

Pre-Conference Workshops

Scholars Weekend is chock-full of great workshops and sessions that will help you prepare for college life and life after college. Before we kick things off officially, we have some fun and engaging activities planned for you. It's a great way to connect with old friends, make new friends, get ready for the weekend, and Thrive Together! Check out these options:

[Mindfulness Workshop \(runs twice\) **](#)

Let's dismiss the stresses of travel, center our minds, and feel ready for what is to come. Engage in some mindfulness exercises—who knows, you may even use them during the school year!

[College Eats 101: Healthy Living on a Dime \(runs twice\) **](#)

Cafeterias, dining halls, pizza delivery and late-night snacks can send the most well-meaning of students into a nutritional spiral. The average college student gains 10 pounds during their freshman year. Learn how to maximize food choices at school and set yourself up for a 4.0 in nutrition! We will discuss shopping on a budget, how to make healthy selections in dining halls, quick & nutritious meal ideas, selecting appropriate portion sizes, snacking tips and weight management strategies.

[Before I Graduate Art Installation](#)

The future holds great possibility for us all. As a Scholar you are in the unique position to take inventory of what you have accomplished, while beginning to ponder what you hope to achieve. Let's dream about the future and share what we imagine is in store for us.

[Service Project](#)

What is better than curling up in a snuggly blanket? Come help make some fleece blankets (no sewing skills required!) to be included in a [Comfort Case](#) for children entering the foster system.

[Lawn Games *](#)

Have a competitive spirit! Perfect, then let's get together and see your lawn game skills. Who knows, this may be the start of professional lawn game career!

[Cooke Foundation *Not Rich* Guide](#)

We have been inspired by the leadership of University of Michigan students [Lauren Shandavel and Griffin St. Onge!](#) The Cooke Foundation is joining the movement and drafting our own *Not Rich Guide for Scholars*. Please come and document your experiences and advice about how to successfully navigate the financial limitations of your campus.

[Cooke Connect](#)

If connecting with the 300+ Cooke Scholars and Alumni at Scholars Weekend isn't enough for you, come learn more about and get help setting up your Cooke Connect account—your portal to the entire Cooke Community!

[Board Games](#)

Nothing says "let's be friends" like sinking another's battleship or forcing another to pull the wrong Jenga piece. Come sit, relax, and enjoy the company of other scholars around the game board!

* Weather permitting

** Limited space availability on a first come, first served basis