

STANDARDS OF EXCELLENCE

A guide to Fraternity and Sorority's Standard of Excellence Program



ABOUT STANDARDS OF EXCELLENCE



Standards of Excellence is based on developing students in conjunction with the Live Well model from NAU Health Promotion. The purpose of this program is to offer resources and information from a holistic wellness perspective to students, beyond the resources national offices provide. Organizations will need to complete a set of program requirements and achieve the required amount of points in each wellness area.

How the Program Works:

Chapters will be expected to meet certain requirements throughout the academic year. The requirements are outlined below. Each chapter will be able to chose/create their own events for each wellness area.

Events can be facilitated through NAU, National Offices, FSL Office, or another acceptable avenue. Chapter leaders will be expected to submit events via a form in order for the event to be counted. FSL staff will update chapters monthly on their progress and points will be updated on the website.

Requirements of the Standards of Excellence

- Risk Management Plan
 - Start of Academic Year
 - After President Transition
- Updating Rosters after End of Semester
- Bystander Intervention Training
- Hazing Prevention Workshop
- Alcohol and Other Drug Training
 - ScreenU
- Achieving Required Points in Each Wellness Area

PHYSICAL WELLNESS

The goal of this area is to promote students taking proper care of their bodies for lifelong health. Events should be focused around movement, nutrition, stress management, and healthy sleeping habits.

4 points are required in this area.

Event Ideas

- Hikes
- Group Fitness Classes
- Nutrition Classes
- Self-Care Workshops
- Sleeping habits/sessions
- Grocery Bingo
- Heathy Recipes



Event Ideas

- Self-care Workshops
- Mental Health Workshops
- Identifying Emotions Workshops
- Alcohol and Drug Education/Workshops
- Confronting Conversations Workshop
- NAU Resilience Project
- Campus Connect Suicide Prevention Training

The goal of this area is to promote students sense of self awareness, resilience, and emotional intelligence. Events should help facilitate students' ability to identify, express, and manage their emotions in positive ways.

Events should also help students develop positive and effective coping strategies for stressful and taxing situations

3 points are required in this area.

EMOTIONAL WELLNESS





SOCIAL WELLNESS

The goal of this area is to build and have healthy relationships and strong connections.

Events should be focused on creating supportive networks, meaningful relationships, creating inclusive and diverse experiences and perspectives, encouraging members to communicate healthy boundaries, and manage social conflict.

3 points are required in this area.



Event Ideas

- Volunteering in the Community
- Meditation Sessions
- Hosting Philanthropy Events
- Hiking or Experiencing Nature

Event Ideas

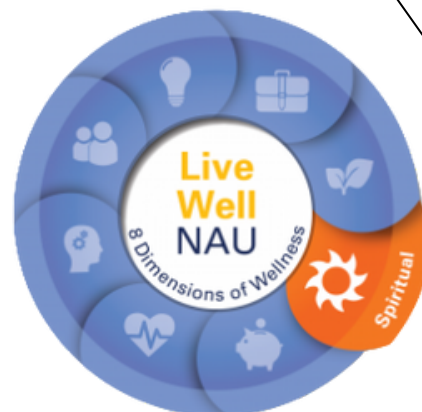
- Socials with organizations
- Attending events as a chapter
- Attending cross-council events
- Identity Training
- Collaborating with IMQ
- Attending Philanthropy Events



The goal of this area is to look at the intersection of value and beliefs that are personal to the individual. Events should help students invoke a sense of harmony with, connection to or regulation of something larger than oneself.

2 points are required in this area.

SPIRITUAL WELLNESS



OCCUPATIONAL WELLNESS



The goal of this area is to encourage personal satisfaction and enrichment from one's own work. Events should be focused on helping students balance leisure and work while maintaining our sense of meaning and purpose.

2 points are required in this area.

Event Ideas

- Career Development
- Resume Workshop
- Alumni Panels



Event Ideas

- Sexual Assault Prevention Trainings
- Attending Farmer's Market as a Chapter
- Trash Pick-Up
- Workshop/Education on Sustainability

The goal of this area is to encourage students to explore the interconnectedness of nature and the individual student. Events should focus on experiencing environments that students find pleasant and/or stimulating, taking care of the environments they live in, and living a sustainable lifestyle

3 points are required in this area.



ENVIRONMENTAL WELLNESS



INTELLECTUAL WELLNESS

The goal of this area is to encourage a curiosity for life and the mindset of life-long learning. Events should focus on ways to facilitate mental stimulation (learning a new skill, following creative passions, exploring opportunities for academic growth).

2 points are required in this area.

Event Ideas

- Budgeting Workshop
- "How to do Taxes" Educational Session
- Workshop on Financial Aid
- "How to Fill Out FAFSA"

The goal of this area is to help students in their ongoing process of becoming financially literate. Events should help students learn how to create a financial plan for their future, identify resources and set realistic and reasonable goals around finances.

1 point is required in this area.

FINANCIAL WELLNESS

Event Ideas

- Forming Study Groups
- Attending a museum as a chapter
- Bringing in a Campus Partner to Explore a New Topic
- Partnering with Academic Success Centers



To submit an event for points:

https://nau.co1.qualtrics.com/jfe/form/SV_blx02uzp2bQ0nEW

To submit a program proposal:

https://nau.co1.qualtrics.com/jfe/form/SV_3R6YT5fZFSMbVHM

IF YOU HAVE ANY QUESTIONS PLEASE
CONTACT FSL STAFF

naugreeks@nau.edu

928-523-5181