

**22nd Annual
Resident Assistant Conference**



**January 27 – 29, 2012
University of Northern Iowa**

Lights, Camera, Action!

22nd Annual UNI Resident Assistant Conference
January 27 - 29, 2012

Greetings RA Conference delegates and advisors!

We are pleased that you have chosen to attend the 22nd Annual UNI Resident Assistant Conference! The conference committee has worked very hard to put together what promises to be an exciting, fun-filled weekend! The programming committee will provide a wide variety of program topics for you to choose from, including a strong set of advisor track programs. We are confident that you will be able to construct a personalized schedule that will best meet your needs for you and your fellow conference attendees.

The conference has a variety of things to offer in addition to quality programs; including a case study competition, keynote speaker Quinton Clay, catered meals, awards, a conference slide show, swap shop, and reception. A variety of entertainment has also been planned; including activities on Friday night in the Wellness and Recreation Center (WRC), and a high-energy DJ dance to finish out the weekend on Saturday night.

Your active participation is what makes this conference a great success. We encourage you to challenge yourself, share your uniqueness, take risks and develop new friendships among the nearly 50 colleges and universities attending this conference. Learn all you can from each other; you'll be glad you did!

Once again, we are excited to have you here and hope that you find the conference to be an energizing, educational, and enjoyable experience, whether it is your first UNI RA Conference or you are a seasoned veteran of the field. If you have any questions during the conference, feel free to contact any of the UNI staff for assistance.

Please enjoy your visit to the University of Northern Iowa and Cedar Falls!

Sincerely,
The UNI Host Committee

Residence Hall Information

The Housing and Hospitality subcommittee wants to welcome you to the University of Northern Iowa RA Conference! We hope your stay in our residence halls is a great one. Below is some important information that will help make your stay here on campus fantastic.

UNI Staff Assistance Numbers

Every hall has its own office/front desk telephone number. These phones are staffed with people who should be able to answer any questions you may have.

If the hall office is not open and you need assistance, you can contact the on-call RA staff in your building. Call the cell phone number listed below for the hall you are in and they will assist you. A public telephone is located in the lobby of each residence hall.

Residence Hall	Office Phone	RA Cell Phone #
Bartlett	319-273-2671	319-464-2592
Bender	319-273-2658	319-464-2645
Campbell	319-273-2552	319-464-2955
Dancer	319-273- 2376	319-464-4157
Hagemann	319-273-2580	319-464-4528
Lawther	319- 273-2148	319-464-4917
Noehren	319-273-2229	319-464-5229
Rider	319-273-2249	319-464-5231
ROTH	319-273-7051	319-464-5268
Shull	319-273- 2080	319-464-5297

Important Phone Numbers

911	Emergency
319-273-4000	University Police Emergency
319-273-2712	Non Emergency University Police

Quiet Hours

Quiet hours for conference participants will begin at midnight Friday and Saturday night. Courtesy hours are in effect 24-7. Please be respectful of others staying on your floor and the residents of the halls.

Pizza Delivery

Knowing how the hunger bug may strike after the evening festivities, we have included a list of pizza places that will deliver.

Domino's	319-277-3030	Papa John's	319-277-7722
The Other Place	319-277-9720	Pizza Hut	319-266-1300
Little Caesar's	319-266-7777		

Saturday Storage Room

Lang 23 is available to store coats and program supplies on Saturday from 8:45 a.m. – 5:30 p.m. Please store items at your own risk. UNI takes no responsibility for stolen, lost, or damaged items. The room will not be locked or monitored by staff.

Save the Date!

The 23rd annual UNI RA Conference will take place January 25 - 27, 2013!



Quinton Clay

UNI RA CONFERENCE 2012 KEYNOTE SPEAKER

Quinton Clay is a college admissions officer, community advocate and motivational speaker. A first-generation college student, Quinton is passionate about the academic achievement and advancement of under-represented populations including first-generation college students and minority groups. He graduated from Wartburg College (Waverly, IA) with a Bachelor of Arts degree in Public Relations. His awards include the Wartburg Medal for Student Nobility, which recognizes outstanding leadership and contributions to the campus community amid other honors.

After graduation, Quinton worked as an Admission Counselor for Coe College (Cedar Rapids, IA). Among many accomplishments within his time at Coe, Quinton was blessed to author a proposal, which led to the cancellation of classes for Dr. Martin Luther King Jr. Day in a campus-wide observance for the first time in Coe's history. Quinton also developed and implemented a transitional orientation program for first-year students from traditionally underrepresented backgrounds. He also co-authored a grant proposal that secured the program's funding by Alliant Energy Company. In his last year with Coe, Quinton created and developed the Diversity Leadership Scholarship program, which awarded 10 full-tuition merit-based scholarships for student leaders from minority groups, the first scholarship of its kind at Coe College. Coe College presented Quinton with the Outstanding Community Service Award in 2006 for his contributions to the institution and campus community through his service.

During a 2006 conference with the Associated Colleges of the Mid-West's Committee on Minority Concerns, Jim Sumner, the Dean of Admission, approached Quinton and Financial Aid for Grinnell College, which is perennially ranked among the top US liberal arts colleges. Mr. Sumner was remarkably impressed by Quinton's passionate work with the committee and offered to mentor Quinton. He hired Quinton to work in the Grinnell College Office of Admissions a year later. Quinton accepted a position with the prestigious Grinnell College (Grinnell, IA), where he has served and in a number of roles through successive promotions each year from 2007 until current. Counted among his achievements are record enrollment for Jamaican students in 2008 and 2009, record enrollment for ethnic minority groups in 2009 and 2010 and record enrollment for Illinois students in 2011. In 2010, Quinton relocated to Chicago, Grinnell's largest market for student recruitment where he works full-time as Coordinator of Chicago recruitment, maintaining the only regionally-based position within the Office of Admission.

At this point in his career, Quinton has worked and traveled to 33 U.S. states and 9 countries and has become a known presence within the college admissions profession. He holds memberships with the Iowa ACT State Council, National Association for College Admission Counseling's African-American Special Interest Group and the Illinois Association for College Admission Counseling's College Awareness and Preparation Committee.

