28th Annual RA Conference
January 26-28, 2018
Hello RA Conference Delegates and Advisors!

We are so excited that you have chosen to attend the 28th Annual University of Northern Iowa Resident Assistant Conference! The conference committee has worked extremely 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. We are confident that you will be able to construct a personalized schedule that will best meet the needs of you and your fellow conference attendees.

The conference has a variety of activities to offer in addition to quality programs including: a case study competition; keynote speaker, Blake Fly (A former RA and Hall Director!); meals in our award-winning dining center; and swap shop, just to name a few. A wide range of entertainment has also been planned to include activities on Friday night in the Wellness and Recreation Center (WRC) and a high-energy DJ (DJ LaCroixBoi) to facilitate a dance to finish out the weekend on Saturday night.

Your active participation is what makes this conference such a great success. We encourage you to challenge yourself, share your uniqueness, take risks and develop new friendships among the over 40 colleges and universities in attendance. Learn all you can from each other while enjoying each other’s company. We encourage you to fill out your PGPs (Preferred Gender Pronouns) located on your nametag. We want to make this conference as inclusive as possible and want everyone to be referred to by their PGPs. Also, we will send out an evaluation after the conference so share with us your suggestions because we are always looking to improve!

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! If you have any questions during the conference, feel free to contact any UNI staff for assistance.

On behalf of the host committee, we hope you enjoy your visit to the University of Northern Iowa, Cedar Falls and our theme of Exploring the Unknown!

Best,

Nick Mulholland (he/him/his)
UNI RA Conference Chair
The Housing Subcommittee, along with the Department of Residence would like 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 important information that will help make your stay here on campus fantastic.

**UNI Staff Assistance**
Every hall has its own office/front desk telephone number. These phones are staffed by people who can 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 member in your respective building. The cell phone numbers are listed below for each hall. Call the corresponding number for the hall you are staying in and an RA will assist you. A public telephone is located in the lobby of each residence hall.

**Residence Hall Office Hours**
Friday, 8am-8pm
Saturday, 4pm-8pm

<table>
<thead>
<tr>
<th>Residence Hall</th>
<th>Office Phone</th>
<th>RA Cell Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bender</td>
<td>319-273-2658</td>
<td>319-464-2645</td>
</tr>
<tr>
<td>Campbell</td>
<td>319-273-2552</td>
<td>319-464-2955</td>
</tr>
<tr>
<td>Dancer</td>
<td>319-273-2376</td>
<td>319-464-4157</td>
</tr>
<tr>
<td>Hagemann</td>
<td>319-273-2580</td>
<td>319-464-4528</td>
</tr>
<tr>
<td>Lawther</td>
<td>319-273-2148</td>
<td>319-243-8127</td>
</tr>
<tr>
<td>Noehren</td>
<td>319-273-2229</td>
<td>319-464-5229</td>
</tr>
<tr>
<td>Panther Village</td>
<td>319-273-7894</td>
<td>319-464-2592</td>
</tr>
<tr>
<td>Rider</td>
<td>319-273-2249</td>
<td>319-464-5231</td>
</tr>
<tr>
<td>ROTH</td>
<td>319-273-7051</td>
<td>319-464-5268</td>
</tr>
<tr>
<td>Shull</td>
<td>319-273-2080</td>
<td>319-464-5297</td>
</tr>
</tbody>
</table>

**Important Phone Numbers**
- Emergency: 911
- UNI Police, Emergency: 319-273-4000
- UNI Police, Non-Emergency: 319-273-2712

**Residence Hall Quiet Hours**
Quiet hours for conference participants will run from midnight to 8am both Friday and Saturday. Courtesy hours are in effect 24-7. Please be respectful of the residents and others staying on your floor.
FRIDAY EVENING DINNER

Meals during the 28th Annual UNI RA Conference include Saturday breakfast, lunch and dinner, as well as Sunday continental breakfast. At the Friday night social in the WRC there will be light snacks and refreshments, however dinner is on your own.

