

NASPA REGION V UTAH CONFERENCE



**Join us for a day of professional development and networking
with higher education professionals across the state.**

The conference will take place in the Shepherd Union Building at Weber State University in Ogden, UT. Parking will be at the Dee Event Center, with shuttles running to and from the campus throughout the day. Campus maps available at <https://www.weber.edu/weberstatemap/>

Schedule Overview

8:00am-8:30am: Registration
8:30am-9:00am: Light Breakfast & Networking
9:00am-9:15am: Welcome & General Information
9:15am-10:15am: Keynote Speaker: Stacy Bernal
10:30am-11:20am: Breakout Sessions - Round 1
11:30am-12:20pm: Luncheon & Awards Ceremony
12:30pm-1:20pm: Breakout Sessions - Round 2
1:30pm-2:20pm: Breakout Sessions - Round 3
2:30pm-3:00pm: Closing Remarks & Drawing

**Registration, Breakfast & Networking, Conference Welcome, Lunch & Awards, and Closing Remarks will be held in the Shepherd Union Ballrooms on the 3rd floor.*

Breakout Session Details

Round 1 – 10:30am – 11:20am

Braiding Educator Autonomy and Student Agency: thoughts and practices on the paradox of inclusion and the transformative outcomes of relationality

SU 305

Campuses often adopt inclusion work as policy, but can end up performing inclusivity with no transformative outcomes, leading to the appearance of change and the maintenance of the status quo. This presentation seeks to trouble liberal conceptualizations of inclusion by reflecting on the relational ethics of students and educators enacting protest in education and challenging campus educators to revisit and (re)engage inclusivity in relation with student activists. Ultimately, this presentation refuses to see inclusion as the final project for the recovery of humanity on campus and provides theoretical and practical applications for the decolonization of higher education.

Presenter: *Agustin “Tino” Diaz, Utah Valley University*

Agustin Diaz, or commonly known as Tino, is a TRIO Educational Opportunity Center director at Utah Valley University. He is a PhD student at the University of Utah in Education, Culture, and Society, with interests in student protest and grassroots social movements, critical inclusive education, and indigenous concepts of relationality. He works with various communities as a local and community organizer, particularly with migrant and indigenous land rights. He is also a co-parent to two little boys who love school buses, baseball, miles morales, and French fries.

Culture and Success of a Pilot Peer Health Education Group

SU 312

Curious how a pilot peer health education (PHE) program turned into a smashing success in its first semester? Center for Student Wellness launched the University of Utah's first-ever PHE program in January 2019 with 6 students. Through careful cultivation of a culture of independence, trust, and creativity, the program reached over 650 students in less than 2 months. This success inspired the program's expansion. Now a scholars program, the next academic year will welcome a team of 15 students who will continue to educate their peers in innovative ways.

Presenters: *Jenna Templeton, University of Utah*

Jenna Templeton studied chemistry as an undergrad and transitioned to health education after 5 years as a research scientist. Now, Jenna works as a Health Educator in the Center for Student Wellness at the University of Utah, a position she's held for over 3 years. One of the highlights of her role has been co-developing and implementing the U's first successful peer health education team called ACES. Mentoring the ACES has been such a joy because it perfectly blends her professional and personal interests in research, data, wellness, communication, and belonging.

Cathleen Zhang, University of Utah

Cathleen Zhang is a sophomore at the University of Utah and a member of Center for Student Wellness' ACES Peer Health Education team. Being a part of ACES has introduced Cathleen to the concept of harm reduction, helped her make tangible efforts to educate others on the topic, improved her presenting and public speaking skills, and provided her with a wonderful community of mentors and fellow peer health educators. Health education has been a part of Cathleen's life for quite a few years now, and she looks forward to continuing to pursue it in the future.

Leadership: Finding Your Place at “The Table”

SU 320

This presentation teaches learnable behaviors that dramatically enhance leadership success. The concepts taught will help leaders stay focused despite pressure and distractions; open their minds to alternative viewpoints; invest in others by listening intently; energize people with the right amount of passion; and be courageous in crucial conversations. Stacy shares her wit and wisdom with real-world examples from her own experience, bravely moving into positions of leadership after years of self-doubt and limiting self-beliefs. From once a bartender to now a board member, Stacy believes everyone has a leader within them and she helps them achieve their fullest and greatest potential.