To many, Quinton is known as an admission counselor and presenter on topics related to higher education. To 'his students' and their families, he is known for taking interest in their continued academic success, social transition and overall growth and development. Quinton sees himself as an advisor, utilizing every opportunity to communicate the values of higher education and its benefits. He also realizes resources and experiences can change an individual's life and improve the world, which is the essential function of an undergraduate education.

Advisor Programming Sessions

Session 1 10:30 - 11:15 am

Program: Transformative Self Talk: Part One

Presenter: Drake Martin

School: University of Northern Iowa

Target Audience: Advisor

Room 20

Capacity: 45

Program Description: How we approach situations can prevent taking meaningful action. Learn a new mental process of seven "languages" designed to help address challenges in the workplace. (Content is based on the book "How the Way We Talk Can Change the Way We Work.")

Note: To benefit from this program, Advisors should plan to commit to the entire four-session workshop.

Program: Change Management

Presenter: Lyn Redington

School: The University of Northern Iowa

Target Audience: Advisor

Room 21

Capacity: 25

Program Description: Change management is something we may hear about but not necessarily know what it is or what it means to us as student affairs professionals. This session will share information about change management -- including a brief literature review, best practices, and tangible means of identifying if change is needed in your organization.

Advisor Programming Sessions Continued

Session 2 11:25 am -12:15 pm

Program: Transformative Self Talk: Part Two

Presenter: Drake Martin
School: University of Northern Iowa
Target Audience: Advisor

Room 20
Capacity: 45

Program Description: How we approach situations can prevent taking meaningful action. Learn a new mental process of seven "languages" designed to help address challenges in the workplace. (Content is based on the book "How the Way We Talk Can Change the Way We Work.")

Note: To benefit from this program, Advisors should plan to commit to the entire four-session workshop.

Program: Higher Ed Humorist

Presenter: Lisa Jicinsky and Amanda Mesirow
School: University of Wisconsin – La Crosse and University of Northern Iowa
Target Audience: Advisor

Room 21
Capacity: 25

Program Description: Studies have shown that those who take time to laugh during the workday are more productive and less stressed. However, this isn't a program about rubber chickens and knock-knock jokes—it is a program about how there is sociological evidence that suggests humor has helped humans survive for centuries (because nothing is funnier than describing why humor is funny, right?). Just as cats can "right" themselves and land on their feet, humans "right" themselves by finding humor in even the most difficult situations. In fields such as nursing, emergency response, and police work, professionals use humor (that others outside their fields may find inappropriate) to handle the cumulative stress of their work. In student affairs, we sometimes face similar stressors, and we may go from having a meeting with a student about their recent sexual assault to hosting a "Pie Your RA" night. How do we maintain mental well-being and have the appropriate attitude and response to every different situation we encounter in any given week? How do we find the humor in the most tragic situations, in order to put ourselves (and even our staff and students) "right" again? Come to this program to laugh, learn, and feel "right" about your response—be it serious or hilarious.

Advisor Programming Sessions Continued

Session 3 2:35-3:20 pm

Program: Transformative Self Talk: Part Three

Presenter: Drake Martin

School: University of Northern Iowa

Target Audience: Advisor

Room 20

Capacity: 45

Program Description: How we approach situations can prevent taking meaningful action. Learn a new mental process of seven "languages" designed to help address challenges in the workplace. (Content is based on the book "How the Way We Talk Can Change the Way We Work.")

Note: To benefit from this program, Advisors should plan to commit to the entire four-session workshop.

Program: Advisors on a Small Campus

Presenter: Melissa Hoffman, PhD.

School: Nebraska Methodist College

Target Audience: Advisor

Room 21

Capacity: 25

Program Description: This session will provide professionals with opportunities for networking, support, and sharing of information on current issues which are relevant to those of us working on a small campus. Participants will be provided an opportunity to share their ideas and allow others to support their efforts in order to positively impact students on each of our campuses.

Advisor Programming Sessions Continued

Session 4 3:30-4:15 pm

Program: Transformative Self Talk: Part Four

Presenter: Drake Martin

School: University of Northern Iowa

Target Audience: Advisor

Room 20

Capacity: 45

Program Description: How we approach situations can prevent taking meaningful action. Learn a new mental process of seven "languages" designed to help address challenges in the workplace. (Content is based on the book "How the Way We Talk Can Change the Way We Work.")

Note: To benefit from this program, Advisors should plan to commit to the entire four-session workshop.

Program: Know, Grow, Go: Meaningful RA Development

Presenter: Josh Schaldenbrand

School: Missouri University of Science and Technology

Target Audience: Advisor

Room 21

Capacity: 25

Program Description: Ever get to the point where you're asking what should I do next with my RA staff? Staff development can be challenging and hard to keep fresh. This program is designed to give professionals a framework for meaningful staff development.

Please Note: Additional programs are available for Advisors Only. These programs are titled: *Leadership: Are you Up to the Challenge?* And *Student Engagement Roundtable*. A description of these programs can be located in the Pick Me Up Session of this booklet. These programs are not structured like our typical Pick Me Up programs (i.e. energizers), but more as our formal sessions. In addition, these sessions will only be 30 minutes (not your typical 45 minutes). We encourage you to attend.

Delegate Programs - Session 1
10:30-11:15 am

Program: Vision for Change

Presenter: Kaitlin Thompson
School: University of Nebraska - Kearney
Target Audience: RA

Room 8
Capacity: 38

Category: Program Development

Program Description: It is important to realize that while diversity can mean a person of a different ethnicity, it can also mean someone with a different lifestyle. Come share and learn new ideas for programming to meet the needs of our LGBT community. Each participant will experience for himself or herself how their life may have been different if they walked in the shoes of a LGBT student.

Program: When your House is Your Office

Presenter: Tamarah Dixon
School: University of Central Missouri
Target Audience: RA

Room 10
Capacity: 16

Category: Personal Development

Program Description: Living where you work is a concept most Resident Assistants have come to love and loathe. Here we'll discuss how the job differs from traditional jobs, where relationships between supervisors and supervisees are nominal at best, and how those experiences have made working in housing uniquely fulfilling. Most importantly, we'll discuss mistakes, triumphs, and coping techniques for when your bed is your desk, and your door is always open, even when it's closed.

