



**Everything you need to know about what's going on in NASPA Region I**

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[August 24, 2014](#)



Well NASPA friends this is it! Summer is at an end and we are ready for another academic year. My news feed is now constantly bombarded with updates of our collective work across the Region as we prepare for the organized chaos that awaits.

I always feel that this is a good time for some perspective and some acceptance. The acceptance that no matter how hard we try there are always going to be hiccups when we reopen for the fall. Inevitably we will deal with the parent of a student who is incensed about a housing placement (who hasn't stopped calling since assignments went out); we'll have to deal with an offhand comment from a high-up, too removed administrator or faculty member about why something didn't happen like clockwork, and yes sometimes the annual BBQ will need to be moved from the quad to the rain location and the Earth will continue to revolve on its axis and everything will be okay. But as we all know, this is all part of the process. We do this every year and I guarantee we will do it again, and we will do it well.

So I challenge all of us to not focus on these inconsequential bumps in the road and focus on the privilege and opportunity we have to work with our new and returning students. I guarantee that for any minor complaint we may get, there are countless other times when we are impacting our students so acutely through just being present, focusing on our programs, and setting the tone on our campuses for another successful year. While we're all putting in extra hours to make the process goes smoothly, let's never lose our perspective about how lucky we are to do the things that we've been entrusted to do.

As Bill says, we just got to get out there and do our jobs. Again.

**Rich DeCapua**

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# GET INVOLVED!

**The Student Leadership Programs (SLP) Committee** in Region I have a few open positions and are looking for professionals who are eager to get involved in the region. If you are passionate about leadership, are looking to network with other professionals in the area, and want to participate in meaningful work, consider joining our team. If you have a particular area of interest, we will work to create an exciting opportunity for you to contribute to our community.

*The mission of the SLPKC is to serve as a resource for higher education professionals who have a professional interest in young-adult (i.e., college students) leadership training, education, and development.*

*The Community will share best practices, provide critical evaluation of the field, examine standards for leadership programs, support national and regional efforts to develop student leadership programs, make contributions to the literature, recognize exemplary programs, and cultivate a forum for the presentation of new ideas.*

Email SLP Region 1 Representative, Sky Georges, at [sgeorge3@lesley.edu](mailto:sgeorge3@lesley.edu) to get connected.

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NASPA's Faculty Council is now accepting proposals for Scholarly Paper sessions at the 2015 NASPAA Annual Conference in New Orleans.

The conference will feature 4-5, 50 minute Scholarly Paper sessions during which 2-4 peer-reviewed manuscripts will be presented followed by comments from a discussant. Proposals are reviewed and selected by members of the NASPA Faculty Council and anonymous reviewers. Scholarly Papers may report on research studies, explore theoretical concepts, or an exploration of existing literature.

Authors of accepted proposals must provide completed manuscripts by February 13, 2014 for review by the discussant.

The deadline for submitting a proposal is September 5, 2014.

All proposals must be submitted through the NASPA conference website: <http://conference2015.naspa.org/present>

While all proposals will be fully considered, we are particularly interested in receiving applications on the topics of international students, campus resources, and technology.

For questions about proposals please contact Matt Birnbaum, Coordinator of the Scholarly Paper sessions and faculty representative to the 2015 NASPA Conference Planning Committee at [Matthew.Birnbaum@unco.edu](mailto:Matthew.Birnbaum@unco.edu)

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#### **#SAFit**

Submitted by Colleen Powers

#### **12 Habits of People Who Always Stay Fit!**

As we near the start of the fall semester, I thought it would be a great reminder to create and maintain healthy habits! It is easy to get wrapped up in the hectic hours, late nights and welcome festivities! But if you incorporate just a few of these healthy habits, you will be in a great position to keep up a healthy lifestyle!