Presenter: *Stacy Bernal, Keynote Speaker*

Stacy Bernal is a speaker, author, and personal development coach at See Stacy Speak LLC. She graduated Summa Cum Laude from Weber State University with a BA in Public Relations and Advertising and was named the 2013 Outstanding Graduate for her major. She proudly serves on the WSU Alumni Association Board of Directors, the Utah State Women's Council of Realtors, and the Ogden/Weber Chamber's Women in Business Executive Board.

Stacy has been featured on Thrive Global, Chicago Now, Scary Mommy, Autism Parenting Magazine, and HER Magazine. She recently published her first book, *The Things We Don't Talk About: A Memoir of Hardships, Healing, and Hope*. From once-a-bartender to now-a-board-member, she feels purposeful about sharing her message of triumph, inspiration, and empowerment. She is the creator of Awesome Autistic Ogden, an autism awareness event turned community resource, as well as a 501(c)(3) nonprofit, Bernal Badassery Foundation.

Stacy lives happily with her family and fur babies near the mountains, where she enjoys all the amazing outdoor recreation Ogden, UT has to offer like running marathons, triathlons, relay races, and an ultra-marathon. She loves to travel and looks forward to many great adventures all over the world.

Maintaining student Success in Times of Transition: Best Practices from SLCC TRIO

SU 404

Innovation and collaboration are necessary, even during the bumpiest of times. During recent turnover and departmental changes, SLCC TRIO has been able to internally design for student success, ultimately providing department and program stability by using theory to inform program operation. Establishing sustainable structures and processes enhances team cohesiveness within our department and provides ongoing training that affords consistent student support. The outcome is that our students persist academically and professionally.

Presenters: *Rosio Suarez, Salt Lake Community College*

Rosio Suarez is the Program Manager for SLCC TRIO ETS College Bound and has worked in TRIO Programs since August of 2013. Rosio graduated from the University of Michigan as a first-generation college student with a B.A. in Sociology, and from Westminster College with an M.Ed in Community Leadership. Her experience includes social justice education, intergroup dialogue training, conflict-resolution, residence education, and Latinx post-secondary outreach. Rosio loves traveling and baking, but is more likely binge-watching her favorite shows with her pomeranian Giselle.

Tanasia Valdez, Salt Lake Community College

Tanasia Valdez is the SLCC TRIO STEM Program Manager and has worked with TRIO since 2017. Tanasia is originally from Ogden, Utah. She graduated from Weber State University with a dual B.S. in Sociology and Anthropology. She went on to pursue her M.Ed. in Educational

Leadership and Policy at the University of Utah. Her capstone focused on building and maintaining coalitions in and across institutions to promote Latinx retention in STEM degrees. Prior to working in TRIO Programs, Tanasia worked at Weber and SLCC supporting underrepresented students in higher education. In her free time, she enjoys cooking for her loved ones and playing with her dog.

Making the Most of Student Employment

SU 316

Student employment on campus is considered to be a high impact practice and we all know it can be a great experience for students, but how do we actually make student employment meaningful and impactful? Join us as we discuss learning development frameworks and best practices for student employment opportunities on college campuses. We will apply these concepts to a mentoring program in a case study style activity and discussion and work with attendees to apply these concepts to their student employment programs.

Presenters: *Olga Antonio, Weber State University*

Olga G. Antonio is the Mentor Coordinator for the Office of Access and Diversity at Weber State University. The Peer Mentor Program focuses on supporting underrepresented students as they learn to navigate campus resources, build a sense of belonging through relationships with peers and the university and prepare to graduate. In this program, Olga hires, trains and supervises Peer Mentors. Olga chairs the Weber State University Student Affairs Mentoring Committee which brings together different mentoring programs with the purpose of expanding mentoring opportunities for students and creating development opportunities for mentors. Before Weber State University, Olga served for five years as a Resident Director facilitating a residence educational model which focused on student self-reflection to learn about themselves and others. In this role, Olga hired, trained, supervised/advised and developed Resident Assistants.

