

Social Program of the Month

McCar-TEA Par-TEA

School:	University of Washington	Region:	PACURH
Person in charge:	Stuart Jergensen	Nominator:	Polina Carlson
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Target Population: 100

Number of People in Attendance: 175

Number of People Needed to Organize: 3

On-Campus Population: 5600

Time Needed to Organize: 2 Weeks

Date(s) of Program: 12/01/11

Cost of Program: \$135

Chapter Size: 56

Origin of Program:

With finals being around the corner, Stuart, Polina and Sierra wanted to facilitate a program that would allow residents to take a break from studying, relax, mingle with other McCarty residents and enjoy delicious teas from around the world along with tasty pastries. To have a program which was simply an outlet to let residents relax and enjoy a laid back atmosphere was our goal. McCar-TEA Par-TEA was a combination of community building and a time to recharge before the finals come. Having had programs throughout the quarter which were much more interactive and educational, we wanted to provide an opportunity for residents to simply enjoy a social evening accompanied by exotic teas and freshly made pastries.

Word Count: 117

Please give a short description of the program:

On December 1st McCar-TEA Par-TEA took place in McCarty Hall. The program's goal was to allow residents to de-stress and take a break during the preparation for finals. Arrangements were made to have homemade pastries prepared by McMahan 8 and exotic teas were purchased from a local tea store. Eight different teas from around the world were offered to sample and enjoy. Varieties such as Madagascar Vanilla, Snow Monkey Plum, Monk's Prayer and Rootbeer Rooibos were offered. Each tea's benefits and nutritional facts were also explained to give residents a better understanding of tea and its positive effects. Educational posters were prepared and placed on each table along with table topics to offer residents something to talk about and an opportunity to meet each other. The educational posters provided background and history of tea, facts about teas, the best way to prepare teas and other relevant information to familiarize residents with tea. The simplicity of the evening provided a relaxing atmosphere which enabled residents to get to know one another, take a break from studying and enjoy high quality teas and pastries. The room buzzed with chatter and residents enjoyed sampling different teas, coming back multiple times to try new varieties. The table topics provided an avenue through which residents were able to interact with one another and play a game around the table which later naturally transformed into a casual conversation. Others stopped by quickly enjoying a tasty snack and tea on their way to study. Throughout the night more than 150 residents and other students came to the program. Some resident's enjoyed the program so much they suggested to us that it should be a quarterly tradition in McCarty. Others were surprised by the high quality pastries and the variety of teas which were offered, complimented our selection. The cultural aspect of having teas from around the world gave the event an international feel from which residents were able to learn from. The comfort of delicious pastries and exotic teas provided a variety to the usual cookies and pop which are usually provided at programs. The

combination of the relaxed atmosphere and the sophistication of this original event gave residents of McCarty to experience something different. Based on the success of this event due to the large turn out and the extremely positive feedback received directly from residents, this program deserves to be recognized.

Word Count: 396

Goals of the program:

The goal of this program was to provide residents with an opportunity to relax and enjoy teas from around the world accompanied with complimenting pastries. Also, through this event residents were able to learn more about tea and its benefits and positive nutritional effects. McCar-TEA Par-TEA enabled residents to enjoy a social break and meet other McCarty residents over a cup of tea. Having teas from around the world provided an international aspect to this program which made this event original and new to McCarty.

Word Count: 85

Positive and lasting effects of the program:

Because this program received such positive feedback directly from residents, it is possible that it will be a tradition in McCarty and a quarterly event. Because this event was simple and designed with the sole purpose to provide residents with an opportunity to relax and take a break from the very busy student life, this program turned out to be even more successful than we hoped for because it was much needed for the residents of McCarty. Residents were also able to learn about tea and its positive effects, including the relaxation effect which many residents could use especially during the high stress times. This event provided an opportunity for residents to learn more about ways they could relax and also as an environment where they could meet new people.

Word Count: 130

Short evaluation of the program:

This program was extremely successful based on the large turnout and the positive feedback we received about the event. Also, a large number of residents stayed for the duration of the program which was an indication that residents were interested in the program and weren't there just to get free food. They genuinely cared about learning about teas and their benefits and sampling different teas from around the world. Lastly, this program was successful because the overall evening was very simple yet original and residents left the event recharged and ready for another long night of studying.

Word Count: 97

How could this program be adapted to other campuses?

This program could very easily be adapted at other colleges because of its simplicity. Providing a space which is conducive to a relaxed social environment and which could accommodate a large group of people while having an intimacy which allows for comfortable small group interaction is all that is needed. Secondly, providing exotic teas which an average student is probably not familiar with created originality for this type of event and provides a refreshing change amidst the more traditional programs put on in Residence Halls. Also, having higher quality food such as freshly made pastries as opposed to chips and cookies which are offered at almost every program shows residents that quality is also the goal of our programs. Lastly, providing educational posters and table topics facilitated residents to interact with each other initially which later progressed into a natural conversation which lead to an evening that was successful significantly due to residents' participation.

Word Count: 154