



STAR-ND

Student Affairs Resources for Networking and Development



WALK-IN CONFERENCE

JANUARY 19, 2017



DIVISION OF STUDENT AFFAIRS

SCHEDULE

Time	Event	Location
9:00am—9:30am	Check-In and Registration	Main Lobby
9:30am—10:30am	Office of Student Enrichment	Auditorium
10:45am—11:30am	Session 1	
	<i>Values & Well-Being: One Simple Step Towards Increased Happiness</i>	210-214
	<i>High Functioning Depression</i>	100-104
	<i>Called to Be Friends and Allies: Serving the LGBTQ Students at Notre Dame</i>	Auditorium
	<i>There's Power in the Name: Talking about Jesus with Students</i>	112-114
11:45am—12:45pm	Lunch	Lower Level
1:00pm—2:00pm	Keynote: Dr. Jessica Payne	Auditorium
2:15pm—3:00pm	Session 2	
	<i>Gen Z: Mobile, Visual, Private and Bellweathers</i>	210-214
	<i>Bystander Behavior in Senior Student Leaders</i>	112-114
	<i>Beyond Title IX Compliance: Doing the Right Thing by Our Students</i>	Auditorium
	<i>Let's Stop...Just for a Minute</i>	100-104
3:15pm—4:00pm	Session 3	
	<i>How to Accommodate Students with Disabilities</i>	112-114
	<i>S.W.A.T: Special Wishes and Thanks</i>	210-214
	<i>Helping Emerging Adults Navigate Grief and Loss</i>	100-104
	<i>Advising Minoritized Identities</i>	Auditorium

PRESENTATION DESCRIPTIONS

OFFICE OF STUDENT ENRICHMENT

Marc Burdell, Program Director
mburdell@nd.edu

Consuela Wilson, Inclusion Specialist
consuelawilson@nd.edu

Office: 204 LaFortune Student Center **Phone:** (574) 631-3406

MISSION: Together with the Division of Student Affairs, the Office of Student Enrichment is committed to providing a welcoming and inclusive environment so that every new generation of the Fighting Irish finds a home, reaches their full potential, and flourishes at the University of Notre Dame.

GOALS: This office hopes to build relationships with high-achieving and under-resourced students through personal support, social enrichment and growth programs, and economic support.

PROGRAMS & SERVICES: The Office of Student Enrichment offers programs such as Peer Mentoring, Financial Literacy, and Navigating College Life at Notre Dame to all undergraduate students. This Office is also responsible for administering and providing benefits for eligible undergraduate students who qualify for the Student Experience Fund (formerly the Rector Fund) and the Opportunity Fund (formerly the LSES Fund).

KEYNOTE ADDRESS

THE NEUROSCIENCE OF BEING YOUR BEST SELF: WHAT GOOD SLEEP, MODERATE STRESS, AND POSITIVE EMOTION CAN TEACH US ABOUT LEADING (AND LIVING) WELL

Dr. Jessica Payne

Dr. Jessica Payne holds appointments at Harvard Medical School and the University of Notre Dame, where she is currently Associate Professor of Psychology and Nancy O'Neill Collegiate Chair. She is also the Director of the Sleep Stress and Memory (SAM) Lab at Notre Dame. Payne's research focuses on how sleep and stress independently and interactively influence human memory, emotion, creativity, and performance. She teaches various courses in Psychology and Neurobiology, including a popular course entitled "The Sleeping Brain" for which she won Harvard University's Bok Center Award for teaching excellence and Notre Dame's Frank O'Malley award for undergraduate teaching and service.

Payne is also interested in applying her research findings to business organizations, striving to help leaders understand how to work with, rather than against, the natural abilities of the human brain. Her work has been profiled in the New York Times, Businessweek and MSN, Scientific American, the Huffington Post, CNN, USA Today, Bloomberg Business Week, National Geographic, and many other media outlets.

In 2011-2012, Payne was the H. Smith Richardson Jr. Fellow at Center for Creative Leadership (CCL) in Greensboro, NC. She continues to help CCL incorporate neuroscience and sleep research into their leadership programs. Dr. Payne also serves on the Advisory Board of the Neuroleadership Institute, and on the Medical Advisory Board for Humana, Inc, a fortune 500 company that markets and administers health insurance with a focus on holistic wellness.