Richard Campos, Weber State University

Richard Campos is an Academic Advisor for General Studies at Weber State University's Student Success Center. The Student Success Center assists general studies majors with academic planning, connecting with program advisors, and referrals to university support services. Richard also participates in New Student Orientations by being a presenter for the welcome, closing, and general studies session. Richard completed his Bachelor of Science in Criminal Justice at Weber State University where as a student he was employed by the Peer Mentor Program as a peer mentor, and graduate intern, and held positions in WSUSA's Diversity Board, Service Team, and Supreme Court. As a graduate student at Ohio University, Richard was a graduate assistant for Supplemental Instruction, Advisor for the Office for Multicultural Student Access and Retention (OMSAR), study skills coach, and Instructor for UC 1000: Mastering the University Experience.

Andrea Salcedo, Weber State University

Andrea Salcedo is the Student Employment Coordinator for Career Services at Weber State University. The Student Employment Coordinator position is new to WSU in an effort to support the coordination and development of high impact and meaningful student employment experiences. Andrea completed her undergraduate studies at Weber State University, graduating with a Bachelor of Science in Psychology and Child & Family Studies. As a WSU student, Andrea was employed through the Peer Mentor Program as a peer mentor and graduate intern. Andrea is a recent graduate from the University of Utah's Educational Leadership & Policy

M.Ed. program. As a UofU graduate student, Andrea was a graduate assistant for the Student Leadership & Involvement office as well as the Center for Ethnic Student Affairs.

Supporting Invisible Students (Refugee and Immigrant) to Attain Higher Educational Goals

SU 321

This workshop explores and highlights numerous ways to support this student population on campus. The support and guidance are ranging from the academic to the social perimeter to ensure student's success. During the session, you will be able to think about how to Aspire Higher and create connections for your student on campus to overcome their unique challenges.

Presenter: *Dr. Kamal Bewar, Salt Lake Community College*

Dr. Kamal Bewar was born in Kurdistan of Iraq. He migrated to Salt Lake City as a refugee 26 years ago. Dr. Bewar has taught Kurdish, Arabic, and Middle Eastern culture to the Department of Defense for 10 years. He earned his doctoral degree in Higher Educational Leadership in 2015. He joined Salt Lake Community College in 2015. Currently working as a Student Success Coordinator at SLCC.

Round 2 – 12:30pm – 1:20pm

Be Careful What You Wish For – Chief Student Affairs Officers (CSAO) Panel

SU 404

Come interact with VPs from a diverse array of Utah institutions. The VPs will share some advice, talk about their pressing issues, and then open the time for questions and discussion with participants. The title is tongue-in-cheek, as these are passionate, thoughtful, and dedicated student affairs leaders, eager to engage in these conversations with you.

Moderator: *Brett Perozzi, Weber State University*

Panelists: *Karnell McConnell-Black, Westminster College*

Lori McDonald, University of Utah

James Morales, Utah State University

Jason Springer, Snow College

Building First – Gen Student Connections to the Great Outdoors

SU 312

Leveraging departmental affiliations, we blended the missions of our orientation and first-generation student programs to create a unique outdoor orientation experience specifically designed to bolster first-generation students' sense of community and affinity to the university. Through activities intentionally designed to foster cooperation and teamwork, first-generation students are connected to peer and staff/faculty mentors who will provide additional support through the first year.

Presenters: *Garrett Nagaishi, Utah Valley University*

Garrett has been the Program Manager for First-Generation Students at UVU since August 2016, where he creates programs and builds interdepartmental relationships that will connect students to the resources they need to succeed.

Martha Wilson, Utah Valley University

Martha Wilson is an Assistant Director in the First-Year Experience & Student Retention office at Utah Valley University. Martha is a first-generation college graduate, and has experience working in higher education in the areas of recruitment, admissions, academic advising, first-year programs, and orientation.

Rewarding Wellness: Promoting Cross-Campus Wellness Collaboration

SU 305

Wellness is a balance between multiple interconnected dimensions that extend beyond any individual Student Affairs department. The key to our success lies in using our departmental strengths to work smarter, not harder, to promote our services, improve student wellness and support the continual success of our student body. In this session, participants will learn how the integration of evidence-based research, genuine collaboration, and effective marketing strategies can enhance programs and services across Student Affairs while supporting the holistic wellness of their students.

Presenters: *Rochelle Creager, Weber State University*

Rochelle is the Student Wellness Coordinator and Chair of the Student Wellness Advisory Committee at Weber State University. She graduated from the University of Utah in Health Promotion and Education and is currently working on her Masters of Health Administration at Weber State. She is a Master Certified Health Education Specialist with over 15 years of experience working in healthcare, public health and higher education.

