

WINTER 2021 | ISSUE 8

STUDENT AFFAIRS SPOTLIGHT

A Monthly Newsletter Publication of NKU Student Affairs

SEEKING CAMPUS SUPPORT



Northern Kentucky University is honored to be the home for Dr. Eddie J. Howard, Jr., the Vice President for Student Affairs and 2022 Diamond Honoree by the [College Student Educators International](#) association. Dr. Howard is a Georgia native with over 25 years of professional experience. He has worked in a variety of educational institutions ranging from a major research university to a four-year public college and even a two-year technical college. His experiences have been at all levels of Student Affairs and he is passionate about supporting public education, which he credits as being the foundation of his success. Dr. Howard is excited to be at Northern Kentucky

University and ready to use all the skills he has accumulated during his career to lead Student Affairs to more effectively serve students and help them succeed. Helping students to realize their dreams and creating the best experience humanly possible is the motto that drives his work. We are seeking campus support to donate to Dr. Howard's Diamond Honoree fundraising effort. If you would like to support our very own Dr. Howard, please visit his Team Fundraising Page. All funds raised will benefit research and activities focused on advancing how we best serve students across the country.

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[Student Conduct, Rights, & Advocacy](#), in partnership and collaboration with [University Connect and Persist \(UCAP\)](#), has developed a series of programs for faculty and staff across the university to assist in reducing barriers for student services and promote collaboration in supporting students with challenging circumstances. The series is designed to create conversation among service aligned offices and create connections among faculty and staff that will help reduce barriers for student support services.

The first two sessions were held in September and October, covering use of the [Gold Folders](#) distributed by Student Affairs and how to have post-midterm conversations with students, especially related to mental health support.

The next session in the series will occur on **Friday, November 19, 2021, in UC 135 from 9:00am - 10:00am**, and will focus on circumstances for which a student might request an incomplete grade, retroactive late withdrawal, and other associated processes.

All faculty and staff are welcome to attend.

[Learn more about the Care. Consult. Connect. series.](#)



STRONG FOUNDATIONS

Building Sense of Belonging

By: Dr. Bob Alston, Assistant Dean of Students

A late assignment submission. An unexpected out-of-office reply right before a deadline. Not being camera-ready for a virtual meeting. For some, these moments may not give tremendous pause. Solutions can exist in a syllabus, a last-minute collaborative editing session, or creatively using a virtual background. For others, these may create stress-filled or emotional responses. They can leave potential helpers craving information. They can leave project members confused, concerned, and disappointed. Moreover, our responses are now layered in almost 2 years of COVID-19 impacts.

These moments of dissonance can create, or connect to, traumatic events for the people involved. The responses that student, staff, and faculty feel can be rooted in our own traumatic experiences. Traumatic events are subjective and individual to a person **and** they create organic impact on/in our bodies. Traumatic events can also create barriers to institutional integration ([James, 2018](#)). As NKU continues to enhance coordinated care for students through [Success By Design](#) initiatives, the [Division of Student Affairs](#) is collaborating with campus and regional partners to meet an identified need for [resources and training to support students](#) as they respond to trauma.

Coordinating individualized care works to both remove persistence barriers and support student sense of belonging in the communities NKU creates. Adopting trauma-informed practices in offices, classrooms, and social groups can enable NKU student retention and success, while also setting a foundation for how the NKU community connects with one another. Students, faculty, and staff contribute to the NKU community from their individual perspectives while seeking to align with [NKU's Core Values](#). In traumatic moments, even with these community expectations, we can fall short. [Shalka \(2017\)](#) shares four

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Hours of Operation



During Thanksgiving and Winter Break, Student Affairs offices will be closed on days that the University is closed.

Hours of operation for community resources are below:

Student Union and University Center

THANKSGIVING BREAK

Tues, Nov. 23

Buildings close at 10:00p

Nov. 24 - Nov. 27

Buildings closed

Sun, Nov. 28

5:00p - 11:00p

WINTER BREAK

Sat, Dec. 18

9:00a - 4:00p

Sun, Dec. 19

Buildings Closed

Mon, Dec. 20

7:30a - 6:00p

Tues., Dec. 21

7:30a - 5:00p

Dec. 22 - Jan. 3

Buildings Closed

Campus Recreation

The Campus Recreation Center will have adjusted hours during the Thanksgiving and Winter Break. Click here to see the [hours of operation](#).

