



Bad To Better!

Discussion Questions

Rest & Recover

1. What new habits can you develop to practice better self-care this winter?
2. Your advisors have put in countless hours so far this school year. What small acts of gratitude and/or kindness can we create for them?
3. You and your fellow leaders deserve some rest and relaxation. What events or activities could your program participate in to decompress and refuel?

Recognize & Support

1. Who on campus is feeling most overwhelmed? How can you and your fellow leaders help?
2. What activities can you use to best support students during testing and/or grading deadlines?
3. The holiday season can be a difficult time for students and staff alike. How can your program best assist your community this winter?

Encourage & Uplift

1. Who is one hero on your campus so far this year? What have they done to help and uplift others?
2. What moments of gratitude do you want to create for your school's heroes?
3. Acts of service are a pivotal part of any successful leadership program. What needs does your community have, and how can your activities best serve them?