Please read through the following list of a small selection of restaurants Cedar Falls has to offer:

**CASUAL DINING**

- **Amigo’s Mexican Restaurant**
  - 5809 University Ave.
  - (319) 266-7771
  - Authentic Mexican food

- **Applebee’s**
  - 6301 University Ave.
  - (319) 266-1814
  - America’s favorite neighborhood bar and grill

- **Buffalo Wild Wings**
  - 6406 University Ave.
  - (319) 553-0029
  - The place for wings in Cedar Falls!

- **Carlos O’Kelley’s Mexican Café**
  - 6507 University Ave.
  - (319) 236-8730
  - Mexican food in a casual atmosphere, quick and fairly inexpensive

- **Doughy Joey’s**
  - 126 Brandilynn Blvd.
  - (319) 277-2800
  - Chicago and New York style pizza

- **Famous Dave’s**
  - 6222 University Ave.
  - (319) 266-0200
  - Slow hickory smoked ribs, chicken, brisket, and pork

- **Hong Kong**
  - 6306 University Ave.
  - (319) 266-4368
  - Specializing in Mandarin, Szechuan and Hunan cuisine

- **Hu Hot Mongolian Grill**
  - Inside College Square Mall
  - 6301 University Ave.
  - (319) 553-1100

- **J’s Homestyle**
  - 1724 W. 31st St.
  - (319) 266-3199
  - Homestyle fare, just as the name suggests

- **Old Chicago**
  - 6301 University Ave.
  - (319) 277-7770
  - Pizza and pub fare

- **The Other Place**
  - 2214 College St.
  - (319) 277-9720
  - Casual dining in a sports oriented atmosphere

- **Pablos Grill**
  - 4214 University Ave.
  - (319) 268-1655
  - Casual mexican dining

- **Panchero’s Mexican Grill**
  - 6421 University Ave.
  - (319) 277-1054
  - Big burritos

- **Panera Bread Bakery & Café**
  - 6402 University Ave.
  - (319) 553-0250
  - Fresh baked breads and specialty sandwiches

- **Pepper’s Grill & Sports Pub**
  - 620 E. 18th St.
  - (319) 266-9394
  - Watch your favorite sports on 40 + televisions while enjoying homemade menu items

- **The Pump Haus Pub & Grill**
  - 403 Main St.
  - (319) 277-8111
  - Fun, friendly and unique atmosphere along with great food

- **Texas Roadhouse**
  - 5715 University Ave.
  - (319) 266-3200
  - Treat yourself to killer ribs, hearty steaks and rolls fresh from the oven

- **Village Inn Pancake House**
  - 6301 University Ave.
  - (319) 277-5551
  - Complete menu for breakfast, lunch and dinner with a wide variety of homemade pies
<table>
<thead>
<tr>
<th><strong>FAST FOOD</strong></th>
<th><strong>Address</strong></th>
<th><strong>Phone</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Arby's</td>
<td>6018 University Ave.</td>
<td>(319) 266-3627</td>
</tr>
<tr>
<td>Burger King</td>
<td>6301 University Ave.</td>
<td>(319) 266-1087</td>
</tr>
<tr>
<td>Dunkin Donuts</td>
<td>6004 University Ave.</td>
<td>(319) 266 6402</td>
</tr>
<tr>
<td>Jimmy John’s</td>
<td>2016 College St.</td>
<td>(319) 266-8551</td>
</tr>
<tr>
<td>Delivery available</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KFC/Long John Silvers</td>
<td>6104 University Ave.</td>
<td>(319) 266-8551</td>
</tr>
<tr>
<td>McDonalds</td>
<td>2515 Main St.</td>
<td>(319) 266-6330</td>
</tr>
<tr>
<td>Sub City</td>
<td>2218 College St.</td>
<td>(319) 277-7071</td>
</tr>
<tr>
<td>Subway</td>
<td>6822 University Ave.</td>
<td>(319) 268-1774</td>
</tr>
<tr>
<td></td>
<td>1525 W. 1st St.</td>
<td>(319) 268-4225</td>
</tr>
<tr>
<td></td>
<td>314 Brandilynn Blvd.</td>
<td>(319) 266-2399</td>
</tr>
<tr>
<td>Taco Bell</td>
<td>6023 University Ave.</td>
<td>(319) 268-4399</td>
</tr>
<tr>
<td>Taco John’s</td>
<td>6210 University Ave.</td>
<td>(319) 277-6658</td>
</tr>
</tbody>
</table>

