**HEALTH AND WELL-BEING**

**QPR: Question, Persuade, Refer**

The Office of Student Involvement is partnering with the Villanova Counseling Center to offer QPR (Question, Persuade, Refer), an evidence-based suicide prevention tool. QPR is designed to teach participants how to recognize when someone may need additional support, how to assess levels of risk, how to respond in the emergency moment, and how to connect a person in a moment of crisis to the care they need.

**R.I.S.E. Resources Igniting Student Empowerment**

The Office of Student Involvement designed R.I.S.E. (Resources Igniting Student Empowerment) to provide student organization leaders moments of pause to reflect on their organization’s mission. R.I.S.E strengthens leadership and management skills with sessions dedicated to a wide range of topics, including how to make student organizations more inclusive, how to navigate conflict, and how to encourage diversity and inclusion efforts.

**Fraternity and Sorority Life**

The Office of Fraternity and Sorority Life at Villanova University is dedicated to ensuring a safe, inclusive, and educational environment for all students. The Office of Fraternity and Sorority Life values and promotes healthy social interactions and the development of leadership skills. The Office of Fraternity and Sorority Life promotes the values of the Villanova University community and provides resources to support the goals and objectives of the Villanova University community.

**UPCOMING EVENTS**

**Spring 2022 Panhellenic Recruitment—January 6-9, 2022**

Spring 2022 Panhellenic Recruitment will take place January 6 to 9. Registration is now open and will remain open until Monday, December 13. Please visit our website for more information on how to schedule a training.

**Spring 2022 Prefraternity Recruitment—January 6-9, 2022**

The Prefraternity Recruitment process will run January 6 to 9 with the first day of classes on January 10. Participating students will return to campus on January 5. Participating students will return to campus on January 5. Prefraternity Recruiters will receive training on Monday, January 3, to learn more about all of the training opportunities offered by QPR (Question, Persuade, Refer), an evidence-based suicide prevention tool.

**Spring 2022 Student Involvement Fair—January 12, 2022**

The Office of Student Involvement hosts an annual Student Involvement Fair to help students identify extracurricular activities that enable them to find their interests and pursue their passions with others. Student Involvement Fair will be held on the Spring 2022 Student Involvement Fair on Thursday, January 12, 2022, in the Villanova Room of the O’Keefe Center.

**MLK Day of Service—January 17, 2022**

Celebrating our 15th year in 2022! Make this a holiday where people of all ages and backgrounds come together to organize meals, bridge social barriers and move our nation closer to the “Beloved Community.” Dr. Martin Luther King Jr. was a leader and activist who joined members of the University community to volunteer throughout Greater Philadelphia and Villanova’s campus.

**Merry Christmas Villanova Week—December 1-12, 2021**

Mark your calendars for this campus favorite tradition, with events including the Villanova Tree Lighting; student, faculty and staff chalk art competition; and a holiday dinner, and a safety training for first responders. Please visit the Merry Christmas Villanova website for a detailed event listing!