



Dear NASPA Friends and Colleagues:

With seven weeks remaining in my term as Region I Director, I'm struck by how quickly the time has passed. When Nancy Crimmin handed the gavel to me in Phoenix, Arizona, in March 2012, I embarked on an adventure that has deepened my appreciation for our association and especially for the good people here in our home region, NASPA Region I. The Region I Advisory Board and I are having a good run, and when it's over, what I'll miss most about this experience is the people.

From the NASPA Board of Directors to the Region I Advisory Board to the NASPA staff in Washington, DC, to all members of the Region who've served on regional leadership teams and state boards, volunteered at events we've hosted, and attended the broad range of conferences and programs we've offered, I've met countless caring and dedicated individuals who bring honor and dignity to our profession.

Serving NASPA and the Region as Region I Director is an honor, and I offer heartfelt thanks to all in the Region for your confidence and support during these two wonderful years. In March, when I pass the gavel to Rich DeCapua at the 2014 NASPA Annual Conference in Baltimore, Maryland, I will do so with a sense of optimism for the future of Region I, because of the talent and energy that are centered right here. I'm proud to note that we are an emerging national force in the association, and I predict that trend will fully continue in the years ahead.

I hope your spring semester is off to a fine start, and I look forward to seeing many of you in Baltimore.

Sincerely,

David Zamojski  
Region I Director  
NASPA Board of Directors

## An Interview with Laura Wankel Delia Hom, Northeastern University Newsletter Writing Team

Dr. Laura Wankel joined Northeastern University in January 2012. She is currently serving as Vice President of Student Affairs at Northeastern, after working at Seton Hall University for 17 years. A self-identified, New Yorker, Dr. Wankel was drawn to the role given the exciting profile of Northeastern. We sat down on a snowy winter afternoon in Boston to talk about her experiences relocating to Region I, her work with NASPA, and her views on current issues in Student Affairs.

**Delia Cheung Hom:** Recently, there was an article online that listed "education administrators" as one of the top 14 most stressful jobs in America. As someone who has worked through some highly stressful situations, do you agree with this?

**Laura Wankel:** I do think the work has become more stressful over the last decade; the number of competing demands, pace, regulations, stakeholders and resource constraints have all become accelerated. The volume, diversity, and risk elements associated with our work have all increased dramatically. The uptick in crisis management due to situations like active shooters, the activated role of parents as stakeholders, and constraints on resources have all made the work more stressful. I think given this, it is important to keep a sense of humor about our work and to have a clear set of priorities. It is also important to take time to step back from our work. This is where having a strong professional network can be really helpful, to have people who will have your back in stressful situations.

**DCH:** Moving and starting a new job are also pretty stressful life experiences. What were some of your biggest challenges in moving to Massachusetts and Region I?

**LW:** While any new job will come with stress it also comes with the excitement of new challenges and opportunities. Developing an understanding of one's new context is a time consuming activity. The most basic and simple tasks become longer and harder since one simply lacks the knowledge and experience in the new context. Learning phone numbers, where to park, who to call for what, how to do everything requires new time and attention than in one's previous environment. Understanding the politics, policies, and culture of a new environment takes time. Of course there is also the adjustment associated with moving; finding a place to live, selling a home, packing, negotiating with family members about the where and how of relocating them too always adds to the complexities and stress of a relocation. The volume of considerations and tasks can be overwhelming at times. All in all I would say the relocation of my family and all entailed with that was the most challenging. We had lived in our home for 16 years and parting with family "treasures from kindergarten" was more tedious and exhausting than I would have thought possible.

**DCH:** How did you first get involved with NASPA? What has kept you involved?

**LW:** As a new professional, I became involved primarily as I was job hunting through the placement center. As time went on I became increasingly more aware of the many ways that participation in conferences was helpful to my success. I have been going to the national conference for many years now, and always find this to be an important to network and reconnect with colleagues.



Through the workshops, educational sessions and most especially the professional networking I felt supported and enriched. When I had young children and could not travel as readily I was still able to remain involved through editorial or reviewer type work. Throughout my career NASPA provided a variety of connection points that flexibly meshed with my own personal needs. The networking and opportunities to connect with others has been the most important part for me. I have learned an enormous amount from colleagues across the country.

