



Welcome to the .....

Chill Zone

CHILL ZONE: Currently an on-line space for students and faculty to come together to do non-law activities

Born out of the realities of this past winter: isolation, fading interest in law-related panels, deteriorating well-being, waning attendance wellness events

Time for some fun, and time for law school to convey that fun is ok

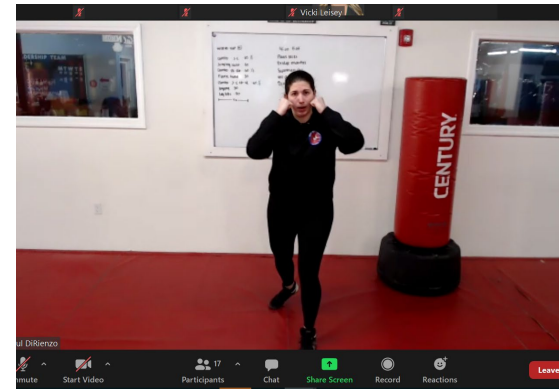
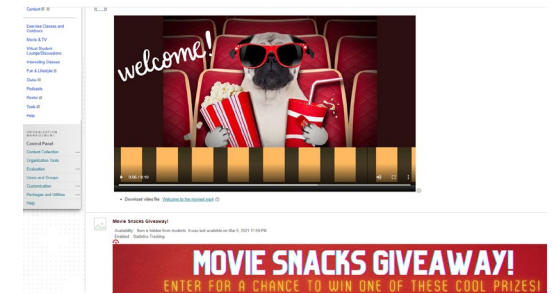
How do we appeal to a large part of the student population?

Focus on exercise, lifestyle and outdoor activities

Used experience from “Suffolk Law Sports Lounges”



- Exercise classes – HIIT, Barre, Yoga
- Cooking classes
- ASL class
- Book club
- Hiking and walking trail info
- Links to virtual museum tours
- Movies – using school's Kanopy streaming service
- Raffles
- Trivia night



Virtual circumstances: create an on-line community that was quick and easy to build, with multiple contributors = LMS

Surveyed student body; Student influencers shaped content

Tap into everyone's talents – students, faculty, librarians

Budget and costs

Kept it non-law and avoided terms like “stress management” or “well-being”

#	Field	very interested	somewhat interested
1	Yoga Classes	49.41% 84	30.00% 51
2	Hit/Kick-boxing Classes	42.86% 72	33.33% 56
3	Zumba Classes	26.83% 44	25.00% 41
4	Movies that are accessible through the Chill Zone	48.81% 82	31.55% 53
5	Sign Language Classes	33.92% 58	30.41% 52
6	Cooking Classes	42.86% 72	35.12% 59
7	Info on hikes/outdoor recreation in the area	40.72% 68	30.54% 51
8	Virtual Freedom Trail Live Tour	18.82% 32	19.41% 33
9	Virtual Museum Tours	30.77% 52	29.59% 50
10	Art/Photography Classes	33.33% 56	29.17% 49
11	Meet-ups for cultural events, hikes or tours (adhering to health guidelines)	37.06% 63	32.35% 55
12	Gaming opportunities	15.38% 26	16.57% 28
13	Message boards/discussions on non-law topics like sports, pets, TV, fiction books, etc.	14.29% 24	29.17% 49



## Going Forward - turning this into a long-term wellness program

Review what worked/what didn't

Bringing the chill zone to in-person operations

Use Chill zone for some virtual content, but more of a scheduling and info source for in-person

Need more active student leader input

Intramural sports, chess, more sports lounge events

Continue to be a space, virtual or IRL, where we offer programming that is aimed at well-being that feels interesting and accessible to most students (sneaking in the vegetables....)

Happy to share more about the CZ : [lferrari@Suffolk.edu](mailto:lferrari@Suffolk.edu)