Program: Attack the Senses and Get Residents to your Programs

Presenters: Tambree Wilson
School: Pittsburg State University
Target Audience: RA

Room 11
Capacity: 38

Category: Program Development

Program Description: Getting residents to go to your programs can be hard. There's nothing more frustrating than working hard on fliers and posters and getting a small percentage of residents there. Tired of this frustration? Then, come and learn some easy techniques to attack the senses and get residents to your programs. Something as little as changing the font, color, size and shape can really entice your residents to show up!

Program: The Oshkosh Placement Exchange

Presenter: Marc Nysten
School: Oshkosh Placement Exchange
Target Audience: RA

Room 12
Capacity: 50

Category: Personal Development

Program Description: The Oshkosh Placement Exchange (OPE) is a nationally known and recognized higher education job placement event. This session will be presented by the Chair of the Oshkosh Placement Exchange who will provide a comprehensive overview of OPE as well as four other placement exchanges that take place in the United States on an annual basis. Come and join this exciting program as you begin to learn more about the awesome employment opportunities and graduate assistantships that exist on college and university campuses throughout the United States. This session will be interactive in nature, and allow for many questions from the participants! We look forward to introducing you to the Oshkosh Placement Exchange!

Program: Recycling Carnival

Presenter: Kevin Jachymowski
School: Winona State University
Target Audience: RA

Room 18
Capacity: 20

Category: Program Development

Program Description: Does your campus recycle? How about your residents? Host your very own Recycling Carnival to expand knowledge of the benefits of recycling and going green in today's society and on your campus! Come learn about many different activities, crafts, and ideas that embrace sustainability and fun.

Program: Talk to the Hand

Presenter: Alie Brabec and Pierrie Jefferson
School: University of Nebraska - Kearney
Target Audience: RA

Room 22
Capacity: 35

Category: Program Development

Program Description: Looking for a new programming idea? Talk to the Hand is a hands-on educational program. This American Sign Language (ASL) program will equip each participant with basic knowledge of ASL. During this course you will learn your ABC's, 123's and some basic everyday signs and phrases. In addition, we will provide you with the resources to use Talk to the Hand in your own community.

Program: Don't Get Busted!!!

Presenters: Olivia Horner and Jen Odom
School: University of Nebraska - Omaha
Target Audience: RA

Room 208
Capacity: 38

Category: Personal Development

Program Description: Don't Get Busted will show you how to throw the smartest drinking party ever! Come and get your party on with us, and we will show you how we do it at University of Nebraska-Omaha. Drinks will not have a little umbrella, but they will be served with a bit of education. Alcohol is a serious topic, and we want to toast you for being smart!

Program: Top 10 Tricks and Tips

Presenter: Ashli Fanning and Gineal Schrunk
School: University of Northern Iowa
Target Audience: RA

Room 211
Capacity: 41

Category: Program Development

Program Description: Wise, transformed, incandescently happy. These words don't even begin to explain how you will feel if you attend this program! Our aim is to spread all of those great little tips you have accumulated as an RA. We will begin by presenting our "Top Ten," then we will open up the floor to hear your thoughts and ideas. So don't miss out on this epic opportunity!

Program: Dear Sophomore Year Me

Presenters: Sabrina Nelson
School: Creighton University
Target Audience: RA

Room 222
Capacity: 30

Category: Program Development

Program Description: Having a hard time creating a successful program for your sophomore residents? Are your residents in different emotional and developmental stages? Having difficulties creatively and efficiently creating a low cost program for your sophomore residents? This session will provide an easy to recreate and resourceful program or two to get through to your residents on a small or medium scale. Although this is intended for sophomore residents the programs can be used with freshmen residents as well.

Program: Spice up Your Life! Recipe Programming

Presenter: Meghan Orr

School: University of Northern Iowa

Target Audience: RA

Room 223

Capacity: 41

Category: Program Development

Program Description: Are you a new or experienced RA looking for a fun, educational program to implement in your residence hall? Then Spice Up Your Life! is just the program for you! Participants attending this program will learn how to use recipes in their programming and be able to taste-test recipes they can share with their residents! This program is ideal for RAs in apartment-style living, but it could also be modified for a traditional residence hall.

Program: Let's Play a Game!

Presenters: Valentina Yapel

School: University of Minnesota - Duluth

Target Audience: RA

Room 308

Capacity: 40

Category: Program Development

Program Description: Does your program possess board games and puzzles, and are you looking for an easy way to make these activities available to residents? Or, are you looking for an alternative to destructive behaviors to promote to your residents? Setting up a board game rental program is just what you're looking for! This session will teach you the who, what, when, where, why and how's to setting up the same program at your campus.

Program: Cultural Cupcakes

Presenter: Lauren Stagakis & Autumn Brown

School: Winona State University

Target Audience: RA

Room 311

Capacity: 24

Category: Program Development

Program Description: "What if there were only 25 people in the world?" Based on a study from UW Green Bay, this program will show race and religion percentages if there were only 25 people in the world. By using cupcake treats to represent different religions and races, you can help make your residents aware of the different ethnicities that exist in the world!

Program: Survival Sewing and Stain Removal

Presenter: Brittany Deal, and Molly Hayes

School: University of Northern Iowa

Target Audience: RA

Room 345

Capacity: 40

Category: Personal Development

Program Description: Did a button finally weasel its way off one of your jackets? Did you manage to spill red sauce all over your favorite white dress shirt? Did you tear through a seam in your sweater? Learn how to fix all of these situations by yourself without calling your parents for advice. Keep your clothes in good condition and save money over time!

Program: Trans 101

Presenters Tommy Nouansacksy

School: University of Wisconsin – Stevens Point

Target Audience: RA

Room 346

Capacity: 27

Category: Personal Development

Program Description: You all know what LGBT stands for, but how well do you really know the T? Take a crash course in transgender issues and learn about how these issues are relevant in your role as a student leader on campus. In this session, we will discuss problems that trans-identifying people go through each day. You will definitely gain a better understanding of trans-issues and be more comfortable with discussing these issues with others.

Program: What would you do?

Presenter: Brian Schremser

School: Minnesota State University - Mankato

Target Audience: RA

Room 365

Capacity: 24

Category: Personal Development

Program Description: This session will demonstrate ways RAs/CAs can confront bullying and discrimination in order to support inclusion. Facilitators will act out scenarios based on the “What Would You Do??” television show. Participants will then be asked if they would step away, step in, or step up. After some small group discussion, participants will have the opportunity to confront the actors in the scenario. Finally, participants will discuss how this exercise relates to their RA/CA role.

