**Day 6 Learning Activity**

*Quick Community Engagement Reflection with ChatGPT*

In this activity, you’ll create a mini virtual campaign aimed at fostering community and connection among students. Using ChatGPT, you’ll brainstorm and generate content that promotes mental well-being and engagement. This activity is designed to be completed within an hour and will give you insights into how you can contribute to building a supportive community.

**Activity Steps**

1. **Choose a Community Theme**: Select a mental health or community-focused topic that you care about, such as “Maintaining Connections During Exam Season” or “Small Daily Habits for Mental Wellness.” Pick something that would resonate with other students and help them feel more connected.
2. **Generate Content with ChatGPT**:
   * Brainstorm three brief social media posts, messages, or virtual posters with ChatGPT. These could be simple tips on stress management, reminders to take breaks, or encouraging words to promote positivity among students.
   * Ask ChatGPT to help you create one or two reflective prompts or questions that invite others to share their experiences or ideas. For example, you might create prompts like “What’s a small way you take care of yourself during stressful weeks?” or “How does connecting with classmates help you stay motivated?”
3. **Reflect on the Process**:
   * After generating your content, reflect on how the activity made you feel. Use ChatGPT to help you answer questions such as, “How did creating this content make me feel more connected to others?” or “What did I learn about the importance of community support in student mental health?”
   * Consider how you might use this experience to actively support others in your daily life. For example, you could think about small actions you can take, like checking in on a friend or sharing these ideas with classmates.

Once you’ve completed the activity, please share your reflections in the Day 6 Forum Discussion. Reflect on the insights you gained, how ChatGPT influenced your experience, and any plans you have to use these community-building ideas in your daily life. Engaging in the forum will allow you to connect with others and see how your peers approached the same topic.