Besides the national conference, I have found the more focused and topical professional development opportunities to be extremely helpful. These opportunities are rich in content and brief in duration and provide valuable resources to us as professionals. They often address emerging topics in our field and I know that I can count on NASPA to provide high quality content and important opportunities to engage around these topics with great colleagues.

**DCH:** Speaking of emerging topics, you've written and published about the online and mobile technologies and the opportunities that this presents for higher education. What do you think are biggest opportunities for Student Affairs with online and mobile technologies?

**LW:** I think we are on the cusp of a significant transformation for Student Affairs. Technology has become critical to the structure of higher education and has shifted the conversation around learning to become truly student-centered. Student Affairs has always been learner-focused, but this shift in the conversation is significant.

While there will continue to be a place for a traditional residential campus experience, we need to be engaged in thinking about using technology. The opportunity and challenge that this provides for us is to articulate the value added in a residential campus-based setting. Northeastern, in particular, presents a compelling environment to leverage technology in the context of the work of student affairs. With the growth of post-traditional students such as graduate students, non-traditional students, and students who have not typically had access to higher education, we must work to use technology to create a community of connected students that is not time and place-based.

**DCH:** You are currently serving as the Chair of the Board of Directors for NASPA. What has been the most exciting part of serving in this role?

**LW:** Continuing my work as a member of the Board of Directors and working with the NASPA staff to more fully develop and deliver on the strategic plan that we developed more than two years ago. It has been rewarding to see so many of our goals coming to fruition. The work done by the new Research and Policy Institute, implementation of new technologies and communication, enhancement of NASPA's collaborations with other leading educational organizations and associations are some of the ways that NASPA has grown stronger. All of these developments enable the Association to play a more meaningful and significant role in helping to shape policy impacting our work nationally and internationally. Being part of this growth has been exciting and rewarding.

**DCH:** Is there anything else that you want to share?

**LW:** I want to thank everyone in Region I for their hospitality and support in my transition to Region I. Clearly, there are good people who are a part of the Association. NASPA is my professional home. I may be in a different neighborhood in Region I, but it still feels like home.



## News from the NASPA Foundation

Nancy Crimmin,  
Becker College and NASPA Foundation Board member

The NASPA Foundation provides funding and support for the programs and initiatives that NASPA promotes. The relationship is comparable to that of the university and its development office. The development office raises the money, while the university sets the agenda and provides the services and programs. NASPA and the NASPA Foundation are governed by two separate boards of directors. They also have separate budgets.

There are two major initiatives currently underway: supporting Pillars of the Profession and the #NASPAGives campaign.

We are still actively soliciting for support for Dr. Delight Champagne's Pillar of the Profession nomination. Please consider a small donation ([www.naspa.org/foundation](http://www.naspa.org/foundation)) in support of this initiative. Just \$10.00 donated towards Delight's Pillar nomination accomplishes two important goals:

The Region shows support for this true leader in our profession.

We will meet our #NASPAGives donor and dollar goals!!

#NASPAGives is an annual fundraising campaign. The goal is to increase awareness about the NASPA Foundation among NASPA members of all levels, while also raising funds to support scholarships and research for the profession. Each Region has two goals for the 13-14 campaign - a dollar goal and a donor goal. **Each Region that reaches its dollar goal and donor goal by June 30, 2014, will received a \$1000 award from the NASPA Foundation to be used for Regional research grants.**

For Region I, our dollar goal is \$13,000 and our donor goal is 82 people. As of the middle of January we were at 37% of our donor goal and 38% of our dollar goal. Still a long way to go!!

ALL gifts made by individual NASPA members to the NASPA Foundation between July 1, 2013 and June 30, 2014 will count toward the Regional goals. This includes new and existing pledge payments and Pillars of the Profession donations. Each donor will count once, even if they make multiple gifts.

**#NASPAGives is all about participation – from the undergrad student to the most senior professional – everyone can get involved with #NASPAGives. Every gift, no matter the size, makes a difference!**

Please help Region I meet our #NASPAGives goal! Online donation forms are located at [www.naspa.org/foundation](http://www.naspa.org/foundation).