Session 2
11:25am - 12:15 pm

Program: Epic Meal Time

Presenter: Jake Gibson, Aaron Hildreth, Quintan Mann, Sam Brown
School: University of Northern Iowa
Target Audience: RA

Room 8

Capacity: 38

Category: Program Development

Program Description: This program is to educate students about nutrition. Educational material on nutrition will be provided and tips about the program will be shared. We will be serving an EPIC cookie topped with chocolate SAUCE, marshmallow icing, an assortment of chocolate candy bars, and of course; BACON!

Note: Program attendees will meet in Room 8, but will be traveling to Bartlett Hall for this program. Please dress appropriately for the weather.

Program: Words of Wisdom

Presenter: Thomas Early
School: University of Northern Iowa
Target Audience: RA

Room 10

Capacity: 16

Category: Personal Development

Program Description: As college students, we are exposed to maxims and words of wisdom that we carry throughout our college career. This program allows residents to focus on their personal mantras and record them in a community book. Current residents can track their cognitive development and pass on advice and encouragement to future residents.

Program: Recreating Platform 9 ¾

Presenter: Beth Kampschnieder
School: Creighton University
Target Audience: RA

Room 11

Capacity: 38

Category: Program Development

Program Description: Step across the barrier (or run if you must) to discover how your residence life team can turn the magical world of Harry Potter into a month-long series of programs ranging from House Points, to Defense Against the Dark Arts class, to the TriWizard Tournament. Mingle with other resident advisors while discussing triumphs and tribulations regarding long-term programming and marketing. (Disclaimer: Need not be a Harry Potter fan to attend!)

Program: Excelling at Leadership

Presenter: Ben Jacobson and Heidi Laabs
School: Iowa State University
Target Audience: RA

Room 12

Capacity: 50

Category: Personal Development

Program Description: Our role as RA's? We are role models and leaders as our floor. Since students look up to us, it is important to understand and develop our own personal leadership style. This will be done through analyzing personality tests and through discussions about social and emotional intelligence as well as leadership strengths. Attendees will gain valuable insights into their strengths and weaknesses and how they can better interact with their floor as an advisor and mentor.

Program: Mirror, Mirror on the Wall

Presenter: Kiley Schmidt and Meagan Leonard
School: University of Northern Iowa
Target Audience: RA

Room 18
Capacity: 20

Category: Personal Development

Program Description: Come join us for a positive program that looks at your strengths and beauty! This program is interactive and encouraging, so bring an open heart and mind!

Program: Campus Culture: Students vs. Student Athletes

Presenter: Cody Lambert and Thomas Barkel
School: Iowa Wesleyan College
Target Audience: RA

Room 22
Capacity: 35

Category: Personal Development

Program Description: Ever have trouble working with an athlete, a teammate, or a friend in the residence halls? If you answered yes, this program is for you! This program gives insight from a student athlete RA and a student RA on how to manage residents of all kinds. In this program, you will gain examples of how to discipline, provide floor events that residents want to come to, as well as how to get residents to respect common areas, door decorations and bulletin boards.

Program: Student Development Theory 101: Student Leaders

Presenter: Austin Henshaw
School: Iowa State University
Target Audience: RA

Room 208
Capacity: 38

Category: Personal Development

Program Description: Interested in how students develop throughout their time at college? Want to learn some basic Student Development theory in action from one of your own peers? Then come to this session and be ready to discuss basic developmental theories and how you can view your students through the lense of these theories. This session is HIGHLY recommended if you are considering going into Student Affairs and want a head start on learning about basic theory.

Program: Campus Sustainability: How Can RA's Contribute?

Presenters: Paige Leytem and Hannah Wilson
School: University of Northern Iowa
Target Audience: RA

Room 211
Capacity: 41

Category: Personal Development

Program Description: Building a sustainable campus requires involvement from all members of the university community, especially the students. This program is geared toward providing Resident Assistants with the tools they need to become leaders in the sustainability movement on their campuses. Participants will learn the importance of sustainable practices and be given ideas for applying those practices within the RA position as well as in their daily lives.

Program: Google House

Presenter: Amanda Black and Mitchell Hein
School: Iowa State University
Target Audience: RA

Room 222
Capacity: 30

Category: Program Development

Program Description: This session covers how to use Google's applications to make your life easier! Learn how to spread information efficiently and organize your house activities. Learn how to save time and frustration by having a standardized way of communicating to your houses.

Program: Mental Health 101 for RA's and CA's

Presenters: Sarah Spencer, Ali Hendrickson, and Anika Chowdhury

School: College of Saint Benedict

Target Audience: RA

Room 223

Capacity: 41

Category: My Time

Program Description: Interpersonal interactions related to health & wellness within our living communities can be hard to handle. Using a current RA/CA Reading List book, *College of the Overwhelmed; The Campus Mental Health Crisis and What to Do About It*, you will be given resources and tips for addressing related crises within your living communities. Some of the topics that could be covered include: developmental issues, pressures & competition, financial worries, social fears, and feelings of hopelessness & helplessness.

Program: Making Diversity Programs Meaningful

Presenter: Thomas Arce and Luke Whitaker

School: University of Iowa

Target Audience: RA

Room 308

Capacity: 40

Category: Program Development

Program Description: This program will help foster and develop residents minds to both accept and appreciate diversity and multiculturalism by providing programming that addresses a wide spectrum of issues, cultures, and topics. It may be easy to plan that pizza party or ice cream social, but how would this educate residents on different cultures, or prepare them for a world, where not everyone is cut from the same mold? Therefore, this session will give RA's the tools and resources for diversity programming.

Program: Social Styles

Presenter: Nick Kelly, Baylee Heimstra, and Jordan Hoops

School: South Dakota School of Mines and Technology

Target Audience: RA

Room 311

Capacity: 24

Category: Personal Development

Program Description: Social Style is defined as patterns of behavior that others can observe and report. It's also a method of coping with others that is learned in childhood. Social Style analysis can add insight into others' behavior and help residents develop more effective interpersonal strategies with the people around them.

Program: Cookies, Cupcakes, and Education???

