment in the Workplace
- Trauma-Informed Care
- Drug-Facilitated Sexual Assault
- If you would like to have someone from CARE come to your location (residence hall, community, class, etc.) to give a presentation or facilitate a discussion, please email us at ksucare@ksu.edu.

STUDENT PROGRAMS AND INVOLVMENT

- ORGCENTRAL PRESENTATION

- Contact: studentinvolvement@ksu.edu
 - If you are needing a refresher for your leadership/exec, email the above address to ask about presentations and trainings regarding OrgCentral.

- STUDENT ORGANIZATION POLICIES

- Contact: studentinvolvement@ksu.edu
 - If you would like to have someone come in and speak/explain the Student Organization Policy to your organization or leadership/exec, please contact the above email.

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POWERCAT FINANCIAL

- GROUP PRESENTATIONS
 - Presentation Requests
 - Presentation Topics
 - *Personal Education Financial Plan*
 - *Budgeting and Saving*
 - *Credit Use and Debt Management*
 - *Student Loan*
 - *Work After College*
 - *Job Offers and Employment Benefits*
 - *Identity Theft*

K-STATE POLICE DEPARTMENT

- COMMUNITY SAFETY TALKS
- PRESENTATION REQUESTS
 - *If you would like an officer to come speak to your fraternity, sorority, residence hall, class, or other group about topics such as drug awareness or crime prevention, please call Lieutenant Bradli Millington for scheduling or e-mail Lieutenant Bradli Millington.*
- SAFETY AND SERVICES
 - *Rave Guardian App, Cats Don't Drink and Drive, SafeRide, Silent Witness, K-State Alerts, Blue Light Phones, and Fingerprinting.*

RECREATIONAL SERVICES

- FITNESS SERVICES
 - Fitness Outreach
 - *Personal trainers and group fitness leaders are available upon request to conduct fitness/exercise-related workshops/presentations at various times throughout the semester. Services may be requested for campus affiliated groups/clubs. Workshops/presentations will be conducted at the Recreation Complex or can be brought to you on campus at the discretion of the Assistant Director-Fitness. All requests require submitting a presentation request form.*
 - *Invoices will be sent to the requesting individual or group once the request has been approved. Requests will be scheduled based on the availability of personal trainers and/or group fitness instructors. Requests submitted less than 2 weeks out are not guaranteed to be scheduled.*
 - *\$30 fee for up to 50 participants*
 - *\$60 fee for 51 or more participants*

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RECREATIONAL SERVICES

- CHALLENGE COURSE

- Overview

- *Our challenge course features a variety of both low and high elements designed to create a fun and engaging team-building experience tailored to each group. The course promotes individual growth, leadership development, and creative problem-solving, all within a controlled and supportive environment that encourages participants to step outside their comfort zones.*
 - *Low elements emphasize teamwork, communication, and leadership—giving participants opportunities to lead, listen, and collaborate.*
 - *High elements provide more individual challenges that build confidence and resilience.*
 - *Pricing for Student Organizations:*
 - *Half-Day (up to 4 hours, low elements only): \$8 per person*
 - *Half-Day (mix of high & low elements): \$12 per person*
 - *Full Day (up to 8 hours, high & low elements): \$15 per person*
 - *We offer 12 different low elements with varying levels of difficulty. Activities are selected based on your group's goals, which is where we typically see the most meaningful team growth.*
 - *Our high elements include:*
 - *The Challenge Pole – climb to the top of a telephone pole and leap to a trapeze bar.*
 - *Multi-Element Course – traverse cables using ropes and supports to reach the other side.*
 - *Flying Squirrel – participants are harnessed and lifted into the air for a thrilling swing experience.*
 - *These high elements are great for encouraging personal challenge and self-discovery.*

- MADLINE LANGE

- *Contact: melange@ksu.edu*
 - *Online Form available [HERE!](#)*

UNION RESOURCES

- BOOK A SPACE

- [View Event Spaces](#)
 - [Request Event Spaces Online](#)

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OFFICE OF RISK AND COMPLIANCE

- ELLIOT YOUNG
 - *Contact: ecyoung@ksu.edu*
 - *Risk management information and guidance to help the fraternity and sorority communities manage risks - safety, liability risk reduction, hiring vendors, transportation, compliance with university policies, university resources, insurance coverage and others.*