1. Exercise even if you only have 15 minutes to do it.
2. Invest in a fitness tracker.
3. Mix up your routine.
4. Instead of skipping a workout, focus on how good you'll feel after.
5. Fitness is a lifestyle, don't wait for an occasion to get in shape.
6. Eat; real food, in moderation.
7. Keep weeknight drinking to a minimum.
8. Work out at home (or in your office) if you can't get to a gym.
9. Exercise when you're sore.
10. Focus on how you want to feel instead of how you want to look.
11. Set manageable goals, not necessarily 10 miles a day, but something!
12. Sleep! I know it is tough this time of year, but try to fit it in.

For more details visit click [here](#)

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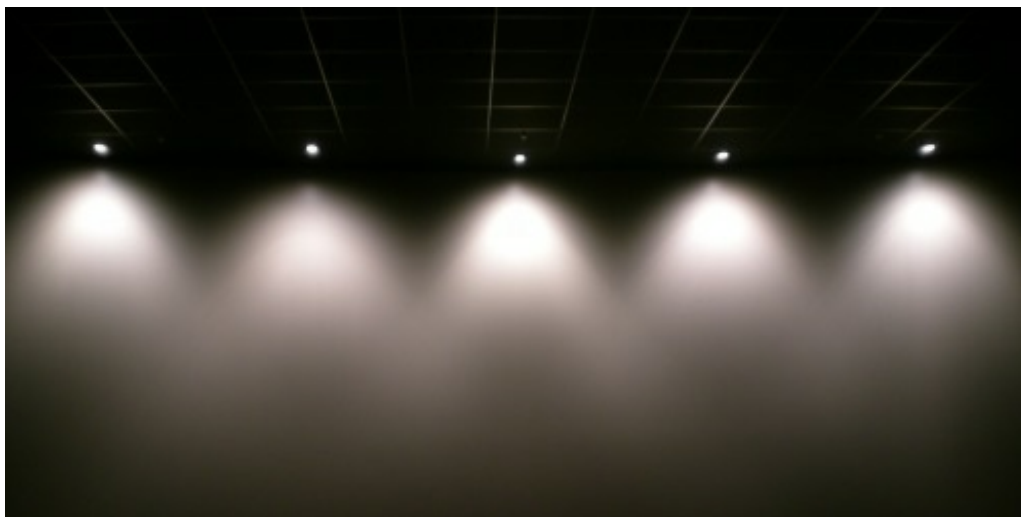
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Check out [here](#) which Region I institutions made the list of America's Greenest Colleges

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### Spotlight on Assessment, Evaluation and Research

From the Region I AER Knowledge Community

The Assessment, Evaluation, and Research Knowledge Community periodically highlights practices in the region that can inform work on your campuses. This month's topic, submitted from the **University of Hartford**, is about their **Resident Assistant Learning Assistant (RALI)**.

If you have a practice or program in place on your campus that you would like to share, send the information to Judy Robinson at [judyrob@mit.edu](mailto:judyrob@mit.edu).

**Submitted by:** Shawn McQuillan, our Associate Director for Residential Life, University of Hartford

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### Creation of the Resident Assistant Learning Institute (RALI) and the Integration of Learning Outcomes

This past year the Residential Life program at the University of Hartford made a significant change to how we train our RA staff. While what we had done in the past had been working, we decided to focus on what our RAs needed to learn and how they can apply what they learn to their daily practices as RAs. As a group we had to put aside our personal thoughts and interests and have an open discussion on what our primary goals for training were and should be and what our RAs should take away from their training experience. We wanted our training program to be more than



just training; we wanted it to be an *experience* and from that we developed our new approach to RA training, now known on our campus as the Resident Assistant Learning Institute (RALI).

Based on this lengthy discussion we developed a list of what we wanted our RAs to learn and what sessions we would need to implement to ensure that this learning took place. We then utilized this list of sessions and developed two learning outcomes for each session. After developing these learning outcomes we assigned presentations to staff members based intentionally on their strengths and general knowledge about the topic we were asking them to cover. Each session was also assigned one or two educational domains based on those outlined in *Learning Reconsidered* (Keeling, 2004). We then had presenters submit a lesson plan for the presentations they were implementing during RALI.