Presenters: Whitney Smith and Libby Manfull

School: University of Nebraska - Kearney

Target Audience: RA

Room 345

Capacity: 40

Category: Program Development

Program Description: Come learn about two unique and successful programs that use food to attract residents' attention while educating them about visual impairment and other countries in our world. The program focuses on diversity and globalization. Educational programs can be fun, come see how UNK puts a spin on the traditional educational program!

Program: Ice Cream Delivery

Presenters: Angela Martens and Kali Knoth

School: Iowa Western Community College

Target Audience: RA

Room 346

Capacity: 27

Category: Program Development

Program Description: Do you have a desire to get those residents of yours out of their rooms and participate in your events and programs? Come hear how a couple of RAs from a community college put on an event that drew over 100 students and was a hit! If you want students to ask you "When are we going to do this again", come chat with us!

Program: Cowabunga: I'm a Ninja Turtle Dude

Presenters: Rachel Kendall and Michelle Madsen

School: Northwest Missouri State University

Target Audience: RA

Room 365

Capacity: 24

Category: Team Development

Program Description: Which Ninja Turtle are you? Come find out which Ninja Turtle you are most like based on your strengths. Also, learn how your strengths can help benefit a team and learn which strengths others can bring to the team to help you grow.

Pick Me Ups
1:55-2:25 pm

Program: Minute to Win It and Other TV Game Shows

Presenters: Michelle Madsen
School: Northwest Missouri State University
Target Audience: RA

Room 8
Capacity: 38

Category: Pick Me Up

Program Description: Come see if you can win it in a minute and then experience how to transform your favorite TV shows into exciting programs.

Program: Hot Seat

Presenters: Katie Grassi
School: University of Northern Iowa
Target Audience: RA

Room 10
Capacity: 16

Category: Pick Me Up

Program Description: This session will you give you a very creative and unique way for residents to meet each other and get to know each other on a more personal basis. "Hot Seat" is a program that puts residents in the spotlight to talk about themselves and allows the other residents to learn about them. It is a very easy program to set up, implement and maintain over the course of a semester or even 2 semesters.

Program: Welcome Week Wonders

Presenter: Rayanna Bockenstedt and Sarah Duster
School: University of Northern Iowa
Target Audience: RA

Room 11
Capacity: 38

Category: Pick Me Up

Program Description: We will be presenting two active programs and one passive program that RAs can use during "welcome week" to get residents connected right away. The programs include: The Cupcake Exchange, Room Raiders, and Question of the Week. We want to emphasize that it's the little things that make residents feel connected their first week on campus. Hopefully by sharing these programs, we can help other RAs create an instant community.

Program: Lean Mean Line Dancing Machine

Presenters: Emily Carlson, Abbey Doering, Jennifer Messer, and Sarah Ryan
School: University of Northern Iowa
Target Audience: RA

Room 12
Capacity: 50

Category: Pick Me Up

Program Description: First, we will conduct a brief presentation on the health benefits of physical activity for the typical college student. This program will inform students on the alternatives to staying healthy besides the average gym and weight room work outs. We will demonstrate and teach line dancing as one example of an alternative work out that will easily fit into a busy college student's lifestyle.

Program: Chi, Chi, Chi, Chia!

Presenter: Garrett Gassman
School: Northwest Missouri State University
Target Audience: RA

Room 18
Capacity: 20

Category: Pick Me Up

Program Description: Chi chi chi chia! We all know the jingle, so come to this program and bring home your very own chia pet! Be ready to be sustainable and crafty, learn, listen, and share your knowledge of sustainability efforts on your campus!

Program: Leadership: Are you Up to the Challenge

Presenters: Brian Schremser

School: Minnesota State University - Mankato

Target Audience: Advisor

Room 20

Capacity: 45

Category: Personal Development

Program Description: This session will utilize Kouze's and Posner's "The Leadership Challenge" as a framework for discussion and connection to the student affairs profession. After evaluating their own leadership skills and abilities, participants will investigate the "The Five Practices of Exemplary Leadership." Through this investigation, participants will gain insight on how to effectively apply the practices in order to become better student affairs practitioners in supervision, community development, and student leadership development.

Program: Student Engagement Roundtable

Presenter: Melissa Joy

School: University of Northern Iowa

Target Audience: Advisor

Room 21

Capacity: 25

Category: Pick Me Up

Program Description: This will be a roundtable discussion about the successes and failures that surround student engagement. The session is intended to be very open and offer new ways of thinking about programming and ways to get student engaged with the campus community. Some questions that may be asked include: What type of weekend programming occurs on your campus? What types of programs are overly successful? What types of programming have you found that do not work?

Program: Cupcake Creations

Presenter: Brianna Pearson

School: Winona State University

Target Audience: RA

Room 22

Capacity: 35

Category: Pick Me Up

Program Description: Come to Cupcake Creations and decorate a cupcake to represent YOU! We will be discussing how to execute this inclusive program and why this program works well to bring a group of students or staff together. We will also discuss how you can bring this program back to your university.

Program: HELP! My Life is Spinning out of Control

Presenter: Kayleen Nymeyer

School: Winona State University

Target Audience: RA

Room 208

Capacity: 38

Category: Pick Me Up

Program Description: Tired of living the same old stressful, chaotic life? Want structure and control over the craziness of your college career? Come learn tips of staying healthy and refreshed by figuring out how to find that perfect balance in your life with some eye-opening interactive activities.

Program: Pizza with a Catch

Presenter: Autumn Brown

School: Winona State University

Target Audience: RA

Room 211

Capacity: 41

Category: Pick Me Up

Program Description: Pizza with A CATCH! Come find out what the catch is and how your residents can discover the diverse world around them, how to work with partners, and the difficulties disabled individuals face.

Program: Happy Birthday!!!

Presenters: Rachel Kendall and Michelle Madsen
School: Northwest Missouri State University
Target Audience: RA

Room 222
Capacity: 30

Category: Pick Me Up

Program Description: Did you have a birthday this year? Come celebrate and decorate a cupcake to enjoy while playing birthday party games from when you were a kid. You can also learn how to host a party like this within your residence hall.

Cupcake with a Catch!

Presenter: Katie Wollan and Amy Tristano
School: University of Iowa
Target Audience: RA

Room 223
Capacity: 41

Category: Pick Me Up

Program Description: Disability Awareness is a type of diversity programming that often goes overlooked in Residence Halls. Cupcake with a Catch! is a fun way to raise Disability Awareness with your residents. Come participate in the program and learn about how to put on the program yourself in your hall for your residents.