For more information, please contact the Region I Foundation Ambassadors:

[Queen Hoang](#)  
University of Vermont

[John Hernandez](#)  
University of Hartford

# What will you pick up and read today?

**At the Regional Conference in Rockport, Delight Champagne (Springfield College) and Hollie Ingraham (UMaine Farmington, Emeritus) revived their book group session. The following list of books came from over the 50 attendees at this session.**

1. The Innovative University - Christensen & Eying
2. What Boards Need To Know - author(s) unknown
3. Jane Fairfield Books
4. Unstrange Minds - Grinker
5. New Direction Series
6. Generation On A Tightrope - Dean
7. Decisions Matter - Vaccaro, McCoy, Champagne, Siegel
8. Quiet - Cain
9. Prioritizing Academic Programs And Services - Dickerson & Ikenberry
10. Narcissim in the Academy - author(s) unknown
11. Ready, Willing, And Able - Savitz-Romer & Boufford
12. Orbiting The Giant Hairball - MacKenzie
13. How To Change The World - Bornstein
14. College Unbound - Selingo
15. The Art Of Power - Meacham
16. Entrepreneur Leadership - Stevens
17. Just Enough: Tools For Creating Success In Your Work In Life - Nash & Stevenson
18. Spied Alive - author(s) unknown
19. The Paradox Of Choice - Schwartz
20. The Gift Of Fear - Becker
21. Switch - Heath & Heath
22. Made To Stick - Heath & Heath
23. The Color Of Water - MacBride
24. The Curious Incident Of The Dog In The Nighttime - Haddon
25. This I Believe - Allison, Gedimar & Terkel
26. Food, Inc - Weber
27. The Last Lecture - Pauch & Zaslow
28. The Science of Stress (on Netflix/Nat'l Geographics)
29. House of Rules - Picoult
30. Bone Collector - unknown
31. Healthier Wells mysteries
32. Nicolas Sparks books
33. Nora Ephron - anything she has written
34. American Savage - Savage
35. Why Zebras Don't Get Ulcers - Sapolsky
36. In The Mountains Echo - unknown
37. The Offenders Series - unknown (young adult series)
38. Lowlands -Lahiri
39. Divergent - Roth (young adult)
40. In One Person - Irving
41. Beginners Goodbye - Tyler
42. A Week In Winter - Binchy
43. The Technologist - Pearl
44. Double Identity - this is a movie
45. Just Ella - Larsen
46. Esperanza Rising - Ryan
47. Childrens' books by Mo Williams
48. American Girl series - unknown
49. Books by David McCullough
50. The Patriarch - Nasaw
51. The Mayflower - Philbrick
52. The Great Influenza - Barry
53. To Kill A Mockingbird - Lee

54. Big Russ and Me - Russert
55. Defending Jacob - Landry
56. The Year We Were The Kennedys - Wood
57. My Beloved World - Sotomayor
58. Books by David Sedaris
59. Facilitating Seven Ways Of Learning: A Resource For More Purposeful, Effective, and Enjoyable College Teaching - Davis and Arent
60. The Art of Effective Facilitation: Reflections from Social Justice Educators - Landreman, editor
61. Presentations: Simple Ideas on Presentation Design and Delivery - Reynolds
62. Games for Actors and Non-Actors - Boal
63. Journal Keeping: How to Use Reflective Writing for Learning, Teaching, Professional Insight, and Positive Change - Stevens and Cooper
64. Quiet: The Power of Introverts in a World That Can't Stop Talking - Cain (also a great video:<http://www.youtube.com/watch?v=rUaj7rj6MI8> )
65. 90 Days 90 Ways: Onboarding Young Professionals to Peak Performance - Vernon
66. Teaching series by Bell Hooks
67. The Social Justice Advocate's Handbook: A Guide to Gender - Killermann
68. In Defense of Food: An Eater's Manifesto - Pollan
69. Greater Than Yourself - Farber
70. Give and Take: A Revolutionary Approach to Success - Grant
71. Do Good Well: Your Guide to Leadership, Action, and Social Innovation - Vasan and Przybylo

## Reflection: NASPA Multicultural Institute Sarah Gallenberg, Boston College

Upon arrival at the NASPA Multicultural Institute in sunny (but frigid) Las Vegas, I rushed through the smoky casino to check in. From the beginning, I knew this conference would be a special experience. In addition to my conference packet and nametag, I received my gender pronoun sticker and participant list, which included each person who was in attendance at the conference. (This is and will continue to be an incredible resource to me.)