| **PIZZA DELIVERY**            |                        |                   |
| 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    |
APPS AND WI-FI CONNECTION INFORMATION

UNI RA Conference has two apps to assist you while at the conference. Please read the attached information in case you need assistance!

**Wi-Fi Connection**
Campus: UNI has added the "EDUROAM" wifi network to our system, this allows anyone with a device at an EDUROAM institution to access the wifi network at various campuses. I.e. our access works at Iowa State and Iowa without needing additional login credentials.

https://www.eduroam.us/institutions_list

If you do not have Eduroam on your home campus. Check out our Wifi guide at uni.edu/dor/raconference/wifi

**Guidebook**
The Guidebook App will allow smartphone and tablet users to access conference information instantaneously with program updates, pictures, a twitter feed and more. The Guidebook App will be available for download beginning the Tuesday prior by going to the app store and searching for Guidebook. You will then search for “28th Annual University of Northern Iowa RA Conference: Exploring the Unknown”.

**UNI App**
You might also check out the UNI App while here. The UNI App will allow smartphone users to see exactly where you are on campus and how to get to where you need to be. The UNI app is available at http://www.uni.edu/web/mobile.
RA CONFERENCE FREE/RELAXATION TIME OPPORTUNITIES

Wellness Recreation Center (WRC)
If you are looking to work out once again, you can go over to the WRC for no charge – all you need is your nametag badge from the conference. Note that the WRC closes at 6:00pm on Saturday and the leisure and lap pools are only open until 5:00pm.

University Book & Supply
At check-in your advisors received a coupon for each of you to University Book & Supply, which is located on 23rd Street. Feel free to shop and take some UNI apparel or other items back to your own campus!

Shopping Options
● Viking Plaza
  o Target, Walmart, Scheels Sporting Goods, Old Navy and more
  o Exit UNI parking lot, turn left (south) on Hudson Road, turn left (east) onto Viking Rd.
● Downtown Cedar Falls
  o A variety of local shops, including Scratch Cupcakery, a Cedar Falls favorite!
  o Exit UNI parking lot, turn left (east) on University Avenue, turn left (north) on Main Street, drive 1.5 miles to the downtown shopping district
● College Square Mall
  o Bath and Body Works, Victoria’s Secret, Vanity, American Eagle, Express, Von Maur, Younkers, Claire’s and more
  o Exit UNI parking lot, turn left (east) on University Avenue, College Square Mall is on the right side of the road past Hwy 58
CAMPUS ADDRESSES

Check-in/Registration:
West Towers Lounge
Towers Center
2003 Campus St.
Cedar Falls, IA 50613
(Turn into the parking lot behind Bender/Dancer. Towers Center is the building in the middle of those halls. West Towers Lounge is located on the second floor.)