Presenters were given a session plan that they were expected to fill out. In these session plans we asked the presenter to develop a third learning outcome, as well as a session description, list of supplies needed, and how this session would be delivered (i.e. lecture style, activity based, etc.). These session plans were due on a specific date and the staff training committee reviewed each session plan. If we felt a sessions' plan needed some adjustment, a member of the committee contacted that presenter and had a meeting to discuss any issues or concerns. We then took the session title, description, and educational domain and listed them in the RALI schedule we provided to our RAs. We also required each presenter to outline the learning outcomes for each session at the beginning of their presentation.

Source: Keeling, R (Ed.) 2004. *Learning Reconsidered*. National Association of Student Personnel Administrators.

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We want to introduce the members of the **NASPA Region I Nominations Committee**.

This committee will be identifying and selecting members to serve as candidates for: Region I Director-Elect, State Director for NH, State Director for ME, and State Director for RI.

Any member of Region I can nominate someone for any of these positions. Nominations should be send to Alison Black at [alison.black@olin.edu](mailto:alison.black@olin.edu)<<mailto:alison.black@olin.edu>>.

However, any member of the Nominations Committee is available to answer questions and serve as a resource.

We would like nominations by November 1st if possible, and the candidate materials will be due in early December. Elections will occur in January and February, with the elected individuals beginning their terms next March.

Nominations Committee:

**Alison Black** (Chair), Olin College of Engineering: [alison.black@olin.edu](mailto:alison.black@olin.edu)<<mailto:alison.black@olin.edu>>

**David Zamojski**, Boston University: [zamojski@bu.edu](mailto:zamojski@bu.edu)<<mailto:zamojski@bu.edu>>

**Daniel Brown**, Quinnipiac University: [daniel.brown@quinnipiac.edu](mailto:daniel.brown@quinnipiac.edu)<<mailto:daniel.brown@quinnipiac.edu>>

**David Stender**, Framingham State University: [dstender@framingham.edu](mailto:dstender@framingham.edu)<mailto:dstender@framingham.edu>

**Heidi Hartzell**, Roger Williams University: [hhartzell@rwu.edu](mailto:hhartzell@rwu.edu)<mailto:hhartzell@rwu.edu>

**Jennifer DeBurro**, University of New England: [jdeburro@une.edu](mailto:jdeburro@une.edu)<mailto:jdeburro@une.edu>

**Sheila Lambert**, Southern NH University: [s.lambert1@snhu.edu](mailto:s.lambert1@snhu.edu)<mailto:s.lambert1@snhu.edu>

**Jeremy Weinberg**, Boston College: [Jeremy.weinberg@bc.edu](mailto:Jeremy.weinberg@bc.edu)<mailto:Jeremy.weinberg@bc.edu>

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| *No matter what people tell you, words and ideas can change the world*

Robin Williams

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Sometimes it takes one question to change your life

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### **MA NASPA Update**

On August 4th, 2014, MA NASPA collaborated with the Massachusetts College Personnel Association and bache on an Entry-Level Workshop held at UMASS Lowell.

There were over 75 entry level attendees who were able to experience 4 program blocks with 4 session options in each.

Sessions were broken down by the following tracks; General Student Affairs, Personal Development, and Residence Life/Housing.

The hashtag for the day was: #elpw2014

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**The Princeton Review** ranked the 20 Most LGBT-Friendly Colleges in America and we are pleased to see some of Region I's finest making that list.

