



January 7, 2008

To the Alumni Risk Management Advisors:

We would just like to thank you for taking the time out of your very busy lives to give back to MIT and your FSILG. To ensure that you are getting the resources you need to advise the risk manager and membership of your FSILG, we have put together a menu of possible topics for future trainings.

Please rank order these topics from 1 (being the topic you would like to learn about most) to 7.

- \_\_\_\_\_ 1) **Mental Health** - Identifying students in distress and what to do.
- \_\_\_\_\_ 2) **Sexual Assault** – Services and programs aimed at ending violence and supporting survivors.
- \_\_\_\_\_ 3) **Communication** – How to communicate effectively with the undergraduate risk manager and house leadership including ideas on what to do with your stipend.
- \_\_\_\_\_ 4) **Alcohol and other Drugs** – Review of current student data, overview of student and MIT prevention efforts, how you can assist your community with detection, providing a supportive response and referral resources for members who may have a problem with substance abuse.
- \_\_\_\_\_ 5) **Stress and Sleep** – Tips on how to minimize stress and optimize sleep (yes even at MIT).
- \_\_\_\_\_ 6) **Meeting with IFC, Panhel, and LGC** – Discussion of current issues and successes from the year.
- \_\_\_\_\_ 7) **Meeting with constituencies involved with FSILGs** – Include but not limited to: BLB Chair, CLC Chair, Boston Police, Cambridge Police, and MIT Administrators

1. Are there other topics you're interested in or would you like to expand on the topics above? What other feedback do you have to ensure that you are getting the best meetings possible?

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OPTIONAL: Your Name: \_\_\_\_\_ Your Chapter: \_\_\_\_\_