Residence Halls
Hagemann Hall
2800 Hudson Rd.
Cedar Falls, IA 50613
Dancer Hall
2001 Campus St.
Cedar Falls, IA 50613

Rider Hall
2801 Ohio St.
Cedar Falls, IA 50613
Bender Hall
2005 Campus St.
Cedar Falls, IA 50613

Noehren Hall
2900 Hudson Rd.
Cedar Falls, IA 50613
Campbell Hall
1301 W. 23rd St.
Cedar Falls, IA 50613

Shull Hall
2901 Ohio St.
Cedar Falls, IA 50613
Lawther Hall
1300 W. 23rd Street
Cedar Falls, IA 50613
Friday Night Entertainment
WRC
2301 Hudson Rd.
Cedar Falls, IA 50613

Dining Center
Piazza (Residential Restaurants)
1501 Redeker Drive
Cedar Falls, IA 50614

Keynote
Lang Hall Auditorium 117
2401 Wisconsin St
Cedar Falls, IA 50613

Saturday Programming Sessions
Schindler Education Center
23rd St.
Cedar Falls, IA 50614
## SCHEDULE OF EVENTS

### Friday, January 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00pm – 9:00pm</td>
<td>Registration and Hospitality</td>
<td>West Towers Lounge, Towers Center</td>
</tr>
<tr>
<td>9:00pm – 11:45pm</td>
<td>Welcome Social</td>
<td>Wellness and Recreation Center (WRC)</td>
</tr>
<tr>
<td>9:00pm – 10:30pm</td>
<td>OPE and Student Affairs Graduate Program Interest Table</td>
<td>WRC Main Lobby</td>
</tr>
<tr>
<td>9:15pm – 9:45pm</td>
<td>Case Study Judges Meeting</td>
<td>WRC 150</td>
</tr>
<tr>
<td>9:15pm – 9:45pm</td>
<td>Case Study Participant Meeting (easy)</td>
<td>WRC 155</td>
</tr>
<tr>
<td>9:45pm – 10:15pm</td>
<td>Case Study Participant Meeting (medium/difficult)</td>
<td>WRC 150 &amp; 155</td>
</tr>
</tbody>
</table>

### Saturday, January 28

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45am – 8:45am</td>
<td>Breakfast</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>9:00am – 9:30am</td>
<td>Welcome and Energizer</td>
<td>Lang Hall Auditorium 117</td>
</tr>
<tr>
<td>9:30am – 10:35am</td>
<td>Keynote Speaker</td>
<td>Lang Hall Auditorium 117</td>
</tr>
<tr>
<td>10:55am – 11:35am</td>
<td>Session #1</td>
<td>Classrooms, Schindler Education Center (SEC)</td>
</tr>
<tr>
<td>11:45am -12:25pm</td>
<td>Lunch Group 1 (Bulletin Board Gallery during off-time)</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>12:20pm – 1:00pm</td>
<td>Lunch Group 2 (Bulletin Board Gallery during off-time)</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>1:10pm – 1:50pm</td>
<td>Session #2</td>
<td>Classrooms, Schindler Education Center (SEC)</td>
</tr>
<tr>
<td>2:00pm – 2:40pm</td>
<td>Session #3</td>
<td>Classrooms, Schindler Education Center (SEC)</td>
</tr>
<tr>
<td>2:50pm – 3:30pm</td>
<td>Session #4</td>
<td>Classrooms, Schindler Education Center (SEC)</td>
</tr>
<tr>
<td>3:40pm – 4:20pm</td>
<td>Session #5</td>
<td>Classrooms, Schindler Education Center (SEC)</td>
</tr>
<tr>
<td>4:30pm – 6:00pm</td>
<td>Case Study Competition</td>
<td>Classrooms, Schindler Education Center (SEC)</td>
</tr>
<tr>
<td>6:00pm – 6:45pm</td>
<td>Free Time</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>7:00pm – 7:45pm</td>
<td>Spirit Dinner</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>7:45pm – 8:00pm</td>
<td>Awards Ceremony</td>
<td>Great Hall, Gallagher Bluedorn</td>
</tr>
<tr>
<td>8:00pm – 8:30pm</td>
<td>Swap Shop</td>
<td>Lobby/Davis Hall, Gallagher Bluedorn</td>
</tr>
<tr>
<td>8:15pm – Midnight</td>
<td>Dance and Snacks</td>
<td>Lobby, Gallagher Bluedorn</td>
</tr>
</tbody>
</table>
Blake Fly Improves Campus Culture by Helping People Realize They Matter. He instills acts of appreciation, recognition and thoughtfulness into the intentional daily routines of both students and staff.