There were so many meaningful conversations I had and valuable resource sharing throughout the three days. The structure was a mixture of keynotes, educational sessions and a mini-institute time block. This gave me a chance to engage in a longer conversation with some key reflections on the future of social justice education, led by the faculty of SJTI.

For me, one impactful activity occurred during Gwen Dungy's keynote. She asked participants describe their campuses in terms of multiculturalism and inclusion from our perspective and what the future will be for diversity and social justice education. If that's not complicated enough, she asked us to do it in six words. This created an incredible energy in the room filled with thoughtful and inspired reflections. Examples of things that came up:

- Not just my fight. Need solidarity.
- Diversity not just coloring the campus.
- Asian American woman. I am enough.

For those of you familiar or unfamiliar with this, it is similar to the larger initiative called The Race Card Project, which focuses on race and identity. [theracecardproject.com](http://theracecardproject.com)

In closing, I left the conference feeling reenergized. I connected with some amazing colleagues across the country and Region I (shout out to all of you who braved the weird weather in your travels!). As I think about my future in the field and as an aspiring social justice educator, I cannot help but be grateful for the professionals who came before me, like Gwen Dungy, and for those engaged in diversity and social justice work in their every day lives.



# **CALL FOR PROPOSALS**

## **NASPA REGION I**

### **Small Research Grant Program**

**Research Grants Up to \$1000 Are Available To Support Faculty/  
Practitioner Research**

**RESEARCH WILL HAVE DIRECT IMPLICATIONS FOR STUDENT  
AFFAIRS PRACTICE AND WILL ADDRESS:**

**Contemporary Research Topics  
State of the Art Practice Research  
Professional Competency Research Topics**

**Application Deadline—January 24**

**Award Notification—February 21**

**For more information visit**

**[http://www.naspa.org/about/awards/naspa-region-i-research-small-  
grant](http://www.naspa.org/about/awards/naspa-region-i-research-small-grant)**  
**or contact**

**Judy Robinson at [judyrob@mit.edu](mailto:judyrob@mit.edu)**

**NASPA Region I Assessment, Evaluation, and Research KC Representative**

# Congratulations to all Award Recipients!

At the regional conference in November, we recognized our regional and state award nominees and recipients. Thanks to the state and regional award selection committees for their hard work making such difficult decisions!

## Regional Awards

Community College Professional Award: Nita Lamborghini, Northern Essex Community College

Continuous Service Award: Brian McCoy, Nichols College

Equity, Diversity, and Inclusion (EDI) Award: Walter Diaz, Eastern Connecticut State University

George D. Kuh Award for Outstanding Contribution to Literature or Research: Stuart Brown, University of Connecticut at Waterbury

Institutional Leadership Award: Katie O'Dair, Boston College

The President's Award: Walter Harrison, University of Hartford

Scott Goodnight Award for Outstanding Service as a Dean: Karin Edwards, Three Rivers Community College

Regional Recipient of the Richard F. Stevens Outstanding New Professional Award: Richard Zereik, McGill University

Regional Recipient of the Mid-Level Student Affairs Professional Award: Sheila Lambert, Southern New Hampshire University

Regional Recipient of the Program of the Year: Journey Leadership Program, Suffolk University



## State Awards

### Catch a Rising Star:

Scott Shea, Framingham State University, MA

### Richard F. Stevens Outstanding Graduate Student Award:

Cammi Valdez, Harvard University, MA

Emily Asay, Fairfield University, CT

Megan Fox, Roger Williams University, RI

Jing Luo, University of Vermont, VT

### Richard F. Stevens Outstanding New Professional Award:

Keith Waak, Suffolk University, MA

Richard Zereik, McGill University, CAN

Tyler McClain, Fairfield University, CT

Katharine Gergosian, Souther Maine Community College, ME

### Mid-Level Student Affairs Professional Award:

Randall Bird, Berklee College of Music, MA

Elsie Gonzalez, University of Connecticut, CT

Sheila Lambert, Southern New Hampshire University, CT

Daniel DiCamillo, Roger Williams University, RI



### Program of the Year:

Journey Leadership Program, Suffolk University, MA

Diversity is YOU, Southern New Hampshire University, NH

Roger After Dark (RAD), Roger Williams University, RI

# LEAD

# INNOVATE

# TRANSFORM

NASPA ANNUAL CONFERENCE  
MARCH 15-19  
BALTIMORE, MD

# 2014

# Introducing the 2014 Conference Planning Committee

The 2014 Region I Conference will be held in Newport, Rhode Island at the Hyatt Regency on Goat Island from November 16 to 19. This will be the fourth time NASPA has been in Newport!

