RUSSELL SAGE COLLEGE
BE. KNOW. DO.

OCTOBER 28, 2026

SAGE ENGAGE 2026 SESSIONS:
Students Choose 4

Every Campus a Refuge (ECAR)
Armory, Renaissance Room

Albany welcomes families from around the world as they build new lives in our community. Discover the diverse cultures and communities that make our region special and learn how Russell Sage students support refugee families on and off campus. Create an "I Belong" coloring sheet celebrating your hometown and learn how to write your name in other languages!

Your Idea Can Change a Life (or Many)
Froman Hall, Room 302

Hear about how Strong Through Every Mile, a nonprofit that uses a running program to empower survivors of DV and interpersonal abuse, started as just a nagging idea but has grown to serve hundreds of survivors, transforming their lives and the lives of those around them. Use markers and stickers to create an idea map that will inspire you to take that little idea you've always had and turn it into something impactful.

Peer-to-Peer Prevention Education: Lead Positive Change in Your Community
Froman Hall, Room 303

We all deserve to be in healthy relationships, but rarely are we shown how. And many of us don't know how to identify red flags before they escalate to abuse. Research shows that the first person most teens and young adults talk to is a friend. Learn how you can make a difference at your school and beyond by leading a peer-to-peer prevention education program (using the curriculum from the One Love Foundation).

The Sage Green Scene
Armory, Room 205

What is sustainability, and how can we actively fight climate change? Join this session to explore these critical questions and test your problem-solving skills in a fun, interactive global temperature simulation — can your team stop the planet from warming? Plus, you will learn how our college community is engaging in sustainability efforts right here on campus.

The Power of Communication: Connecting, Learning, and Advocating
Armory, Room 209

Language is more than words. It's how we connect, learn, and express ourselves. But what happens when communication becomes difficult due to a developmental difference, stroke, brain injury, or other neurological change? In this interactive session with the Speech-Language Pathology Department, you'll explore how communication and language develop across the lifespan, try practical strategies to support people of all ages, and discover how speech-language pathologists help people find their voice, build connections, and participate more fully in the world. Whatever career path you choose, understanding the power of communication can help you make a difference.

The Collaboratory
Froman Hall, Room 301

Many non-medical factors affect a person's health outcomes — including income, employment, housing, race/ethnicity, sex, gender identity, sexual orientation, the environment, and more. We will play a game to explore how these social determinants of health can influence medical health outcomes, and learn how the Collaboratory, a health resource center in Albany's South End neighborhood, works to address these factors.

Move Better. Live Better. Change the World. Lifestyle Medicine + Physical Therapy
Kahl Campus Center, Room 224

This presentation will explore how everyday lifestyle choices—physical activity, nutrition, sleep, stress management, and meaningful connections—impact our health, well-being, and ability to thrive. Students will discover how lifestyle medicine and physical therapy work together to facilitate community health, prevent disease, restore function, and maximize quality of life. By learning to prioritize their own health, students can build a strong foundation for helping others and creating positive change in the world.

Found Poetry!
Art & Design Building, Room 210

Poetry is everywhere, and we can "find" it in unexpected places. In this workshop we'll use old books to create new poems by finding words and phrases that become an unexpected and exciting creation. No poetry experience needed!

Find Your Spark!
Art + Design Building, Room 303

Ever wonder what makes you feel truly happy, energized, and excited about life?
In this fun, interactive session, we'll explore what brings you joy, what makes you lose track of time (that's called flow!), and how those experiences can help you discover your purpose and what really matters to you.