Every aspect of life is in full form on campus. Students get to work, get to play and get to be passionate about whatever they define important.

Blake uses live music, storytelling and appropriate humor to provide students with the keys to unlock their full potential in university and ways to inspire their peers to do the same. Blake shows students how to access all of the opportunities available to them on campus and provides tools to immediately implement these examples.

For more information visit: TopYouthSpeakers.com
Session 1: Saturday January 27, 2018 10:55am to 11:35am

Keynote Follow Up
Blake Fly
SEC 220
Audience: RAs

Enjoyed the keynote with Blake Fly? Have any leftover burning questions from his talk? Not to worry, you have the opportunity for further insight! During this session, conference attendees may debrief and follow-up with Blake Fly, our conference keynote speaker. This is your chance to speak with Blake; bring your questions!

Letters from a Stranger
Taylor Kmiech and Rachel Hahn--Gustavus Adolphus College
SEC 140
Audience: RAs & Advisors

In this program, we will begin by sharing the importance of random acts of kindness on the mental health of students, and how this event can be used for many aspects of a college-students learning, such as identity. Then, delegates with a person they don’t know. You will be provided with guided questions that will help you get to know the person and their personalities, struggles, and whatever else comes out of your discussion. After talking with said person, you will then write them a kind-hearted letter based on what have you learned about them that they can take with them to open when they have a rather rough day and need some extra support, whether this be a stressful day of exams, or a night on duty that was rather rough. You can meet with multiple people during this session. This is both a fun way to get to know people, and also take away a nice souvenir that will help you down the road.

Breaking through the RAtnosphere: Seeking Personal Potential in ResLife
Dan Polednik and Ally Doyle--Missouri University of Science and Technology
SEC 158
Audience: RAs

This program is made for RAs by RAs! We are talking about finding personal potential in your community. Whether you are working to design programs for your residents, building bulletin boards for your floor, or just trying to develop your community, this program will walk through some creative techniques to attack those daily challenges with your individual skillset.

Adopt-A-Plant
Jordan PhillipsPitt and Abbey Meng--Pittsburg State University
SEC 216
Audience: RAs

Liven up your room with a leafy friend! Choose a seed, plant it, and watch it grow. Learn how to take care of your plant and yourself during this self care program.

The Masks We Wear
Hannah Pohl--Truman State University
SEC 201
Audience: RAs & Advisors

We all wear masks, no matter how hard we try not to. Whether it’s the clean cut professional when interviewing for a job or the perfect child at a family reunion, we wear masks. We switch masks daily, maybe even hourly. It’s not necessarily a bad thing, it’s just a fact of life. Come experience how to acknowledge when we can wear our difference masks and how constantly wearing them can affect our lives through various walks of life. Also, through this presentation, discussion about failure and releasing the burden of not succeeding and how to become stronger through failure will be presented.
### You Don't Know What You Don't Know

*Ashruta Acharya and Eric Kromidas -- Wichita State University*

Coming to college, there can be little choice as to who we live together with. Assumptions and expectations need to be addressed in time for us to best promote a positive living environment. This presentation will be centered around how RA’s can best equip residents for interaction with people of different backgrounds on their floors; focusing on international and domestic student dynamics when living together. RA’s will gain the knowledge necessary to help their residents navigate the struggles of living with people from other places and to best understand their perspectives. The assumptions that are made by a person before meeting them can be detrimental to the floor community. In order to best negate this, RA’s need to understand what it takes to combat unbeknownst perceptions. Come, and THEN you’ll really know!