We are excited to announce the 2014 Region I Conference Planning Committee:

**Conference Chair** – Elissa Carroll, Fairfield University

**Past Conference Chair** – Greg Jones, Boston College

**Programs** Cameron Smith, Boston College

**Pre-Conferences** - Todd Porter, Mount Holyoke College

**Treasurer** – David Golden, Mount Ida

**Registration** – Liz True, Maine Maritime Academy

**Corporate Sponsors** - Rod Waters, Suffolk University

**Publications and Publicity** – AnneMarie Reed, University of Maine

**Evaluations and Social Media** – Meghan Kenney, Suffolk University

**Volunteers and Interns** – Erin Twomey, Quinnipiac University

**Secretary and Entertainment** – Tracy Lake, University of Saint Joseph

**Local Arrangements** – Jennifer Jensen, Salve Regina University

**Silent Auction** - Tracey Pakstis-Claiborne, Becker College

The Committee has already started planning for Newport, and we cannot wait to see you all there! Mark your calendars now, and keep a look out for more information this spring.

*Join 3000 of your NASPA friends on Twitter at*  
<http://twitter.com/naspatweets>



## A Match Made in Assessment

### Peter Fowler, Wentworth Institute of Technology

### On behalf of the AER KC Leadership Team

There is no big secret about assessment. It's important. More than important, with accreditation and accountability, it's vital to the success of our profession, our institutions, and our students. Assessment is a common course in graduate programs, always a presentation topic at regional conferences and drive-ins, and coupled with persistence at a NASPA national conference (visit <http://www.naspa.org/events/2014APC> to learn more about the Assessment and Persistence Conference in San Antonio, June 19-21, 2014). As both the value and need for collecting and using information on our students increases, a struggle to do assessment continues. *Where do I begin? What do I want to assess? My students are over-surveyed.* You've heard these before.

This past fall, the Assessment, Evaluation, and Research Knowledge Community (AER KC) developed a unique opportunity that would match professionals who wanted to do assessment but needed some guidance or support with a colleague in the region who has had vast experience with assessment. The "expert" could offer advice on a specific assessment tool, explore options for choosing the right assessment method for a project, or talk about where to begin. The goal of this coaching relationship is to increase the accessibility and utilization of assessment throughout the region. To date, there are 11 coaches assisting 13 colleagues with their assessment activities. One of our matches shared their experience with the assessment coaching:

*"The greatest benefit of the program is the personal attention. Conferences and seminars can be beneficial, but my relationship with my coach has allowed me to share where my department is in our assessment process, receive suggestions to develop a plan specific to what we need, and have follow-up to evaluate progress. I hope that more people take advantage of this ideal experience to better their programs and their own assessment skills."* (Mike Ormsby, University of Hartford)

*"I am very excited about the assessment coaching program because assessment is critical to our ability to demonstrate how student affairs contributes to student learning and success. I am hoping this program becomes a tool that links professionals in the region so they can share their growing expertise in the assessment area, and expand what is happening on all our campuses to provide evidence of the impact of our work. In my experience the hardest part is often getting started, and ongoing conversation and coaching helps to demystify what "assessment" is (or should be) and assist people in breaking it down into manageable concepts/ pieces so they can get started on a plan that makes sense for their program(s)."* (Cathy Holbrook, Bridgewater State University)

Our hope has been that these matches evolve into long-term supportive professional relationships. If you are interested in participating in assessment coaching (either as a coach or someone seeking a coach), please contact Peter Fowler, Associate Dean of Students, at Wentworth Institute of Technology at [fowlerp@wit.edu](mailto:fowlerp@wit.edu).