1. Emerson College
7. Franklin W. Olin College of Engineering
8. Smith College
11. Wellesley College
14. Yale University
19. Marlboro College

To see the complete list, click [here](#)

To read about their reviewing process, click [here](#)

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#### **Ten Suggestions for New CSAOs**

1. No one expects you to be an expert in every functional area that you supervise but it is appreciated when you show an interest in and an understanding for these departments.
2. Attend at least one match/game of each of the sports teams that your school fields. This will engender good will between you, the student athletes, the coaches and the parents. Students especially appreciate when they see you at events.
3. Join a staff member at their professional conference. This is a way for them to show you off and for you to affirm your interest in their work. Its also a great way to understand the lens from which they do their work.
4. Tweeting with students and parents can make all the difference in creating a community.

Check out [@deanwenner](#) (AnnaMaria Wenner at Wentworth ) whose DWTOTD is legendary, and [@deanelmor](#)e (Kenn Elmore at BU- one of the first student affairs tweeters).

*Creating a social media presence is important*

5. Once a semester/year, attend department meetings to provide staff members the chance to speak with you on their turf.

6. Hold open meetings with students and publicize them in advance to give students access to you. Consider asking some staff to join you in case you are unable to answer /respond to questions and suggestions.

7. Ask students for their help, suggestions and solutions to problems before the problem arises.

8. Show up unannounced at your students' group projects, presentations, events, exhibits, trainings and activities.

9. Personally invite faculty members and senior administrators to join you at an event, or participate in an activity.

10. Make time for your direct reports even if it is for 30 minutes a week. Staff members value their time alone with you.

Compiled by Barbara M. Fienman, Ph.D. Interim Management, Special Projects [bfielman@gmail.com](mailto:bfielman@gmail.com)

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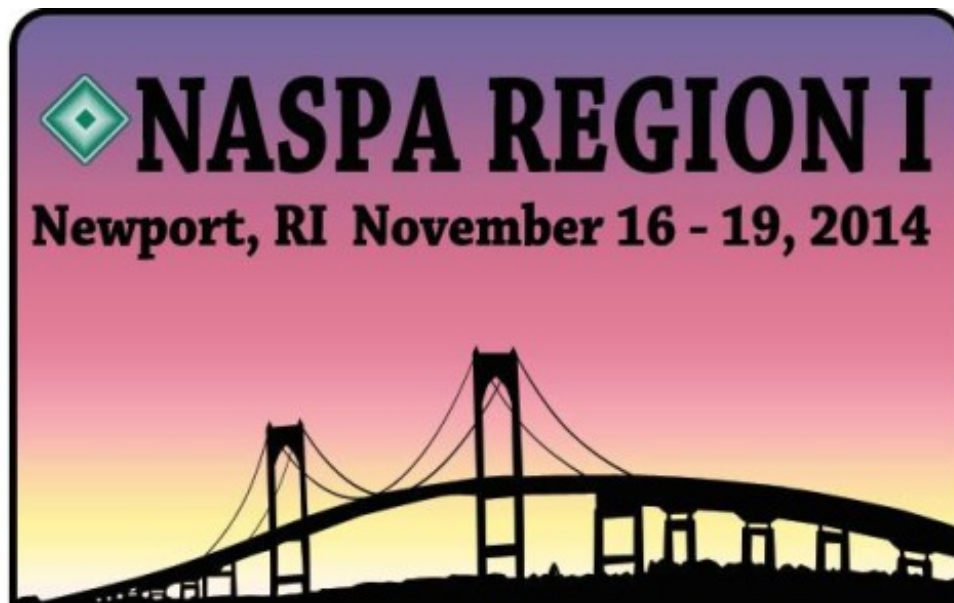
#### Call for Regional Retirees

We are looking forward to recognizing the retiring professionals in our region that have contributed so much throughout their careers.

If you know of an individual who has recently retired or will be retiring during the upcoming academic year, please send their name and institution to [naspar1awards@gmail.com](mailto:naspar1awards@gmail.com).

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Registration for the 2014 NASPA Region I conference is now LIVE! Please click [here](#) to be part of this great event



# Forbes

**Forbes** has released its list of the Best Colleges in America 2014 and NASPA Region I is well represented in the top 10!

Check out who made the top ten and who else made the complete list [here](#)