### Strengths-Based Teams

*Angelica Carlini and Rachel Finnegan -- University of Nebraska Lincoln*

"Everyone has talents and in the RA position it takes the collaboration of others to be a strong staff either in event planning, documenting incidents, or other job duties. Knowing the strengths of your colleagues allows a staff to work more cohesively and create more energy when performing tasks you really enjoy. Using Clifton Strengths to build a team within a staff allows a staff to further examine how working to the strengths of other staff members is advantageous for everyone. Some members in a staff love convincing residents to attend events while others would rather make ads or do more creative work. Recognizing these skills will allow for a more successful and satisfied staff.

### Exploring Your Role As An Upper Division RA

*A.J. Hudspeth and Meghan Busswitz -- University of Northern Iowa*

This program will highlight the role of the RAs in upperclassmen buildings. We will discuss challenges you face, ways to connect, and self-care in this role.

### How to Channel Your Inner Kid President:

**SoulPancake’s Approach to Gratitude**

*Taberie Halling and Enoch Carlstrom -- University of Northern Iowa*

"Join us for an interactive lesson about the importance of expressing gratitude and how that can influence happiness in your workplace. Our goal is that you will be able to understand your own interactions with gratitude and how that influences your daily life. Additionally, learn how to create a family environment through vulnerability within your staff or residents! You will leave this session with a guide to implement this program at your institution. “This is your time, this is my time, this is our time! We can make every day better for each other!” - Kid President.

### Do Something! Political action in the hall

*Nicole Baxter and Katie Thomas -- University of Northern Iowa*

With an ever-increasing political atmosphere, it is important to know what you can do to help. This program will give guidance to those who want to voice their opinions, but just don't know quite how to do so. By providing instruction on writing congress members and calling constituency offices, we hope that residences can learn how simply and salient it is for them to participate in democracy.

### Bae-goals

*Michelle Wise -- University of Saint Thomas*

An educational program blending a guided conversation over the crucial topic of healthy relationships and sexual misconduct prevention with the light hearted, "Instagram famous", neon rainbow bagels with funfetti cream cheese!
Soaring to New Places With Recognition
Lauren Adams--University of Central Missouri

As advisor or supervisors, we wear many hats. One of the hats we wear is recognize our students to help keep morale up and to show them they are doing a great job. This can be hard though if our students are not soaring to our expectations. In this program, you will learn about the importance of recognition and different ways to motivate your staff through recognition. Afterwards, you will be able to soar to new places of recognition!

Desk Assistant Diversity Training
Isabella Killbarda--University of Wisconsin - La Crosse

One of the leading principles of the University of Wisconsin La Crosses is striving for Inclusive Excellence. One of the goals of the front desk is to promote a welcoming environment for people entering each Residence hall. In order to accomplish both of these goals I implemented, at my desk, a monthly diversity training in order to prepare the Desk Assistants for any Identity and to make sure that all people will feel welcome.

Make your Campus like Hogwarts:
WSU's West Campus House System and How to Adapt it to your Campus
Maddi Verbeten and Molly Sarbacker--Winona State University

WSU's West Campus Program has 'Houses' that correlate with which hall the residents live in. By putting on events and challenges worth points, the program encourages friendly competition and a strong sense of floor community. This is a unique and different type of program that help lay foundations for future friendships.
**Session 2: Saturday January 27, 2018 1:10pm to 11:50pm**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker/Institution</th>
<th>Location</th>
<th>Audience</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Tale of Two Communities</td>
<td>Jonas Zabriskie and Emily Kirkman--Wichita State University</td>
<td>SEC 140</td>
<td>RAs &amp; Advisors</td>
</tr>
<tr>
<td>How to Say NO To This!</td>
<td>Adamarie Marquez Acevedo and Zoryan Rodriguez Feliciano--Iowa State University</td>
<td>SEC 158</td>
<td>RAs &amp; Advisors</td>
</tr>
<tr>
<td>Supporting Undocumented Students</td>
<td>Ivan Solis Cruz--Southern Illinois University - Edwardsville</td>
<td>SEC 216</td>
<td>RAs &amp; Advisors</td>
</tr>
<tr>
<td>High Five Approach: Planning Experiences with Purpose</td>
<td>Samuel Young--Missouri State University</td>
<td>SEC 301</td>
<td>RAs &amp; Advisors</td>
</tr>
<tr>
<td>Experience the Unknown and How to Survive</td>
<td>Emily Stone--University of Central Missouri</td>
<td>SEC 303</td>
<td>RAs</td>
</tr>
<tr>
<td>University of Iowa REACH Program</td>
<td>Megan Pfeiffer--University of Iowa</td>
<td>SEC 306</td>
<td>RAs &amp; Advisors</td>
</tr>
</tbody>
</table>