Strong Foundations, continued from previous page

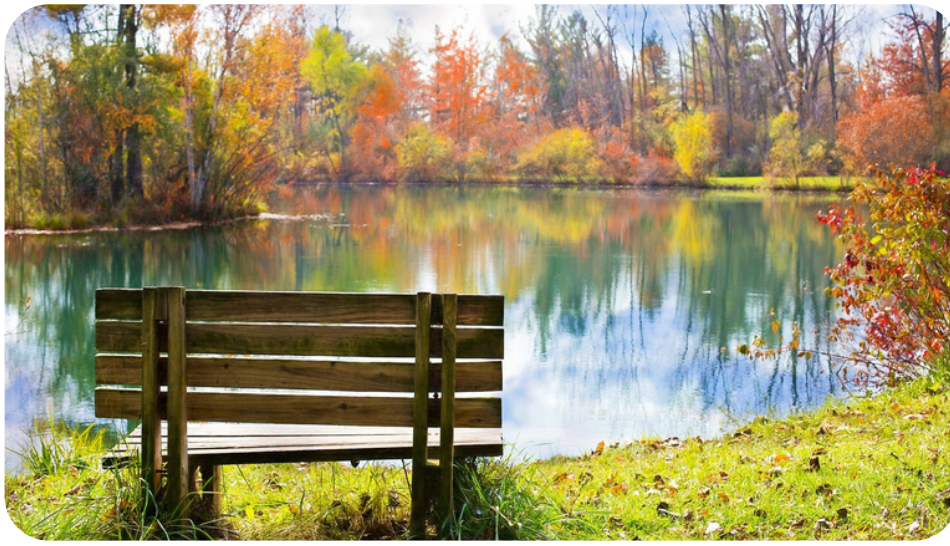
actions and attitudes that can support trauma-informed responses to folx in our communities:

- Active and empathetic listening that respects the complexity of social identities' intersections with trauma
- Empowering a trauma survivor, focusing on their expressed needs, while supporting without pushing them to act unless they are ready
- Expecting the unexpected; any circumstance can re-traumatize a person. Trauma and recovery is less about predicting threats (though minimizing likely triggers helps) and more about the response(s) a survivor receives.
- Recognizing resilience; holding space that survivors can heal, thrive, and succeed.

These foundational, seemingly common sense, interpersonal skills not only support NKU student success, but improve our responses to faculty and staff with whom we interact. When a survivor chooses a NKU community member to share their experience, our community then has a responsibility to support them and their recovery. We are fortunate to have a foundation of engaged community support for our students, and focusing on caring for one another through grief, loss, and the moments when these layers disrupt our NKU lives adds strength to that foundation.

For community members interested in learning more about how NKU manages student care, consider participating in [Care.Consult.Connect](#). This series of conversations initiates a discussion about how student care is coordinated among service-aligned offices across the institution, created by [Student Conduct, Rights & Advocacy \(SCRA\)](#) in collaboration with [University Connect & Persist \(UCAP\)](#). In these sessions, the assembled staff and faculty will help answer questions and connect with others to reduce barriers for student support and services.

The next Care.Consult.Connect hybrid session is on November 19, 2021, at 9:00 AM, and will focus on student circumstances that may require a late withdrawal and/or tuition appeal. Through a community like Care.Consult.Connect, the barrier removal objectives of [Success By Design](#), and by re-framing individual community member (and systemic) approaches to disclosures of traumatic experiences, we can create a community that focuses on collaborative care and away from requiring individual persistence through layers of trauma. We do, and can always improve how we, help each other succeed at NKU.



REFLECT, PRIORITIZE, AND RECHARGE

By: Health, Counseling, and Student Wellness

Fall is fast approaching. The welcome change in weather is evident as students wear sweaters and sweatshirts while the multicolor landscape of yellow, orange, red and brown emerges. With still only 24 hours in a day many are pushing limits being tempted to cram more into their day. The solution to overcoming this detrimental behavior could be three simple words: **Reflect**, **Prioritize**, and **Recharge**.

The staff at [Health, Counseling, & Student Wellness](#) would like to recommend you to **reflect** your last 48 hour schedule, or past few of school. Is your calendar busting with unfinished “to do” items? Are study sessions never ending while the line to Starbucks’ pick-me-ups expand? Do you often run late for classes or miss appointments? Is your school or work performance suffering? When was your last timeout from social media updates (Instagram, snapchat, Tik Tok, or YouTube)?

Prioritize Y-O-U for 15-30 minutes a day; have more time? Venture in to an **exercise class** at [NKU's Rec Center](#), these activities may relieve stress and frustration, promoting balance. Find a **change of scenery, sit and listen** to nature! Just “Be and Breathe”! Check in with old friends or family - **fill your tank with laughter**. These connections can provide that emotional support and encouragement needed overcome day-to-day challenges and maybe provide focus with redefined goals.