Jonathan Rivera, Weber State University

Jonathan is the Fitness Coordinator for Campus Recreation at Weber State University. He serves on two campus health and wellness committees as a Wellness Ambassador for Employee Wellness and a long time member of the Student Wellness Advisory Committee. He graduated from the University of Florida in Applied Physiology and is currently working on his Masters degree in Health and Human Performance from Northwestern State University of Louisiana. He maintains multiple certifications, including PTA Global-CPT and ACE, and has been working within the field of Campus Recreation for the past five years.

Support Students in the Mental Health Crisis: Trained Peer Advocates

SU 321

Anxiety and depression are on the rise across the nation and campuses need to find ways to increase the mental health support available to students. Weber State University's Wildcat Support Network (WSN) is an innovative peer-based program comprised of two components: 1) Mental Health Awareness & Advocacy course to teach students helping skills and 2) Having trained students facilitate peer support groups. Participants in this session will learn about the mental health crisis facing universities, components of the WSN program and other peer-based mental health programs, and be able to identify which programs would best fit with their campus' needs.

Presenter: *Amy Blunck, Weber State University*

Amy Blunck is a licensed Clinical Mental Health Counselor. She received her M.Ed from the University of Utah and her B.S. in Psychology from Weber State University. She is employed at Weber State University within the Counseling & Psychological Services Center as the Coordinator of Mental Health Initiatives and oversees the Wildcat Support Network.

What's Branding Got To Do With It? How to Create Empowering Personal Brand to Enhance Your Professional Career

SU 320

Why does Chick-Fil-A have such fanatic consumers? Why does Nike have an almost cult following? Because each of these companies continue to provide positive feelings and experiences through their brands. A well defined brand focuses more on the “why” than the “how” of a company. If you want to take your professional career to the next level, then you are ready to create YOUR personal brand. Come prepared to explore universal branding principles and to participate in hands-on activities that will help you explore your passions, define your “why,” and build your personal brand to enhance your student affairs career.

Presenter: *Madalyn Smith, University of Utah*

Madalyn Smith is a Political Science Academic Advisor at the University of Utah and earned a Master of Science in Counseling and Development from Texas Woman’s University. She has five years of professional experience in higher education, thirteen years of experience in leadership and development, and just over a year’s worth of experience in personal branding and marketing. She loves encouraging others, public speaking, eating pizza, and watching reruns of Friends.

Women of Color in Higher Education [Re]defining support for students, faculty and staff of color

SU 316

Historically, Student Affairs and Higher Education has been a White and Male dominated profession. Given growing numbers of women of color in the field, “support” must be redefined to be culturally inclusive. In this panel of Women of Color in Higher Education, we define what support looks like for us. We will discuss the ways we navigate and change cultures of support across institutions and offices; explore creating culturally engaging campus environments for students and staff; and shift the focus from expecting students/staff to be prepared for institutions to examining how our institutions prepare for incoming students/staff.

Presenters: *Olga G. Antonio, Weber State University*

Olga G. Antonio is the Mentor Coordinator for the Office of Access and Diversity. The Peer Mentor Program focuses on supporting underrepresented students as they learn to navigate campus resources, build a sense of belonging through relationships with peers and the university and prepare to graduate. Olga chairs the Weber State University Student Affairs Mentoring Committee which brings together different mentoring programs with the purpose of expanding mentoring opportunities for students and creating development opportunities for mentors. Olga earned her M.S.Ed. in Higher Education Student Affairs from Baylor University.

Andrea Baltazar, Weber State University

Andrea Baltazar is an assistant professor in the Department of Communication at Weber State University. She teaches audio production, editing, multi-camera studio production, and documentary filmmaking. She graduated with her M.F.A. in Screenwriting from Pepperdine

University. She is a filmmaker and her interests involve telling stories and giving a voice to the voices we don't see every day. Her most recent film is a short film entitled "Urban Uber."

