



Friends Along the Way

Succeeding in college takes hard work, discipline, and support. You'll need friends along the way!

A small group program sponsored by Friends Center, the Campus Ministry Office, and the Guilford Council of Religious Organizations (GCRO)



Guilford
COLLEGE

5800 W. Friendly Avenue
Greensboro, NC 27410

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Visit the Friends Center on the Web:
www.guilford.edu/friendscenter

C. Spiritual Practice (looking at life “holistically,” but not exclusively “religiously”)

- 1. Simplify your life
- 2. Morning/midweek/vespers worship
- 3. College Meeting for Worship
- 4. Attendance at area worship services/mass/prayers/synagogue
- 5. Daily meditation/devotions; other spiritual practice
- 6. Taize; Buddhist meditation
- 7. Bible studies/community prayer/Guilford Christian Fellowship prayer
- 8. Shabbat candle lighting

D. Emotional Development (maintaining balance in life)

- 1. Seek mentoring or counseling for personal growth and exploration
- 2. Take time to read, listen to music, journal, and enjoy the outdoors
- 3. Participate in clubs and organizations; join therapy groups as appropriate
- 4. Move out of comfort zones and try something challenging
- 5. Attend workshops on topics such as anxiety, depression, eating disorders, etc.
- 6. Attend theatre, musical, sport, and art events
- 7. Learn communication, relationship, and assertiveness skills
- 8. Volunteer; go on a work trip; serve others

E. Intellectual Challenge (it *is* college, after all!)

- 1. Attend the Bryan Series presentations
- 2. Devote yourself to your studies
- 3. Attend departmental presentations
- 4. Attend programs and speakers sponsored on and off-campus
- 5. Visit the Learning Commons
- 6. Go on a study-abroad program
- 7. Stop by faculty and staff offices and explore ideas
- 8. Attend programs at area colleges and universities

Registration form for
Friends Along the Way

Name _____

Year: _____

Address _____

State: _____

Zip: _____

Phone _____

E-mail _____

I am particularly interested in a group focused on (list top three areas of interest):

1. _____ 2. _____ 3. _____



Return form to the college or mail directly to:

Max Carter, Friends Center, Guilford College, 5800 W. Friendly, Greensboro, NC 27410

Friends Along the Way offers support for students to succeed at Guilford by:

1. Making healthy choices in college
2. Maintaining academic integrity
3. Growing spiritually
4. Maturing emotionally
5. Becoming actively engaged with the college community
6. And having fun while doing all the above!

Program Outline:

- A. Students commit to a group of approximately eight participants that meets regularly for discussion and mutual support and encouragement. Each group may have a special focus, e.g.: creative expression, spiritual exploration, activism, vitality, etc.
- B. Written materials and other resources are provided for reflection on issues related to physical, emotional, spiritual, and intellectual well-being.
- C. Mentors are available for conversation and assistance, drawn from the student body, faculty, staff, and local community.
- D. Occasional retreats and other events are offered for all in the program.
- E. Participants are notified of regularly scheduled and special activities related to physical activity, spiritual practice, emotional health, and intellectual challenge.

Details of the Program:

- A. Students sign up for **Friends Along the Way** during the summer (see registration form on the back panel). New groups may form in the fall as students learn of the program. A covenant of attendance and confidentiality will be expected once groups are formed, with attendance at small group meetings expected at least through the fall

semester.

- B. Student leadership in the small groups will be rotational. Each group will have a faculty/staff adviser and student mentor.
- C. The program is coordinated by the Campus Ministry Office and GCRO with the assistance of other offices, clubs, and organizations on campus. The program is non-sectarian and inclusive.
- D. Cost for participation is limited to occasional special outings or programs. Financial support is provided through various campus departments. **Friends Along the Way** is a non-credit, extra-curricular program.

Sample “Checksheet” for activities engagement:

(not a “score card” as such, but a guide!)

- A. **Physical Activity (keeping fit and getting exercise)**
 - 1. Intramural participation
 - 2. Pick-up games
 - 3. Participation in Swing Dance, dance class, or activities classes
 - 4. Swimming
 - 5. Weight room
 - 6. Running/jogging/biking
 - 7. Yoga/Tai Chi
 - 8. Walk or bike to local stores
- B. **Living Healthfully (making good choices in personal habits)**
 - 1. Healthy choices in eating
 - 2. Involvement with the cooking club
 - 3. Gardening
 - 4. Stopping or reducing smoking
 - 5. Avoidance of or limited use of alcohol and other chemicals
 - 6. Getting sufficient sleep; participate in “sleep-ins” or “nap-ins”
 - 7. Limiting use of non-prescription drugs, caffeine, and stimulants
 - 8. Getting out in nature *(continued on the back)*

Programs of the Friends Center Information Services & General Programming

Friends Center is a cooperative office of the college and the wider Quaker community. On campus, Friends Center is responsible for strengthening Guilford’s Quaker principles, holding the college accountable to its Quaker heritage, and educating the community about Quaker process and testimony.

The Quaker Leadership Scholars Program

QLSP is a systematic, co-curricular program enabling Quaker students and those exploring Quakerism to broaden and deepen their understanding of Friends. Since its inception in 1992, QLSP graduates have gone on to serve Friends in many important ways, including work as pastors and clerks, educators, staff with peace & justice organizations, and work with such Quaker organizations such as AFSC, FCNL, QUNO, and FWCC.

Campus Ministry

Friends Center provides campus ministry to Guilford College through daily worship opportunities; College Meeting for Worship; Taize worship; small groups; volunteer work with Friends Disaster Service; Religious Emphasis Week; a bi-weekly newsletter; frequent speakers, teas, and forums; an interfaith council; support for numerous campus religious organizations; one-to-one support and nurture; and “the Hut,” the campus ministry center.

The Guilford Council of Religious Organizations (GCRO)

GCRO is a student-led interfaith council serving the college community. Responsible for general campus religious programming, GCRO supports the various religious clubs at Guilford and provides numerous opportunities for spiritual exploration.

Speakers Series

Friends Center sponsors the annual J.M. Ward Distinguished Quaker Visitor; the Judith Weller Harvey Quaker Scholar; the Luby Casey Campus Ministry Visitor; and supports the Fleming Peace Lecture. Through these and other Friends (and others)-in-residence programs, Friends Center has brought to the campus and community rich and rewarding opportunities with the leading thinkers, authors, activists, and ministers of our time.