



Student Affairs Mini-Conference

July 9, 2019

8:30 am **Welcome by Dr. Jeffrey Waple**
MUC Meridian Ballroom – please note: breakfast will not be served

Opening Speaker: Dr. Courtney Boddie **Mindfulness in Your Everyday Life**

Success in western societies is often defined by being busy as opposed to being well. These busy days can be so taxing that many of us learn as we move through life that there is immense value in achieving a sense of balance and peace. *Mindfulness* offers just that. Stemming from Buddhist practices, it is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally (Kabat-Zinn, 1990). A challenge associated with *mindfulness* is that its effects are cumulative, requiring frequent use to achieve results. When posed as a possible coping strategy, it is deeply appealing, seeming to resonate with many, but is often discarded, as there can be lots of pressure around “doing it right” as well as difficulty integrating it into a personal routine. This brief talk will provide the following:

- Introduction of the benefits of mindful living when integrated into one’s life
- Encouragement to lean into the challenges that may arise while introspecting
- Overview of Kabat-Zinn’s mindfulness principles
- Description of a few different mindful practices as they may differ from meditation
- Discussion on scheduling such practices into your day

Session 1: 9:00-9:45 am (choose one session)

Bite Sized Leadership

Melinda Daniels

MUC Mississippi/Illinois Room

With so many grandiose ideas of leadership out there, it can be confusing to break down what everyday leadership can look like in our jobs. In this session, attendees will be charged with mini-challenges to complete in short bursts throughout the upcoming year to stretch their own leadership capacity regardless of positionality at SIUE. We will also consider how our modeling of these practices and the promotion of other opportunities on campus can influence the leadership development of our students, creating a stronger culture of leadership in the student community as well.

Broken: *Embracing a Culture of Accessibility to Battle the Afterthought of Equity*

Dominic Dorsey

MUC Maple/Dogwood

Changing philosophy and practice to ensure access to persons with disabilities by utilizing a social justice lens.

More Than Buzzwords: *Assessment & Strategic Planning Efforts in Student Affairs*

Miriam Roccia, Kelly Jo Karnes, Rex Jackson, and Tyler Manning

MUC Oak/Redbud

What in the world have the Student Affairs Assessment Team and Strategic Planning Team been working on all year? What have we learned? What have we implemented? What's coming next? Get an update and learn more about the strategic planning process, program review process, new assessment efforts and results, and what is next for both teams.

eSports: *The Biggest Sport You've Probably Never Heard Of*

Keith Becherer and Phil Leyerer

MUC Hickory/Hackberry

An introductory into the phenomena of competitive video gaming. It is estimated that esports will outpace traditional sports by the year 2022. Scholarships, academic majors, studios, arenas, competitions, and broadcast opportunities are appearing on an increasing number of college campuses. Join us for an introductory presentation on what esports are and learn more about this phenomena that is taking over college campuses, as well as some insight on what SIUE is doing in regards to competitive video gaming.

Session 2: 10:00-10:45 am (choose one session)

Identifying and Responding to Workplace Stressors

Dr. Courtney Boddie

MUC Mississippi/Illinois Room

The Centre for Studies on Human Stress (2017) defined stress, your body's response to demands as indicated by secretion of stress hormones, as manifesting under situations that involve novelty, unpredictability, and a threat to your sense of self. Given that most Americans spend more time at work than engaging in other wakeful life activities (Bureau of Labor Statistics, 2017), it stands to reason that work stress is unique in that work can be a driving force of life purpose, economic stability, social connection, and time use for many (Super, 1976). As such, mismanagement of this stress category can have dire consequences, as articulated by Wright and Bonett (2007), who wrote that well-being, an indicator of well managed stress, is a protective factor that can mitigate job satisfaction and turnover. This presentation will focus on helping you to achieve the following:

- Determine the purpose of work in your life
- Assess your well-being
- Diagnose your stressors as they may affect work & identify their impact on your functioning
- Develop an action plan to enhance coping

Enrollment and Retention (UPDATED SESSION INFORMATION**)**

Todd Burrell, Katie Eilers, and Dr. Tyler Phelps

MUC Maple/Dogwood

New SIUE enrollment management and admission initiatives will be discussed including an EAB update, an AIM High Grant update, and a GRASP Program results update.

Enabling vs. Empowering: *How We can Better Prepare our Students to Leave Campus Life for the Real World*

Eileen Martindale and Jamie Doss

MUC Oak/Redbud

Our students have everyday challenges, as will life when they move beyond the SIUE campus. In this presentation, learn more about every day opportunities for you to infuse professional development into the lives of our students. We will candidly discuss the disconnect between our student's demands and real world expectations. In addition, we will explain professional competencies and provide tangible ways you can empower your students to become well-rounded professionals and adults!

Value, Voices and Villages: *Navigating Authenticity in the Workplace*

Moderator: Dominic Dorsey

MUC Hickory/Hackberry

A panel of diverse representatives transparently discussing their experiences in higher education.

Session 3: 11:00-11:45 am (choose one session)

Everyday Giants: *The Challenges of Inclusion & the Role of Student Affairs Professionals on College and University Campuses*

Dr. Timothy Staples

MUC Mississippi/Illinois Room

It can be asserted that the foundation of the work we know as student affairs began with the need to adequately support the inclusion of diverse students in a higher education system not designed for women and persons of color. Today, college and universities continue to struggle with achieving inclusive excellence for students from underrepresented populations. This session will explore the issues underrepresented students face at Historically and Predominately White Colleges and Universities (HPWIs); and their implications for the role of student affairs professionals.

Sustainability 101: *Principles and Practices for Student Affairs*

Dr. Connie Frey-Spurlock

MUC Maple/Dogwood

Student Affairs plays a critical role in both developing sustainability-minded students and in reshaping the institutional culture to foster more pro-environmental behaviors by all campus community members. At the completion of this session, participants will be able to: define sustainability, use the triple bottom line to make decisions, and plan a zero waste event.

Nutrition and Diet Trends

Kayce Beatty and Ioannis Katrantzis

MUC Oak/Redbud

Many college students are turning to the latest and greatest diet trends to assist with weight loss. In this presentation, we will discuss and explain details of these more popular diets and include reputable sources so you are able to give guidance if necessary.

Putting the Super in Supervision: *Supervising staff, GAs, and Practicum Students Panel*

Moderator: Rex Jackson

MUC Hickory/Hackberry

Do you supervise graduate students, practicum students, or full-time professionals? Have questions about supervision? If you do then this panel is for you. Panelists from University Housing, Kimmel Student Involvement Center, and Campus Recreation will share their experiences and engage in a Q & A with participants to share best practices, advice, and answer the tough questions regarding supervision.

Optional Afternoon Mega Session

Toward Becoming a Student-Ready Campus: *Living our Mission, Vision, Values* *(This session is designed primarily for staff in the Division of Student Affairs)*

1:00-2:30 pm

Miriam Roccia

MUC Mississippi/Illinois Room

This expanded session will examine our roles in creating educational environments that meet students where they are and our responsibility to remove barriers to student success. Participants will identify characteristics of a student-ready campus, existing institutional barriers to student success, and recommendations for dismantling those barriers. Additionally, participants will be introduced to the Student Affairs DRAFT Mission, Vision, and Values from the lens of our roles as educators responsible for leading us toward becoming student-ready. The session is based on the book, *Becoming a Student-Ready College: A New Culture of Leadership for Student Success* (Jossey-Bass, 2016) by Tia Brown McNair, Susan Albertine, Michelle Asha Cooper, Nicole McDonald, and Thomas Major, Jr.