Program: Cookies for Causes

Presenter: Kayleen Nymeyer and Cody Lightfuss
School: Winona State University
Target Audience: RA

Room 308
Capacity: 40

Category: Pick Me Up

Program Description: Looking for a way to help your residents start a life as a philanthropist? This program will help residents donate to different charitable causes (ie. Cancer, Disabilities, Homelessness, etc.) and provide them with a tasty snack as well. Learn how to create a program that will inform residents about various issues in the community and then give them the opportunity to make a difference.

Program: Dart, Dodge and Teamwork

Presenter: Matthew Jacobsen, Ashley Schuerr, and Benjamin Headlee
School: Ashford University
Target Audience: RA

Room 311
Capacity: 24

Category: Pick Me Up

Program Description: Watch Out! Dart and dodge your way to an effective Nerf program on your floor. Included in this program is the metaphorical tool kit that provides budgeting assistance and safety procedures for a successful, fun and engaging evening. The kit and talk will give ideas on how to involve teamwork and floor unity. It will also give current prices on decent Nerf and safety equipment and prize ideas.

Program: Icebreaker Extravaganza

Presenter: Dan DiMeo
School: University of Dubuque
Target Audience: RA

Room 345
Capacity: 40

Category: Pick Me Up

Program Description: RA's will gain a larger bank of new icebreakers to choose from rather than using the same ones continuously. 4-5 icebreakers will be presented, depending on time.

Program: Postsecondary Education: Student Affairs Program

Presenter: Leah Wafful

School: University of Northern Iowa

Target Audience: RA

Room 346

Capacity: 27

Category: Pick Me Up

Program Description: Interested in Student Affairs? Great! You're in the right spot! Here you will learn about the Masters degree program offered at UNI in Student Affairs. Sit back, relax, and enjoy the benefits of becoming a successful Student Affairs Professional.

Note: This program is more informational based, but serves as an excellent way to gain additional information about one of the best careers out there.

Program: Pet Brick

Presenter: Jorge El-Azar and Trish Stoverink

School: Webster University

Target Audience: RA

Room 365

Capacity: 24

Category: Pick Me Up

Program Description: A program where residents can make "Pet Brick" door stops with their roommates and build community with their floor mates

Session 3
2:35-3:20 pm

Program: Spice Up Your Life

Presenter: Angelica Posada and Amanda Kunce
School: University of Northern Iowa
Target Audience: RA

Room 8
Capacity: 38

Category: Program Development

Program Description: "International students" will show others how to cook their favorite dishes from their native cultures. Residents will enjoy eating and be able to learn about the different cultures. They can ask questions regarding the similarities and differences of their cultures. This will be a chance for international students and students from the United States to learn from one another.

Note: Program attendees will meet in Room 8, but will be traveling to Bartlett Hall for this program. Please dress appropriately for the weather.

Program: Creatively Building a Community

Presenters: Katie Robinson
School: Pittsburg State University
Target Audience: RA

Room 10
Capacity: 16

Category: Program Development

Program Description: Building a community on your floor can be done in creative ways. It should be a continual process beyond opening week and the first 6 weeks of the semester. Come and see what you can do to build a community through creative methods such as positive reinforcement incentives, secret sister/brother programs, mailbox stuffers and personalized door decorations.

Program: LARPing is Just the Beginning

Presenter: Liz Theriault, Katie Klestinski, and Theresa Hofschulte
School: University of Wisconsin – La Crosse
Target Audience: RA

Room 11
Capacity: 38

Category: Program Development

Program Description: The most successful and memorable programs seem to come from the most random ideas that no one supports or believes in. It only takes a few people to make that random idea into a successful program that then becomes an annual event. In this session you will learn of one very successful random idea and get the tools so you would be able to host this program at your own university.

Program: Acting as an Ally

Presenter: Hannah Wilson
School: University of Northern Iowa
Target Audience: RA

Room 12
Capacity: 50

Category: Personal Development

Program Description: Every Resident Assistant should be concerned with the diverse needs of his or her residents. At times, this means taking a step outside your comfort zone to understand and include those determined to be "different" in various ways. This program will provide information regarding becoming an effective ally to members of the LGBTQIA community.

Program: Chicken Soup for the RA's Soul: Seasonal Programming

Presenter: Zenab Fathallah and Olivia Wolf

School: University of Northern Iowa

Target Audience: RA

Room 18

Capacity: 20

Category: Program Development

Program Description: Warm up to some creative program ideas for every month of the school year! Each month brings new experiences and struggles for your residents that you can address with house programs. Come learn how to plan unique programs that target the specific needs of your residents and share program ideas that have worked well for you. Enjoy some chicken noodle soup as we discuss programming ideas that are sure to warm the heart.

Program: Beyond Words a Tunnel of Oppression

Presenter: Tess Hart and Tiffany Kramer

School: Rockhurst University

Target Audience: RA

Room 22

Capacity: 35

Category: Program Development

Program Description: A Tunnel of Oppression. What is it? Come to find out what it is and learn about, how you can make an impact on your school. Or perhaps your school has already done it? Come anyway to get ideas about how you can improve it and make it a better experience for you and those viewing it.

Program: Haunted Halls

Presenters: Amanda Kangas and Jonathan Palutke

School: University of Minnesota Duluth

Target Audience: RA

Room 208

Capacity: 38

Category: Program Development

Program Description: This program will be an outline and detailed instruction of how to involve your resident staff, residents, and the community through civil engagement. This program creates a fun and safe environment for adults, children and students to celebrate Halloween! The event is dorm wide with trick-or-treating, games, crafts and snacks for all to enjoy. Learn the ins and outs of this exciting and fun program!

Program: Friends vs. Friends

Presenters: Kasi Johnson

School: Winona State University

Target Audience: RA

Room 211

Capacity: 41

Category: Team Development

Program Description: Meeting new people is never easy, but having a best friend by your side makes the process more smoothly. Friends vs. Friends is an event that is played like the Newlywed TV Show. It is a fun and easy way to get residents to branch out and meet new people!

