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## CULTIVATING A NEW CROP

“Cultivating a New Crop” is not only the theme for the Region IV-W conference, but a reflection of the region as we work to grow professionals. This year’s conference will focus on how come together to cultivate an environment for all to grow. You will find Lincoln full of local treasures, great restaurants, and a great place to explore! [For rest of Blog, click here.](#)



## RECOGNIZE YOUR IV-WEST FAMILY - AWARD DEADLINE JUNE 9

The NASPA IV-West Awards nominations are due June 9th. Each year NASPA recognizes outstanding members by honoring individual professionals with regional awards. To continue with this tradition, please consider nominating one of your Region IV-West colleagues. Regional winners will be forwarded for consideration at the national awards level, as applicable. Award recipients will be notified by mid-September and the presentation of the awards will take place at the NASPA IV-West Conference. Award recipients should make every attempt to attend the NASPA IV-West Conference in Lincoln, NE, November 7-9, 2017. [For rest of Blog, click here.](#)



## SUMMER IS FOR STUDENTS... KINDA

Hi All - This is Bryan your IV-West SAKC Rep! I just wanted to check in and see how everybody’s summer was going. Hopefully you have some awesome plans, maybe a trip or two or at the very least, some down time with the students being gone. NOT! Since the beginning of my student affairs career it has always amazed me how there is a perception out there that we don’t do anything over the summer months. “What do you do? Aren’t all the students gone?” -says everyone’s mother... And yes, while it may be a bit slower over the summer months there is ALWAYS plenty to do. I used to envy the students, following their social media accounts and watching all the fun they were having, until I started working for Athletics. Holy. Cow. [For rest of Blog, click here.](#)



## LEARNING TO SURF

The great equalizer of all of us is the inevitability of encountering rocky, demanding life challenges. Illness, injury, physical discomfort, mental distress, social upheaval; these events evoke feelings of confusion, rage, and frustration in all of us. Left unchecked, these events may wreak internal havoc and render us raw and defenseless. To combat the imminent, I am convinced the ancient art of meditative mindfulness strategies is the key to transforming unmitigated disasters into a genesis for personal growth and deep mental reconstruction instead being our great demise. [For rest of Blog, click here.](#)



## GRADUATE STUDENT SPOTLIGHT - MAGGIE FISCHER

Name: Maggie Fischer Hometown: Sheboygan Falls, Wisconsin Graduate Institution: University of Nebraska Degree you are working towards: Educational Administration – Student Affairs Previous Institutions: Iowa State University [For rest of Blog, click here.](#)



## NASPA IV-W NEEDS YOUR HELP TO REACH OUR FOUNDATION GOALS!

We have less than 30 days to meet our NASPA IV-W goals for the NASPA Foundation. The NASPA Foundation challenges each region with annual fundraising goals. Because of your past support and dedication, we have met these goals every year, giving our region \$1,000 to support research initiatives and grants. This year, our goal is to reach 100 donors and \$18,000 in contributions. As of May 31, we need 10 more donors and \$2,700 in gifts. [For rest of Blog, click here.](#)



## MENTEE TO MENTOR

It's my favorite time of year! We've made it through a wild and busy spring, graduates are relieved to have finished their final exams, and the excitement of new students arriving on campus for summer orientation re-energizes our work. Early summer is also the time I hope I've done enough to provide the graduate students in our office a strong foundation of mentorship, professionalism, and knowledge of how to be a good colleague and to take those skills and pass the baton to serve as a mentor to the undergraduates and graduates they will now be working with as professional staff members. [For rest of Blog, click here.](#)



## SUMMER IS THE PERFECT TIME TO VOLUNTEER WITH IV-WEST!

here is still time... we NEED our NASPA IV-West family! Are you looking for ways to get involved? As we prepare for our regional conference this November consider being a program or award reviewer! Click on the link below to complete the application! [For rest of Blog, click here.](#)



## NOTES FROM THE SSAO LIAISON

As I am writing this message, I am also reflecting over the close of the 2016-2017 academic year. Each year I find it harder and harder to understand how fast the year progresses! I hope everyone has an opportunity to reflect on the number of positive impacts each professional has had in shaping students for the common good. [For rest of Blog, click here.](#)



## UPDATES FROM YOUR REGIONAL DIRECTOR

Summer has arrived. And I am sure if you ask many of our family members who still struggle to fully understand what we do, we don't even work during the summer. But in all seriousness, while the summer is often filled with major budget tasks, policy updates, orientation sessions, prep for the upcoming fall, strategic planning, evaluations, and the like, we each can hopefully find some time to rejuvenate. [For rest of Blog, click here.](#)



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