The AER KC would also like to acknowledge and thank our coaches who have volunteered their time and expertise: Phil Bernard (Wentworth Institute of Technology); Aideen Doneski (Massachusetts Institute of Technology); Peter Fowler (Wentworth Institute of Technology); Mary Jo Gonzales (University of Rhode Island); Cathy Holbrook (Bridgewater State University); Nilam Kotadia (Massachusetts Institute of Technology); Beth Moriarty (Bridgewater State University); Katie O'Dair (Boston College); Judy Robinson (Massachusetts Institute of Technology); and Dan Volchok (Northeastern University).

To get involved with the AER KC Leadership Team, please contact Judy Robinson, Associate Dean of Student Outreach and Support, at Massachusetts Institute of Technology at [judyrob@mit.edu](mailto:judyrob@mit.edu).



## SAPAA Distinguished Service Award Nomination Form

*The SAPAA Distinguished Service award is presented to a member of SAPAA in recognition of his or her involvement, commitment and achievement in a given year. Recipients are role models and exemplify excellence. The award recipient must be an active member of SAPAA and also be an active supporter in advancing the mission of the SAPAA knowledge community. There will be up to 2 recipients of this award announced at the SAPAA Business Meeting at the annual NASPA Conference.*

***Nomination forms must be received by Monday, February 10, 2014 for full consideration of this award.***

*Upon completion of this form, please submit via email to Dan Stypa, SAPAA Co- Chair, at [stypa@rice.edu](mailto:stypa@rice.edu).*

*For more information or if you have questions, please email Dan at [stypa@rice.edu](mailto:stypa@rice.edu).*

<b><i>Nominator's Name:</i></b>	
Nominator's Email Address	
Nominator's Institutional Affiliation	
Nominator's SAPAA Leadership Role	
Nominator's Length of SAPAA Involvement	

<b><i>Nominee's Name:</i></b>	
Nominee's Email Address	
Nominee's Institutional Affiliation	
Will the nominee be at the annual conference? (if known)	

***Please help us learn why the nominee is deserving of the Christopher A. Lewis SAPAA Distinguished Service Award by providing the following information:***

What achievements has the nominee accomplished within SAPAA?	
In what capacities has the nominee been involved within SAPAA?	
How long has the nominee been an active member of SAPAA?	

# Welcome & Congratulations from Region I

On behalf of your home institution, Region I would like to congratulate you on your new position.

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## **Boston University - Massachusetts**

**Chester Li** is the new Residence Hall Director at Myles Standish Hall. Chester earned his bachelor of science degree in economics from Boston College in 2008, and his master of higher education administration degree from Boston College in 2011. He served as a resident director at both Tufts University and at Suffolk University, and as a community director at Curry College.

**Rodney Matthews** is the new Residence Hall Director at Claflin Hall. Rodney earned his bachelor of science degree in housing studies from the University of Minnesota - Twin Cities in 2011, and will receive his master of education degree in multicultural college teaching and learning and adult education from the University of Minnesota this spring. At the University of Minnesota, Rodney served as an instructor for the College of Science and Engineering's first-year experience course, a collegiate life graduate assistant (academic advisor) for underrepresented minority students in the College of Science and Engineering, and a freshman admissions counselor in the College of Design and Architecture.

**Jonathan Moy** is the new Administrative Assistant at Residence Life. Jonathan earned his bachelor of arts degree in economics from Boston College in 2013. He has experience as a human resources intern, a barista, a volunteer in the social justice arena in New York and Virginia, and an English teacher in Taipei, Republic of China.

**Zara Nizami** is the new Residence Hall Director at Shields (C) Tower at Warren Towers. Zara earned her bachelor of science degree in business from Bay Path College in 2011, and expects to earn her master of education degree in higher education administration from Bay Path College this year. Zara served as a student programs event coordinator and most recently as Assistant Director of Students Programs at Mount Holyoke College in South Hadley, Massachusetts.

If you would like to welcome a new staff member to your department or announce a promotion, please send a brief paragraph to Jenn Kosses (kossesj@wit.edu) by the 20th of the month.