Program: Hold a Record Breaking Program

Presenter: Jamarco Clark and Alyssa McClain

School: Iowa Wesleyan College

Target Audience: RA

Room 222

Capacity: 30

Category: Program Development

Program Description: Have you ever wondered how many Guinness world records you could break in 2 hours? Who do you think could set more records the girls or the guys? You can make this program official or just for fun, either way it is a blast and guaranteed to attract your residents. This program is inexpensive and great for small and large number of students. Come and learn how to hold a record breaking program!

Program: Program for Men: Show and Share
Presenter: Tyler Mosback, Ben Bonar, and Casey Smith
School: University of Northern Iowa
Target Audience: RA

Room 223
Capacity: 41

Category: Program Development

Program Description: Sometimes programming for men is hard. This is an opportunity to learn some great programs that others have used and to share ideas yourself!

Program: Join the Gaggle
Presenter: Joseph Nabity and Colin Randolph
School: University of Nebraska - Omaha
Target Audience: RA

Room 308
Capacity: 40

Category: Team Development

Program Description: Come join us for an interactive discussion on creating exciting team building activities. Here you will discuss previous training sessions and develop ideas for future sessions. You will be involved in activities that will allow you to better interact with your fellow staff members and the individuals in the program.

Program: Tell Me What You Want, What You Really, Really Want!
Presenters: Tiphani Dixon
School: University of Central Missouri
Target Audience: RA

Room 311
Capacity: 24

Category: Personal Development

Program Description: We interact with people of varying backgrounds and viewpoints on the daily basis. Sometimes it can be a challenge to get others to understand what we mean even when we're speaking the same language! This program illustrates that communicating with just words alone may not be the best method to express a concept. After the program, you will be able to tell others what you really, really want in ways you never thought possible!

Program: Who Are You Really? A Tour of Self Discovery
Presenter: Shannon Lane
School: College of St. Benedict
Target Audience: RA

Room 345
Capacity: 40

Category: Personal Development

Program Description: Who are you? What drives your inner-self? Let's find out. Using the well-known Keirseay Temperament Assessment tool we will investigate the inner-self to expose your true strengths (and maybe a weakness or two). Once identified, you will be able to apply this knowledge to become the best RA or CA you can be. This fun, fast paced session is sure to surprise and enlighten you!

Program: Core Value Recognition
Presenters: Garrett Gassman
School: Northwest Missouri State University
Target Audience: RA

Room 346
Capacity: 27

Category: Team Development

Program Description: Are you looking for ways to recognize your staff and residents for doing great work in your hall? If so, this is the session for you! Come hear about a core value system that is setup in my hall where staff is able to recognize each other for going above and beyond in their positions. These ideas can be tweaked for any group that you want to recognize. Bring your recognition ideas too!

Program: Challenges for the Everyday Student

Presenters: Brianne Heisinger, Leslie Cerny, and Tiffani Dutton

School: Missouri University of Science and Technology

Target Audience: RA

Room 365

Capacity: 24

Category: Team Development

Program Description: Do you or your residents get nervous about exams? Do you feel like you never have enough time to finish big projects? Do you know people that have learning disabilities? Come and experience what it is like for students who work with these barriers everyday. You will undergo a series of tasks that may seem easy, but will allow you to step into the shoes of students who deal with learning difficulties on a day to day basis.

Session 4
3:30-4:15 pm

Program: Astronomical Advertising

Presenters: Trevor Monnier and Eric Vander Schaaf
School: University of Northern Iowa
Target Audience: RA

Room 8
Capacity: 38

Category: Program Development

Program Description: We hope to teach RAs how to more effectively reach out to students. Our goals include a couple of things. We want to make advertising simpler, more creative, and easy to get information from. Also we want to make sure RAs can effectively invite residents so they are interested in going to programs and not annoyed. We will teach some basics of graphic art and tips on communicating with residents.

Program: Abnormal Funk: Smelly Today, Fragrant Tomorrow

Presenters: Tony Harrington and Linnea Griffith
School: University of Northern Iowa
Target Audience: RA

Room 10
Capacity: 16

Category: Program Development

Program Description: Does your Coed floor smell? Want to get the opinion from the opposite sex when it comes to fragrance selection? Come to this program to see how guys and girls rate a vast array of fragrance selections. Sample and learn about the many options that are available in the world of body washes and perfumes/cologne. This comical, yet intuitive, program helps create a positive living environment as well as making your olfactory senses overjoyed!

Program: Super STAR

Presenter: Ashley Stewart & Tommy Nouansacksy
Capacity: 38
School: University of Northern Iowa
Target Audience: RA

Room 11

Category: Personal Development

Program Description: Want to be a Housing Super STAR? Come learn more about the college and university housing profession and ACUHO-I STARS College. STARS is an experience for undergraduates interested in learning more about Student Affairs and the Housing field. Past participants will present on the overall experience, application timeline and networking opportunities. Prepare for life after the RA position, live the dream, BE A SUPER STAR!

Program: MACURH (and GLACURH), and You

Presenter: Jill Hohnecker
School: University of Northern Iowa
Target Audience: RA

Room 12
Capacity: 50

Category: Program Development

Program Description: Having trouble coming up with ways to get involved? Want another way to recognize your residents? Looking for a way to meet students from around the country? Want an organization that will help your residents gain leadership skills? Come see what MACURH has to offer to you!

Program: The RA's Guide to Fun Programs and Facilitation

Presenters: Leslie Cerny and Tiffani Dutton
School: Missouri University of Science and Technology
Target Audience: RA

Room 18
Capacity: 20

Category: Program Development

Program Description: A new year, semester, and list of program ideas that needs to be finished. Do you have problems starting a program? Do you not enjoy the task of the end facilitation at a program and want to learn how to make something you love entice your residents?! Come to The RA's Guide to Programs and Facilitation and learn fun entertaining ways to develop programs that are fun to create, as well as facilitate!

Program: Bursting Bubbles

Presenter: Kate Schofield and Rebekah Zimmerman
School: University of Northern Iowa
Target Audience: RA

Room 22
Capacity: 35

Category: Team Development

Program Description: What better way to break out of your bubble than popping some balloons? Choose a balloon, pop it, and answer the question that is within the balloon. You then write down a fact about yourself, put it in a balloon, so that others can learn more about you!