When one’s mental health is taxed the result can be a vulnerable and compromised immune system. Physical health may be impacted with the development illness and chronic physical symptoms. **Recharge** your overall health with a little TLC, adequate rest and hydration; edit that lengthy “to do list”, pairing it down to only necessary tasks or events. Simple modifications such as these may be the keys to completing the semester with the best possible outcome.

If you do become ill, call NKU’s **Health, Counseling, and Student Wellness** at (859) 572-5650. We are located at UC 440 and we're glad to discuss your concerns or symptoms, or to schedule an office visit with a staff nurse or counselor.

Welcome: Lori Robbins



Ms. Lori Robbins serves as the Division Business Officer for Student Affairs. Lori joined the division earlier this Fall 2021 semester. Originally from Michigan, Lori lived in Arizona for 13.5 years, working at Arizona State University. During her tenure at Arizona State, she held a number of positions, ranging from grant support to grant accountant to departmental business manager to financial analyst to planning manager.

Lori is currently working on her third Masters degree: Legal Studies with an emphasis in Human Resource Management and Conflict Resolution. Lori also holds Masters degrees in Sustainable Leadership and Project Management and a Bachelors Degree in Business Law. Lori is married with two grown children, five grandchildren, and two dogs. She moved back to the Midwest to be near her kids and grandchildren.

Student Affairs is pleased to welcome Lori to the team!



Holiday Help Program

Parents Attending College (PAC) has officially kicked off our annual Holiday Help Program. In order to qualify for the program you must be enrolled for classes at NKU during the Fall 2021 semester and a parent/guardian of a child under the age of 18. To sign up you can complete the wish list application on the PAC homepage nku.edu/pac. Upon receipt, PAC will create a holiday wish list specific for your family on Amazon. The link to your specific wish list will then be sent to your sponsor. The sponsor will only be able to view the city and state the gifts are being shipped to and the name you provide. All holiday gifts will arrive at your doorstep. If you have questions, please reach out to Amanda Johnson, adamsam@nku.edu.



HOUSING UPDATES

Preparing for Winter Break

University Housing will remain open over winter break and operate at normal business hours, except between December 22, 2021 and January 3, 2022. During that period, the office will be closed. All residential facilities will remain accessible for those who register to stay over winter break. The front desks at Norse Commons and Northern Terrace will remain operational during normal business hours. There will also be an RA on duty if you need help outside of normal business hours or when the office is closed.

All students who are staying for winter break need to register to stay. There is zero cost associated with staying over winter break. Students who are not staying for winter break will be expected to leave 24 hours after the last final, or by Saturday, December 18, 2021, whichever is sooner. Students who do not register to stay over winter break will have their card access turned off by Saturday, December 18, 2021, at noon. Card access will be reactivated on Saturday, January 8, 2022 at 8:00am. Norse Commons and the Northern Terrace front desks will continue to operate over the break, as normal. There will also be 24-hour support from RAs and professional staff throughout the winter break.

RA Applications are Live!

RA recruitment is fully underway. The information sessions have occurred and the application is live. If you know of student leaders who would be strong mentors for our communities, please encourage them to apply before the deadline (December 3, 2021; 11:59PM).

Award Winning Staff

NKU Housing was widely recognized at the Kentucky Association for Housing Officers (KAHO) annual conference. The staff won every award except for one! Please take some time to congratulate the following staff members:

- Moyo Mike-Adeogun (KAHO Service Award)
- Alex Lisa (KAHO Outstanding Student Staff Award)
- Bradley Dickerson (KAHO New Professional Award)
- Haley Jacobs (KAHO Graduate Student Award)



NORSE LEADERSHIP SOCIETY Fall Retreat

2021 will be the 29th Annual meeting for the [Norse Leadership Society \(NLS\) Fall Retreat](#). Outside of Homecoming, the Norse Leadership Society retreat is the second longest running tradition at Northern Kentucky University. Since its inception in 1992, almost 3,000 unique individual students have participated in the program. In 2010, the [Center for Student Engagement](#) conducted research on the impact of the retreat and found that, among many positive indicators, 95% of students who attended the retreat went on to graduate from NKU and became more engaged alumni.

The purpose of the retreat is to bring students, faculty, staff, alumni, and community leaders together not only for leadership development, but also to gain lifelong relationships and to build a true connection with NKU. Students return from the retreat with a unique support system with their peers and with the faculty, staff, and alumni who led the retreat. This has given students more knowledge about campus resources, assisted with their major selection, improved academic performance, and benefited their future careers. We have had many students make connections at the retreat and then go on to intern or work with their retreat leaders.

For 2021, **110 students** will be attending the retreat, and for 102 of them, this will be their first time attending. The retreat will help students face their fears, overcome obstacles in their life, and provide them with a community of support when they return to campus. Students will be asked to expand their comfort zones and address things that are holding them back. To ensure proper student safety, two counselors from [NKU Health, Counseling, and Student Wellness](#) will also attend the retreat.