**Did you know that NASPA has 28 Knowledge Communities?**

**Check out the list below!**

**Join one (or more!) today by visiting:** <http://www.naspa.org/constituent-groups/kcs>

## Helping our Student Achieve Their New Year's Resolution

### Melinda Stoops, Framingham State University

### Health in Higher Education KC Representative

At the end of year, *Parade Magazine* published a list of the most common New Year's resolutions. Not surprisingly, the majority of those resolutions involved goals that directly impact our physical and emotional wellbeing: to lose weight, exercise, eat healthier, better manage stress, quit smoking, improve a relationship, and set aside time for themselves. I imagine that many of our students have one or more of these goals; and, if they are like the majority of people, they are already struggling in keeping those resolutions. Fortunately, unlike many Americans, our students have some excellent resources available to help them achieve these goals and, as a group, we can be instrumental in connecting them with those resources.

#### **Weight loss, exercise, and eating healthier:**

- ◆ Health Services: campus health centers provide a great resource for students to examine weight-related concerns and to learn more about the benefits of achieving and maintaining a healthy weight. Some health centers also offer consults with a nutritionist.
- ◆ Dining Services: although the array of food options can be daunting for students, there are many healthy choices available at every meal. Some dining services offer consults with a nutritionist and many now have nutritional information readily available for meal options.
- ◆ Athletic Centers: students are fortunate to have access to workout facilities and classes right on campus. Encourage them to take advantage of these resources and try something new this year. Most facilities will offer an orientation/training to students on the equipment, for those who are unfamiliar with the machines.

#### **Better managing stress:**

- ◆ Counseling Centers: our counseling centers serve as a great resource for information about managing stress. In addition to individual or group counseling for this, many centers have print and Web resources available on this topic.

#### **Quit Smoking:**

- ◆ Health Services: our health and wellness centers are great resources for information about the harmful effects of tobacco use and tips and tools for quitting
- ◆ Campus Environment: a number of campuses are now tobacco-free, which may serve as extra motivation for students to quit smoking

#### **Improve a relationship:**

- ◆ Counseling Centers: both individual and group counseling can be effective ways for examining interpersonal issues and working to make changes in relationships. Some counseling centers also provide couples counseling.
- ◆ Residence Life: residence life staff are often called on to assist resident students in managing roommate conflicts. If a student has a conflict with a roommate or another resident, both student and professional staff in residence life can provide some great assistance.

#### **Setting aside time for themselves**

- ◆ Counseling Centers: Many students struggle with time management and find themselves pulled in many directions. Individual counseling can be a helpful way to work on this issue and provides time, on a regular basis, to focus on one's self and personal needs.

Each campus is unique and may offer resources in addition to the above examples. In addition to established resources, we can consider programming options to proactively target these wellness resolutions and to remind students of campus resources: residence hall educational programs and boards, utilizing the student newspaper and other publications to highlight related areas, information tables associated with one or more of these topics, etc... What can you do in 2014 to help your students connect with campus resources and assist them in achieving their New Year's resolutions? Check out the Region I Health in Higher Education Knowledge Community's LinkedIn group to continue the conversation:

<http://www.linkedin.com/groups?home=&gid=4485646&trk=anet ug hm&goback=%2Enmp>

# STATE/PROVINCE UPDATES

Join Massachusetts NASPA for ....

**A Conversation with Representative Tom Sannicandro,  
House Chair of the Joint Committee on Higher Education,**

followed by a State House tour

**Thursday, February 27, 2014 1:00 - 3:00 p.m.**

**Location: House Members' Lounge, MA State House, Boston, MA**

Representative Tom Sannicandro, House Chair of the Joint Committee on Higher Education will provide an overview of the issues and bills being addressed by the Committee and respond to your higher education questions and/or concerns. Representative Sannicandro has served as Chair of the Joint Committee on Higher Education since January, 2011. In the past, he served as Vice Chair of the Committee for Children, Families, and Persons with Disabilities, and as a member of the House Ways and Means Committee.

Following our conversation, we will be provided with a tour of the State House. Review the Committee's recent bills and hearings: <https://malegislature.gov/Committees/Joint/J29>

State House tour information: <http://www.sec.state.ma.us/trs/trsbok/trstour.htm>

Social to follow at the 21<sup>st</sup> Amendment <http://21stboston.com/>

**Please register by Monday, February 24<sup>th</sup>** by clicking on the following link [https://docs.google.com/forms/d/1j4IGSkd1-1a0iebELbUoEpZ0TEFenNvZS-d\\_kT3mL\\_E/viewform#start=invite](https://docs.google.com/forms/d/1j4IGSkd1-1a0iebELbUoEpZ0TEFenNvZS-d_kT3mL_E/viewform#start=invite)