Program: The Great Medallion Hunt

Presenters: Joshua Bilskemper
School: Winona State University
Target Audience: RA

Room 208
Capacity: 38

Category: Program Development

Program Description: The Great Medallion Hunt is a program development seminar to learn about the benefits and positive outcomes of a simple yet complex idea. Presentation will include a brief overview of the program and encompassing effects in establishing community and developing relationships. Come with a creative mindset for discussion and analysis of how the program could be correlated to your college Residence Hall, and new ideas and twists, which could strengthen the context of the program.

Program: The Secret to Motivation

Presenter: Tiffani Dutton
School: Missouri University of Science and Technology
Target Audience: RA

Room 211
Capacity: 41

Category: Personal Development

Program Description: Every new challenge taken on brings with it an amount of stress. As the new semester has just begun, the idea of making a motivated floor or community is simple; it all starts with you. Through this program you will learn good ways to become motivated as an RA and make sure that your residents know it is okay to be stressed with school, as well as other demands as long as you stay motivated.

Program: Creating Gentleman

Presenters: Kyle Myers
School: University of Northern Iowa
Target Audience: RA

Room 222
Capacity: 30

Category: Team Development

Program Description: Unfortunately, Gentlemen are rare in today's society. In this program we'll talk about ways to foster environments that produce quality gentlemen through passive and active programming as well as through everyday interactions that we have with our residents. Chivalry is not dead, kids!

Program: Welcome New RA Staff Members

Presenters: Katie Wollan, Sabby Chakraborty, and Joelle Khairallah
School: University of Iowa
Target Audience: RA

Room 223
Capacity: 41

Category: Team Development

Program Description: A new RA gets hired in the middle of the year. How do they feel? How do they do their job? How can the existing staff help them fit in? When RAs get hired in the middle of the year, they get training from professional staff but there are things other staff members can do to help them get acclimated to the building and the job and to feel like a part of the staff.

Program: I Can Do It!

Presenter: Sara Sabaa and Jessica Moslander
School: Webster University
Target Audience: RA

Room 308
Capacity: 40

Category: Personal Development

Program Description: The "I Can Do It!" program is geared toward building one's self-esteem up. It is a great experience for personal growth. Attendees face what they wish they could do or what they are ashamed of and write a personal mission statement to empower them to complete the task.

Program: Global Unity

Presenters: Arnold Durel Deffo Nde, Allarakha Nizar, and Anosh Steffin Gomes
School: Wichita State University
Target Audience: RA

Room 311
Capacity: 24

Category: Program Development

Program Description: Hakuna Matata! It means no worries. How can RAs connect residents who speak languages other than English? Presented by three Resident Assistants who are international students, this program will serve as an opportunity to teach other RAs how to connect residents from various cultures around the world.

Program: Relax! It's Only Finals

Presenter: Kacy Kuscienko
School: Winona State University
Target Audience: RA

Room 345
Capacity: 40

Category: Pick Me Up

Program Description: Finals got you down or just feeling stressed? Can't afford a zen garden to take away that stress? Come make a homemade stress ball that is easy, affordable, and highly effective! Then take it back to your hall and pass on your knowledge!

Program: Peer Advising – For You!!

Presenter: Michael Schery and Michael Comer
School: Simpson College
Target Audience: RA

Room 346
Capacity: 27

Category: Team Development

Program Description:

Want to learn about a different approach to advising Hall or Area Councils? Helping your fellow student staff members? Being a great peer leader? Join us! This session will present Simpson College's approach to running area councils, working as returning/leadership staff on a large staff and helping guide and advise new student staff members. Want to be a super leader on staff? This is the session for you!

Program: Bittersweet Reminders

Presenter: Emma Williams

School: St. Ambrose University

Target Audience: RA

Room 365

Capacity: 24

Category: Personal Development

Program Description: This program shares a personal account of an experience with drunk driving and shares astonishing statistics and facts about irresponsible drinking. Those attending the program have an opportunity to reflect on promises they want to make to themselves whether it is not to drink irresponsibly or something unrelated to the presentation! Then these promises are shared, discussed, and recorded on a piece of stationery to hang on a desk, mirror, or anywhere where it is visible and can serve as a constant reminder! This program is year long as participants receive a new piece of stationery each week to make a new promise!

<p>2012 Resident Assistant Conference University of Northern Iowa January 27-29, 2012</p>

Schedule of Events

Friday, January 27, 2012

5:00 - 10:00 p.m.	Registration & Hospitality	Towers Center West Lounge
9:00 - 11:45 p.m.	Welcome Social	Wellness and Recreation
	Student Affairs Graduate Program Information	Center (WRC)
	Oshkosh Placement Exchange (OPE) Information	
9:00-10:30 p.m.	Advisor Social	WRC Room 150
10:00 - 10:30 p.m.	Case Study Judges Meeting	WRC Room 252
10:30 - 11:00 p.m.	Case Study Participant Meeting	WRC Room 252

Saturday, January 28, 2012

7:45 - 8:45 a.m.	Breakfast	Towers Center Rialto Dining
9:00 - 9:30 a.m.	Welcome & Large Group Energizer	Lang Auditorium
9:30 - 10:20 a.m.	Quinton Clay, Keynote Speaker	Lang Auditorium
10:30 - 11:15 a.m.	Session # 1	Lang Classrooms
11:25 a.m.-12:15 p.m.	Session #2	Lang Classrooms
12:25 - 1:30 p.m.	Lunch	Maucker Union Coffeehouse
1:30 - 1:45 p.m.	Large Group Energizer	Lang Auditorium
1:55 - 2:25 p.m.	Pick Me Up	Lang Classrooms
2:35 - 3:20 p.m.	Session #3	Lang Classrooms
3:30 - 4:15 p.m.	Session # 4	Lang Classrooms
4:25 - 5:40 p.m.	Case Study Competition Delegate Social and Snack Time	Lang Classrooms Lang Ground Level
5:40 -7:00 p.m.	Free / Relaxation Time	
7:00 - 8:00 p.m.	Spirit Dinner	Piazza Dining Center
8:15 - 8:45 p.m.	Awards Ceremony	Commons Ballroom
8:45 p.m. - Midnight	Dance / Swap Shop/Snacks	Commons Ballroom and Georgian Lounge

Sunday, January 29, 2012

7:30 - 9:30 a.m.	Continental Breakfast Key Drop-off/Check-out	Towers Center West Lounge
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