Tashina Barber, Weber State University

Ya'at'eeh. Greetings. Tashina Barber is a citizen of the Diné nation belonging to the Near the Water Clan people. She is a Retention Counselor in the Center for Multicultural Excellence (CME) at Weber State University under the Office of Access and Diversity. As a Retention Counselor in the (CME) she works with students from underrepresented populations and advises the American Indian Council student organization. Tashina obtained her M.Ed. in Educational Leadership & Policy with an emphasis in Student Affairs from the University of Utah.

Alex Dutro-Maeda, Weber State University

Alex Dutro-Maeda is the Program Specialist for Weber State University Women's Center, where she plans professional development and social justice education for student staff members and works with students to create programs that explore identity, power, oppression, and privilege in the university community. She holds a Master's degree in Higher Education Student Affairs from the University of Connecticut.

Andrea Hernández, Weber State University

Andrea Hernández is the Diversity and Inclusive Programs Coordinator at Weber State University under the Office of Access and Diversity. She serves as the advisor for the WSUSA Diversity & Unity Board under Student Involvement & Leadership and challenges board members to create programming events that hold space for critical and inclusive dialogue. She is currently a Master's student at Weber State in the M.Ed. program emphasizing in Higher Education Leadership.

Unique Harston, Weber State University

Unique Harston is the Area Coordinator of Wildcat Village in the Department of Housing & Residence Life at Weber State University. As an Area Coordinator, Unique leads a team of 15 student staff members who work to build residential communities where all students feel welcomed to live, learn, and grow; advises Weber States Residential Hall Association, a residential advocacy board; and resolves all student conduct violations that occur in Wildcat Village. Unique received an M.S. in Higher Education Administration from Barry University.

Round 3 – 1:30pm – 2:20pm

Addressing Cognitive Barriers for Disadvantaged Students Wanting to Attend or Stay in College

SU 316

Although there is a lot of information about academic discrepancies for disadvantaged students, research shows it is difficult to make substantial gains without addressing other cognitive barriers that affect students' progress. In this presentation we will look at the primary cognitive barriers that affect disadvantaged students, and how you can work with students in access and retention efforts to assist them in understanding their barriers- with the ultimate goal of empowering students to overcome them!

Presenter: Rebecca Tierney, Weber State University

Rebecca Tierney is Director of College Access, First Year Transition, & TRIO Talent Search in Access & Diversity at Weber State University. She has over 20 years of working with

disadvantaged students in various roles within higher education, K-12 education, health and human services, workforce development, and juvenile justice. She has a Bachelor of Science in Sociology, a Certificate of Criminology, and a Master of Education in Educational Counseling. In her current role she coordinates access programming for approximately 700 students in the Ogden, Weber, and Davis school districts. This includes college readiness education, access advising, tutoring, mentoring, and transition services to better serve low income, underrepresented students in attaining their goals for furthering their education. Her passion for diversity and equity comes from growing up in various countries, and her hobbies include completing her MBA, traveling, and figuring out how to be an empty nester.

Higher Education and Incarceration: Redefining our Utah Student Population

SU 312

How do our interactions as Student Affairs professionals serve as an extension of incarceration for our students who are currently, or formerly, incarcerated? This interactive discussion will encourage professionals to address their own implicit biases toward students who have previously been involved with the U.S. justice system. Student scenarios and small group discussions will help attendees develop intentional practices when working with this overlooked population.

Presenters: *Whitney Hills, University of Utah*

Whitney Hills is completing her M.Ed. in Educational Leadership & Policy with an emphasis in Student Affairs at the University of Utah. Her research interests include access to higher education, specifically in regards to: transfer students, adult learners, community college, women, parents, and higher education in prison. Whitney was an intern with the University of Utah Prison Education Project (UPEP) and assisted with coordinating lectures for UPEP students. Additionally, she works as an academic advisor in the Eccles School of Business at the University of Utah. In her free time, Whitney enjoys spending time with friends, family, and especially her son!

Sydney Magana, University of Utah

Sydney Magana recently graduated with her M.Ed. in Educational Leadership & Policy and is very interested in pursuing a doctoral degree. Through a lens of college student access, retention, and success, Sydney is currently focused on the intersection of higher education and the criminal punishment system. Sydney's graduate capstone paper interrogated the use of prior criminal history questions within collegiate admissions. This paper was awarded a certificate of outstanding achievement and is being restructured for publication. Additionally, Sydney serves as an Assistant Director in the Office of Orientation & Transition at the University of Utah.