If you have any questions about the event, please don't hesitate to contact Anne Manning ([amanning@wellesely.edu](mailto:amanning@wellesely.edu))

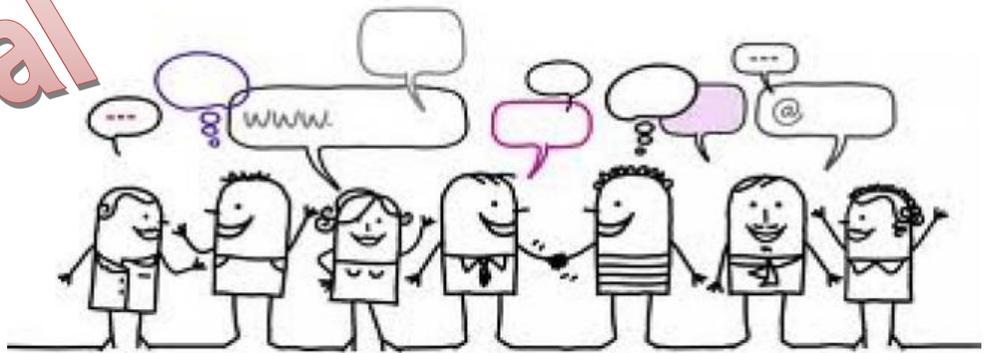
**Hello Region II! As International Director, I wanted to give a big acknowledgment to our International members. We are a small yet vital group of 18 representing diverse members from Eastern Canada, Ireland, Spain and Switzerland. We are challenged due to obvious geographical constraints but certainly can assist with international issues or questions that members may encounter. We can serve as a liaison if needed and look forward to exploring new international collaborations.**

**Jana Luker  
McGill University**

CT NASPA is proud to bring you "Working Within the Spectrum Part II: Working With Parents" a drive-in on February 21, 2014 from 9am until 12pm at the Central Connecticut State University. Jane Thierfeld Brown, Ed.D, Director of Student Services at University of Connecticut School of Law will speak with those in attendance about her experiences and current practices in working with parents of students on the Autism spectrum.

This is a free event and all members are welcome! There is no registration required. A light continental breakfast will be provided. Student Center Garage or Parking Lots, Copernicus Garage. The event will occur in the Constitution Room which is located in Memorial Hall. If you have any questions, please contact [sballard@hartford.edu](mailto:sballard@hartford.edu).

# #SASocial



Student Affairs Socials (#SASocial) are gatherings of student affairs professionals with the sole purpose of forging connections with new and old student affairs colleagues. Based upon the concept of a [MeetUp](#), these get-togethers will occur during the month of February to bring together individuals before our annual conference in Baltimore, MD. Even if you are not coming to Lead, Innovate, and Transform in Baltimore, we encourage you to come network and meet individuals passionate about changing student lives.

## IMPORTANT DATES

- February 20, 2014: Boston, MA - Globe Bar and Cafe
- February 20, 2014: Amherst, MA - High Horse
- February 20, 2014: Machester, CT - Sheas American Bar & Grill
- March 03, 2014: North Andover, MA - Merrimack College

## About the Newsletter

The NASPA Region I Newsletter is published monthly. Submissions are always welcome and can be sent to, Jenn Kosses at [kossesj@wit.edu](mailto:kossesj@wit.edu), preferably in Microsoft Word. Feel free to include any images with your submissions and, when possible, include the names, titles, and institutions of all people featured. Electronic versions of past issues can be found archived on the NASPA Region I website.

# NATIONAL NEWS

## ASSESSMENT AND PERSISTENCE

June 19-21,  
2014

San Antonio,  
TX



AAUW • NASPA

2014 National Conference for  
**College Women Student Leaders**

June 5-7, 2014

University of Maryland, College Park

The poster features a green background with a collage of images on the left side, including a brick building, a classroom, a waterfall, a city skyline, and a white building. The text 'Small Colleges & Universities INSTITUTE' is prominently displayed in the center-right. The year '2014' is written vertically on the left. The dates and location are listed at the bottom right.

**Small Colleges  
& Universities  
INSTITUTE**

2014

June 21-24, 2014  
Amherst, New York

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