OFF CAMPUS PROGRAMMING

- KYKEON COACHING COMPANY
 - *Contact Greg Pestinger if interested!*
 - *Email: gpestinger@kykeoncoaching.com*
 - *Cost: **FREE, time and materials are being donated!***
 - *Brief Overview of Programming:*
 - *In an uncertain world, we have one primary goal: to offer the right insights, guidance, and support to help you discover your best self. Kykeon Coaching Company hosts a multitude of workshops that are customized to what you are looking for, some of these are: Courageous Leadership, Managing Change, Emotional Intelligence, Interpersonal Communications, Time Mastery, and many more that can be found on the [website!](#)*
 - *There are many retreats, events, and workshops that you can browse through to find what best suits you and your chapter's needs. These can also all be delivered in various formats! Please don't hesitate to reach out to Greg and start planning a program fit for what you are looking for!*
- KEATING CHIROPRACTIC
 - *Contact Dr. Weston if interested!*
 - *Email: westonloder95@gmail.com*
 - *Cost: **FREE***
 - *Brief Overview of Programming:*
 - *A variety of health and wellness related topics including but not limited to: prevention and mitigation of repetitive injuries and sports injuries, sports nutrition for recovery and performance and or general nutrition, responsible ergonomic practices for students, daily healthy habits, or can specialize a presentation based on the groups interest!*

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- ADDAIR LAW

- Contact Gabriela A. Vega if interested!
 - Email: Gabriela@AddairLaw.com
- Cost: **FREE**
- Brief Overview of Programming:
 - It is free information to ensure that students understand their individual rights. We bring visitor cards that provide students with helpful hints to help them navigate police interactions.

- JOHN HATFIELD

- Contact John Hatfield if interested!
 - Email: jrfield@gmail.com
- Cost: **FREE**
- Presentation Topics:
 - Retention, What is it About Your Fraternity Experience That Causes Them to Leave?
 - Boy Drama and Resolving Conflict.
 - Don't Tap Out, Forge Resilience and Grit.
 - I'm Male but What the Hell Does it Mean to be Masculine?
 - Living in the Land of Possibilities.
 - Step Into That Damn Arena and Fight Your Fight.
 - The Concept of Genuine or Fake Brotherhood.
 - Reinventing Fraternity.
 - The Seven Key Leadership Questions Every Chapter Needs to Ask and Answer for Success.
 - Boyhood to Manhood-The Distinguishing Behaviors and Decisions.
 - Functional and Dysfunctional Exec Teams.
 - Man Shame, and its Destructive Consequences.
 - Toxic Brotherhood or Band of Brothers?
 - Integrity Decisions, Staying True to Your National Values and Purpose, the Reason you Exist.
 - Forge Brave Ass Virtues.
 - Self-Mastery, why learning to lead yourself matters.
 - Whatever happened to being a MAN OF HONOR.
 - Dead Frat Walking, the signs of a fraternity that is just surviving?
 - Recruitment-How to Close the Deal.
 - Recruitment-Selection Criteria.
 - Recruitment-What's Your Competitive Advantage.
 - Recruitment-Your Story Has the Power.
 - Everything Either Rises, Stagnates, or Falls Based on Your Chapter Culture.
 - What is your Chapter Brand, Your Reputation. Is it By Design or Default?

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WANT TO CONTRIBUTE YOUR EXPERTISE TO OUR COMMUNITY?

WE ARE SO EXCITED THAT YOU ARE WANTING TO OFFER UP YOUR EXPERTISE REGARDING THE EDUCATIONAL PROGRAMMING YOU WANT TO BRING INTO OUR COMMUNITY! BELOW YOU WILL FIND A LINK TO A GOOGLE FORM WHERE YOU CAN TELL US A LITTLE ABOUT WHAT YOU WERE WANTING TO BRING TO OUR COMMUNITY, SO THAT WE CAN GET IN CONTACT WITH YOU ABOUT FEATURING YOUR PROGRAM IN OUR MENU!

[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSEW6P9J_NJ75KHTXPZCF4GU9Y1X_YKL0WEVVXIZ6YFJYZN2OQ/VIEWFORM?USP=SF_LINK](https://docs.google.com/forms/d/e/1FAIPQLSEW6P9J_NJ75KHTXPZCF4GU9Y1X_YKL0WEVVXIZ6YFJYZN2OQ/viewform?usp=sf_link)

NOT FINDING WHAT YOU ARE LOOKING FOR?

IF WHAT YOU ARE LOOKING FOR IS NOT CURRENTLY AVAILABLE ON OUR MENU, PLEASE CONTACT OUR OFFICE AND WE WILL TRY OUR BEST TO HELP YOU FIND WHAT YOU ARE LOOKING FOR!

PHONE: 785-532-5546

EMAIL: GREEKLIFE@KSU.EDU