Navigating Campus Politics: Being an Effective Change Agent

SU 320

One of the most important competencies for Student Affairs professionals to work on is navigating campus politics to build lasting partnerships that help move forward the strategic priorities of the institution. We can make the largest impact on our campuses by collaborating with people from other departments, divisions, and schools. But, how do we authentically build these relationships? In this interactive session, we will be discussing how organizations function, the realities of higher education politics, and how to effectively navigate institutional strategies and culture to become a change agent.

Presenters: *Candida Darling, Salt Lake Community College*

Candida Darling has been working in Student Affairs in Higher Education for over 15 years. At Salt Lake Community College, she has served as the Director of the Disability Resource Center, Interim Associate Vice President of Student Success & Completion, and Interim Senior Director of Planning & Implementation. Candida is passionate about teaching, and is Adjunct Faculty in the College of Education. She has bachelor's degree in Social Work from Boise State University, a master's degree in Social Work from Missouri State University, and is a Licensed Clinical Social Worker.

Richard Diaz, Salt Lake Community College

Richard Diaz is an award-winning Student Affairs professional currently working at Salt Lake Community College as the director for the First-Year Experience department. In this role he has exercised his passion for supporting students to access higher education and graduate successfully. As a practitioner, he brings a wealth of knowledge to the profession with experiences ranging from working in Diversity and Multicultural Affairs, Admissions, as an advisor for two Latinx/a/o student organizations, and an adjunct faculty for the College of Education. His educational achievements include a bachelor's degree in Social Justice Education and a master's degree in Educational Leadership and Policy with an emphasis in Student Affairs, both from the University of Utah. He deeply believes in the importance of community colleges in our society and hopes to spend the remainder of his professional career devoted to living up to the mission of these institutions.

Reflecting on Reflection: Practical Tips for Accessing the Magic Mirror of Meaning

SU 321

Trying to create programming that makes a difference in the lives of your students? Want your students find authentic and personal purpose in your activities? Come join the discussion as we explore the “whys” and “hows” of effectively employing Reflection into your programming. Gain tips and tricks that will have your students discovering the purposes and lessons learned from your events, which will keep them coming back for more! You’ll be sure to walk away equipped with plenty of new ideas for utilizing reflection as a learning tool.

Presenter: *Chris Crippen, Brigham Young University*

Chris Crippen was appointed Director of the Center for Service and Learning (Y-Serve) at Brigham Young University in 2014. He is originally from Lake Elsinore, CA and has lived in Elk Ridge, UT since 2005. He and his wife Sherelda have six sons and 2 daughters. Chris has spent the first half of his career as a public school teacher and administrator in both California and Utah. He studied Elementary Education at both Brigham Young University-Hawaii and Brigham Young University, graduating with a B.S. in Elementary Education in 1999. He continued his studies, earning a M.A. in Education with an emphasis on Curriculum and Instruction from Azusa Pacific University (2001) and received his Educational Administration licensure from Southern Utah University (2013). He has coached volleyball for 22 years. Chris loves music, sports, the outdoors and serving others.

The Ripple Effect: Bystander Intervention Train-the-Trainer

SU 305

Over the years, the University of Utah has experienced increasing demand to facilitate Bystander Intervention trainings across campus. In response, Bystander Intervention has transitioned to a Train-the-Trainer program

(BI-TTT). By certifying student leaders across campus, they can now facilitate Bystander Intervention to their respective groups and widely expand the reach Bystander has on our campus. Come learn how the U of U's BI-TTT was developed, how the pilot program was received, and considerations moving forward in developing a BI-TTT on your own campus.

Presenters: *Maya Jolley, University of Utah*

Maya Jolley is a Health Educator in the Center for Student Wellness (CSW) at the University of Utah. Maya received her Bachelor of Science in Community Health from Western Washington University and is currently earning her Master in Public Administration from the U. Maya began her journey in health education during her undergrad, and is now humbled to co-facilitate the University of Utah's ACES Peer Health Education scholars program. She is inspired daily by the campus community and believes the best way to connect with students is peer-to-peer. She enjoys working closely with students to disseminate relevant, relatable, and creative wellness information to the Utah campus community. When not working, Maya can be found laughing and cooking with her Salt Lake community, practicing yoga, or booking her next travel adventure.