



Vice Provost's Corner

Dear Student Affairs Staff,

It is hard to believe that it is already March and spring is almost upon us. I think most of us are ready for the weather to change, so that we can plant flowers, gardens and get the yard back in shape! Just as we anticipate all the good things associated with spring, we are also on the downhill stretch for the academic year. This time of year is an exciting time as many activities will take place and the campus will be buzzing. We are anxiously awaiting the first game to be played on the new baseball field on south campus. I hope many of you will come out to see the new field and cheer the team on to victory. We will celebrate the many accomplishments of our students and student organizations at the annual Leadership Banquet in April. This is always a great time for us to honor our students for their commitment to the campus. I am very proud of our students for all of the contributions they have made.

The University and the Division of Student Affairs are of course facing difficult budget decisions. As you have all read, our budget will be cut about 5% for the next fiscal year. This means that we will need to make some difficult decisions to meet the assigned cuts for the division. Rest assured, I am considering these very carefully and will make the best possible decision I can on behalf of the division. I know we will continue to provide the highest quality of service to our students. I am proud of all of you for the hard work and dedication.

As we continue to countdown the semester, please keep up the great work. Know that my door is always open and I enjoy meeting with you about any and all issues you may have. I wish you well and thank you for all you do.

Thank you,
 Curt C. Coonrod
 Vice Provost for Student Affairs



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Announcements

Please join Student Affairs in wishing Nancy Percy (2nd) and Claudio DaSilva (26th) Happy Birthday!

Ask-Listen-Refer information for faculty and staff.

It seems we're all under more pressure these days—faculty, staff, and students. And we've all seen how stress can affect ourselves and those around us. But determining the difference between someone having "one of those days" and someone dealing with more severe, ongoing concerns can be difficult. And the situation becomes even more challenging when we suspect someone's safety may be at risk.

UM-St. Louis has a new online resource to help faculty, staff, and students learn more about recognizing and responding to someone who may be thinking about suicide. It's called Ask-Listen-Refer, and it includes a tutorial with information about suicide, including warning signs and risk factors. The program also lists a number of resources on campus and in the community that offer help to those in distress. Visit www.asklistenrefer.org/umsl or contact University Health, Wellness and Counseling Services at x5711 for more information, and learn how you can help save a life.

Drew Griffin (Associate Director for Recruitment) was named President-Elect of the Missouri Association for College Admission Counseling (MOACAC). MOACAC is a state affiliate of the National Association for College Admission Counseling (NACAC). The organizations deal with issues in recruitment and admissions at both the college and high school levels. This is a three-year term as Drew will represent UMSL in both the state and national organizations.

University Health, Wellness and Counseling Services has been offering free weekly Mindfulness Meditation sessions for three years now. Although the group is open to the entire University community, most of the group members are campus staff. We would like to invite new members to join us in what we have found to be a wonderful antidote to the stress in our lives. It's a great way to take an emotional vacation in the middle of a hectic week!

Mindfulness meditation is a way to practice being more aware in the present moment, in a non-reactive, non-judgmental and open-hearted way. This is done very simply through sitting quietly and focusing on our natural breathing, and becoming more conscious of whatever takes our attention away from the breath and the present moment. By practicing being in the present moment, we can learn to decrease the time we spend focusing on negative thinking about the past (ruminating, guilt, resentment, etc.) or the future (worrying, trying to control, etc.). By approaching the present moment with acceptance of "what is," we lessen the negative impact of the inevitable pain and stressors of life. By being more present to our life experiences, we spend less time on "automatic pilot," thus living life more fully. Incorporating mindfulness into our daily lives can enhance overall well-being and has been proven to be effective in helping to reduce stress, depression, anxiety, insomnia, overeating, chronic pain, and a variety of medical conditions.

We meet **Wednesdays, 12:15 to 12:45 pm, in 225 MSC- Student Success Center, Conference Room.**

The half-hour weekly sessions include a brief introduction, a 20-minute guided mindfulness meditation, followed by brief discussion. This group is designed for beginning, as well as experienced meditators. New members are welcome at any time during the semester. **If you are new** to mindfulness meditation, please call Sharon Biegen or Jamie Linsin at University Health, Wellness and Counseling Services, 516-5711 to arrange for introductory instructions.