Dr. Payne's postdoctoral fellowship was split between Harvard Medical School's Beth Israel Deaconess Medical Center and Harvard University's Psychology Department. She holds a Ph.D. in Psychology/Cognitive Neuroscience from the University of Arizona, a Master's Degree in Experimental Psychology from Mount Holyoke College, and a Bachelor's Degree in Psychology from the University of San Diego.

SESSION 1 10:45am—11:30am

VALUES & WELL-BEING:

ONE SIMPLE STEP TOWARDS INCREASED HAPPINESS

Mimi Beck, Graduate Student Life

Megan Brown, University Counseling Center

In her book, *The Upside of Stress*, Kelly McGonigal describes writing about values as one of the most effective psychological interventions ever studied. This experiential session will use a combination of creative and meditative activities to allow participants to identify their most deeply held values and reflect on how these values affect their work and their well-being.

HIGH FUNCTIONING DEPRESSION

John Johnstin, Gender Relations Center

Brenda Hunt, Office of Community Standards

Eric Styles, Residential Life

Peter Barnes, University Counseling Center

High functioning depression has become a hot button topic on college campuses and in research literature. Join us for an in-depth conversation that will provide a description and information about available services for our students.

**CALLED TO BE FRIENDS AND ALLIES:
SERVING THE LGBTQ STUDENTS AT NOTRE DAME**

Maureen McKinney, Gender Relations Center

Ever wonder what supporting students who identify as LGBTQ looks like within the Notre Dame community? Have you taken the time to consider the role you play, as a member of the Division of Student Affairs, in cultivating a campus climate where the dignity and inclusion of all students is fostered? Join the conversation as we discuss the importance of creating a campus environment that is safe, welcoming, and inclusive of LGBTQ students.

THERE'S POWER IN THE NAME: TALKING TO STUDENTS ABOUT JESUS

*Allie Greene, Campus Ministry
Mike Urbaniak, Campus Ministry*

As a Catholic higher education institution, we share a commitment and a responsibility to witness to the life and teachings of Jesus and challenge students to grow in their faith at Notre Dame and beyond. We follow in the footsteps and the instruction of Holy Cross founder Blessed Basil Moreau: “While we prepare useful citizens for society, we shall likewise do our utmost to prepare citizens for heaven.” This mission compels all who are part of this division to bring Jesus into the work we do with students; it is not enough to let it happen only within the walls and programs of Campus Ministry. Bringing faith and the name of Jesus into a student’s experience can seem awkward, however, and that discomfort may prevent us from doing so. Yet, it is our privilege and duty at Notre Dame to make Jesus known. In doing so, we aid in the formation of whole persons, minds, and hearts which yearn to find purpose, meaning, and love. This seminar seeks to explore the resistances of doing this and to learn practical ways to explicitly name and grow in relationship to Christ, with students and also with our colleagues.

SESSION 2 2:15pm—3:00pm

GEN Z: MOBILE, VISUAL, PRIVATE BELLWEATHERS

Peggy Hnatusko, Student Activities Office

Generation Z is coming to college! Are we ready for their 8-second attention spans? This session will focus on their zappy characteristics and social mediums they are using to communicate.

SESSION 2 2:15pm—3:00pm

BYSTANDER BEHAVIOR IN SENIOR STUDENT LEADERS

Christine Pajewski, Residential Life

In order to create a safe and supportive learning environment, we must know what our student leaders do and do not do in situations involving high-risk choices and when faced with situations involving sexual misconduct and interpersonal violence. The purpose of the conducted study was to determine whether holding a position of leadership in college has an effect on the likelihood that an individual would intervene in situations of sexual misconduct and interpersonal violence. The results and implications can drive student affairs practitioners forward in order to make a difference with our students, even if it's just one.