Participants this year are 52% students of color; 55% female, 34% male, 10% non-binary; and 38% are members of the [Greek community](#).

Welcome: Priscilla Ayala



Student Affairs is excited to announce that Ms. Priscilla Ayala has been hired to fill the role of Unit Director for the [Center for Student Inclusiveness](#)/Director of [Latino Student Initiatives](#) effective December 1st. This is a new position designed to provide oversight for [African American Student Initiatives](#), [LGBTQA+ Student Initiatives](#), and [Latino Student Initiatives](#).

Ms. Ayala received her Master of Science, Student Affairs in Higher Education from Missouri State University and comes to us with over 10 years of higher education experience, most recently from the University of Arizona. Her work has focused on building collaborations with DEI campus and community partners to ensure a support system for students as they foster a sense of their self-identity and belonging during their academic careers.

Ms. Ayala is a first-generation college student and a daughter of Colombian immigrants with a passion for assisting students to build community, create a sense of belonging, and develop the skills and motivation necessary to achieve their goals. She plans to be on campus beginning December 6th and is looking forward to getting to know everyone and joining in the work we are doing to help our students have the best experience humanly possible.

Student Affairs Updates and Events

Campus Recreation

Upcoming IM Sports

Karaoke Night - Ready to sing your heart out? Mark your calendars for Karaoke Night on Tuesday, November 16, at 6:00p in the Student Union, room 104!

Personal Training Sale

Now is the best time to Fall back into Fitness. Get 10% off all personal training packages from November 1 - November 30. Use Code: FALLFITNESS#2021

10% Off Annual Memberships - Last Chance!

Get 10% off all annual memberships and a free CRC tumbler when you renew or sign up! The sale ends November 20, 2021. See the Membership Services desk to purchase your membership.

Norse Violence Prevention

Moving away from home is hard for students and can be especially difficult when those students have experienced any form of violence. To help those students create a "Sense of Home," [Norse Violence Prevention](#) launched an Impact Campaign, raising money to provide students with items to make their dorms and apartments feel cozy and safe. The campaign ended November 5; however, donations can still be made by going directly to the Norse Violence Prevention webpage.

Parents Attending College

Given the possible health risks for in-person community building for student parents, [Parents Attending College](#), in collaboration with [Adult Learner Programs and Services](#), sent over 100 "Onward Together Family Boxes" to student parents and their families. These boxes are creating NKU community for student parents while helping protect the health of NKU's littlest "future Norse."

Big Pink Volleyball

Big Pink Volleyball is an annual charity event hosted by the [Freshmen Service Leadership Committee](#) and the [Center for Student Engagement](#). This event allows for Faculty/Staff, Fraternity and Sorority Life, and Student Organizations to enter teams to compete in a bracketed volleyball tournament using a 4-foot-wide Big Pink Volleyball. The event raises money for [St. Elizabeth's Breast Cancer Center](#) in Fort Thomas, KY. This year, there were 30 teams that participated and around \$900 was raised. Winners included the Division of Student Affairs (Faculty/Staff League), Alpha Tau Omega and Delta Gamma (Fraternity and Sorority League), and NKU R.O.C.K.S. (Registered Student Organization League.)

Health Services

COVID-19 cases have continued to decline in our region while vaccination rates have risen. NKU [Health Services](#) has contributed to that increase by administering 875 COVID-19 vaccines since April 2021. And though this is impressive, their work is not finished. While still having doses of the Pfizer vaccine available for those who need it, Health Services has begun giving flu vaccines to prepare our campus for an uncertain flu season. A flu vaccine clinic held on October 27, helped to protect 335 individuals. Additional doses are available by appointment for those who missed this opportunity.

World AIDS Day

December 1 is World AIDS Day. In partnership with Health, Counseling, and Student Wellness and FUEL NKU, Kentucky Finding Cases will be providing free rapid HIV and Hepatitis C testing in SU 108 from 11:00a until 3:00p. For those who are tested, a \$20 Kroger gift card will be provided (while supplies last).

Latino Student Initiatives

September 15 to October 15 was [National Hispanic Heritage Month](#), a time to recognize the achievements and contributions of Hispanic Americans who have inspired others to achieve success. This year, [Latino Student Initiatives](#) celebrated by hosting three bands at the *Carnaval del Barrio* at the Eva Farris Amphitheater. Additionally, in partnership with the [Mexican Consulate of Indianapolis](#), fifteen \$1,000 scholarships were awarded to Mexican or Mexican American students attending Northern Kentucky University.



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