Assessment Update-NASPA Assessment & Retention Conference

JUNE 10 - 12, 2010 in BALTIMORE, MARYLAND

Call for Programs Deadline: April 2, 2010

The NASPA Assessment and Retention Conference is designed to help all campus educators promote student learning and success by strengthening assessment, quality improvement, and intentional retention programs. Institutional leadership must create an environment which builds capacity, as well as encourage an organizational culture that includes a comprehensive assessment and retention program as part of strategic planning.

The NASPA Assessment & Retention Conference has been designed to address emerging issues in assessment and retention, as well as to provide a forum for experienced assessment professionals to advance their skills by discussing assessment with practitioners and policy-makers.

- Explore student learning in relation to institutional practices
- Building a culture of Assessment on Campus
- Facilitate student engagement and success
- Improving retention/persistence and achievement

Institutional Team Attendance

The conference planning committee believes that those institutions sending multi-disciplinary teams to the conference will reap the greatest benefit, as there will be structured opportunities to discuss effective campus collaborations. By having a team, campuses increase the probability of successfully implementing improved assessment and retention programs when they get back to campus. Assessment of learning requires collaboration across both academic and student affairs divisions. The committee encourages campuses to send representatives from the following areas in order to allow for substantive conversations around how to create change on your campus:

- Senior Student Affairs Officers
- Provosts
- Academic Affairs Administrators
- Assessment Professionals
- Student Affairs Educators
- Faculty Members
- Institutional Researchers
- Educational Researchers
- Testing Officers

If you have ideas or questions about assessment within your department, don't hesitate to find and speak with your Assessment Research Councilmember. And, please, feel free to volunteer some time to assist them with this monumental task!

Benard Diggs

MSC Building Operations

Marilyn Ditto

Disability Access and Student Support Services

Chris Fletcher

Pre-Collegiate Programs

Drew Griffin

Admissions, Recruitment, and Registrar

Tim Grumich

MSC Bookstore

Emily Hamilton

Counseling

Harry Harris

Athletics

Dr. Bridgette Jenkins

Multicultural Relations

Jonathan Lidgus

Residential Life

Emily Rapco McEneny

Career Services

Tracy Snipes

Financial Aid

MK Stallings

Student Life

Pam Steinmetz

Campus Rec

Stephanie Thornton

Health & Wellness

Floyd Welsh

Center for Student Success and Transfer Services

Working Together to Put Students First



Professional Development

Upcoming Affairs

ACE Center for Effective Leadership Programs
<http://www.acenet.edu/Content/NavigationMenu/ProgramsServices/CEL/index.htm>
 Various Sessions, Dates and Locations

NASPA Annual Conference
Live the Legacy, Be the Movement
 Chicago, Illinois
 March 6-10, 2010
<http://www.naspa.org/conf/registration/default.cfm>
 Our Planning and Assessment Associate, Toby Shorts, will present at this conference. Come and support our assessment efforts!

ACE 92nd Annual Meeting
Meeting the Challenges Together
 Phoenix, Arizona
 March 6-9, 2010
http://www.aceannualmeeting.org/meeting_the_challenges_together.cfm

ACPA Annual Convention
Innovative Ideas • Revolutionary Results
 Boston, Massachusetts, USA
 March 20-24, 2010
<http://convention.myacpa.org/>

2010 ASHE Conference
 Indianapolis, Indiana
 Indianapolis Downtown Marriott
 Preconference - November 17-18, 2010
 Conference - November 18-20, 2010
<http://www.ashe.ws/?page=704>

Association for the Study of Higher Education: <http://www.ashe.ws/>
 American Council on Education: <http://www.acenet.edu/>
 College Student Educators International: <http://www2.myacpa.org/>
 Student Affairs Administrators in Higher Education: <http://www.naspa.org/>

WANT TO BE IN THE NEXT ISSUE OR SUGGESTIONS? Email judicialaffairs@umsl.edu or call ext. 5209.
 Next Issue: April 1

Power of Retention: Best Practices for Student Engagement
 March 5, 2010
 1:30 PM to 3:00 PM
 126 JCP Conference Center
 This program acquaints faculty and staff with the student experience at UMSL by (1) reviewing data on student retention and engagement and (2) focusing attention on strategies each of us can use to contribute to the campus goals to recruit and retain outstanding students. Join colleagues from across campus and meet Alan Byrd, UMSL's new Director of Admissions. For more information contact Peggy Cohen at x4508.

Diabetes Support Group
 For all employees, diabetes support group meets once a month. Diabetes and nutrition assessments are free. For more information or to schedule an appointment call Kathy Castulik at ext. 4657.