BEYOND TITLE IX: DOING THE RIGHT THING BY OUR STUDENTS

Matt Lahey, General Counsel

Christine Caron Gebhardt, Gender Relations Center

Heather Ryan, Deputy Title IX Coordinator

This presentation will discuss a multi-year process at the University strategically addressing the issue of sexual violence. Topic areas will include community partnerships, campus awareness and education efforts, bystander intervention initiatives, campus climate studies, reporting, investigation processes, support systems for complainants and respondents, and cultural changes. We will also discuss the role of the Title IX Coordinator and the Deputy Title IX Coordinator, the Committee on Sexual Assault Prevention, and the Gender Relations Center. Lastly, we will touch on the University's resolution agreement with, and discussions and interactions with the Office for Civil Rights, and we will identify and discuss potential future Title IX challenges.

LET'S STOP. . . JUST FOR A MINUTE

Jennie Phillips, Rec Sports

Valerie Staples, University Counseling Center

Everybody seems to be constantly on the go these days. Whether it is on to the next meeting, project or class, we are in constant motion. What would happen if we stopped... just for a minute? This session will lead with a focus on the effects of physical activity on mental health followed by the subject of slowing down and stopping for a minute to regain our footing, balance, and peace in a constantly connected world. We will take time in this session to slow down and stop and note how it not only feels for us but how it may benefit the lives of our students as well.

SESSION 3 3:15pm--4:00pm

HOW TO ACCOMMODATE STUDENTS WITH DISABILITIES

Brian Guarraci, General Counsel

Scott Howland, Sara Bea Disability Services

A review of the process for providing accommodations for students with disabilities. We would also discuss the recent trend giving rise to animals on campus, and explain the difference between service and assistance animals.

S.W.A.T. : SPECIAL WISHES AND THANKS

Amber Monroe, Office of Community Standards

S.W.A.T. is a peer-to-peer program created to boost morale and help others feel appreciated and valued. You will be given basic tools to create your own S.W.A.T team (even if it's a "team of one"). This is a unique method to recognize those in your department and/or division in a fun, easy, and spontaneous way.

HOW TO HELP EMERGING ADULTS NAVIGATE GRIEF AND LOSS

Liz Detwiler, Residential Life

The presentation will explore how some adolescent development theories might help us understand and respond to the unique ways in which adolescents and young adults experience grief and loss.

ADVISING MINORITIZED IDENTITIES

Consuela Wilson, Office of Student Enrichment

Yvette Rodriguez, Multicultural Student Programs and Services

This session will explore the unique experiences of college students who present or identify themselves as being a part of a minoritized population. We will explore the concerns of these students, how these issues are perpetuated, and Notre Dame resources in which to assist. In this session, we hope to assist student-facing individuals recognize classist, sexist, racist, etc. micro aggressions within policies, procedures, and individual behavior. This session is aimed at having an open discussion and sharing knowledge/resources that will propel student affairs individuals in their work toward promoting a sense of belonging to all Notre Dame students.

STAR-ND MISSION & GOALS

Student Affairs Resources for Networking and Development (STAR-ND) is a professional development initiative, which began in January 2009, within the Division of Student Affairs at the University of Notre Dame. With the support of the Vice President for Student Affairs and her team, the STAR-ND committee, a group of professionals from across the division, sponsors regular workshops, events, and networking opportunities. This is our fourth offering of the “Walk-In Conference.”

STAR-ND looks to develop opportunities for staff, particularly newer and mid-level staff, to take on leadership and responsibility so that they might continue to grow professionally, gain new skills, increase collaboration and have deeper appreciation for the University’s Catholic, Holy Cross mission. We seek to provide regular; cost-effective; organic professional development opportunities for all staff in Student Affairs (both exempt and non-exempt) and often open these opportunities to colleagues around the University, at Saint Mary’s College, and at Holy Cross College, who also support student life.

STAR-ND has evolved to respond to the needs of staff and administrators in Student Affairs and continues to be open to ways we can enhance the professional experience here at Notre Dame.

If you have an idea for a STAR-ND program, event, or initiative, please contact a member of the STAR-ND team. We look forward to seeing you at our next event!

STAR-ND PLANNING TEAM

Lissa Bill, Senior Counselor to the Vice President for Student Affairs

Anna Detlefsen, Care Consultant, Student Affairs

Brett Perkins, Campus Ministry

Liz Detwiler, Rector of Walsh Hall

Robyn Centilli, Career Center

Casey St. Aubin, Student Activities Programming

Tabbitha Ashford, RecSports

Rochelle Upshur, Student Activities Facilities