The communities RA's build are a great opportunity for residents to connect with others. Living Learning Communities (LLC's) help build community with residents who share the same interests as one another. A floor with or without an LLC can be made up of residents from all types of different backgrounds and personalities. We've narrowed the down to six types. Come and learn from two current LLC Staff Members who work directly with two different communities about how we have both been successful and how we both approach our programming, community building, and truly connecting one-on-one with our residents differently despite the communities differences, with a fun (and tasty) activity!

Conversations of Self – Care often revolve around things you can DO to take care of yourself, but we rarely talk about having a balance, using self-care as a tool to re-build your life or even including strategies on how to practice Self-Care by saying NO to things. By initiating this conversation, we hope to ignite critical thinking on the participants and aid them in identifying in things they can do to practice a more sustainable self-care (even if it feels scary!). This presentation also seeks to provide the participants with strategies on how to effectively communicate their self-care plans with their staff, with a specific emphasis on their supervisor, as we recognize that the power dynamics that exist between the two make it harder for our participants to apply these strategies.

There are many challenges that Undocumented students face every single day, but not enough resources. This presentation will be an overview on what are some of those challenges, what are some of the resources available, and how can YOU be an advocate.

Go over tips to success regarding planning experiences and model that has worked for many people. A five tiered approach that addresses many of the important aspects of planning a program.

Ever tried something new that you didn't know too much about? The unknown of college can be daunting for many people, even those who have been in college awhile experience new things they had no idea how to handle. Here you will learn how to get residents to try new things, and how to help them through their unknowns. Participate in activities that start the conversation of being more involved and trying new things, give tips on how to get residents to go outside their comfort zones, and a step-by-step sweet guide that shows what trying new things can look like.

Learn more about the University of Iowa's REACH program. The REACH program is a program for students with disabilities to attend college and learn the necessary life and social skills to hopefully live on their own in the future! One of the best parts about the program is that they live in the residence halls! Learn more about what it is like to be a resident assistant for this program.
Jumping the Gap: Finding different ways to connect with residents
Danielle Scherb--University of Minnesota - Rochester

RAs are almost always a year ahead of their residents, some even farther. This age difference often creates a gap in life experiences, whether academic or not, for RAs between them and their residents. Sometimes this gap can create the feeling of disconnect with residents that can be hard to overcome. In this presentation, we will discuss different ways the gap can appear, the effect it can have on these relationships, and different ways to overcome it to make the best of the relationships with residents.

RAMPS: A New System of Conflict Resolution for RAs
Allie Carlini--University of Nebraska-Lincoln

My institution didn't really have a set way to kind of deal with conflict among residents, so when I faced my first issue between residents I didn't know how to approach it. I took what I learned from that conflict and created a little way for RAs (especially first-years) to go about dealing with and resolving conflict among residents.

Making Morale a Priority: Generating Job Happiness Among Student Staff
Maddy Spettel--University of Northern Iowa

Preserving morale can be difficult. This interactive presentation will help build your knowledge of team builders to inspire staff, to generate relationships, and to build a meaningful community. You will leave with approaches to establishing an atmosphere that promotes teamwork, peer-peer relationships and daily motivation!

Why Aren’t We Talking About That: Training Residence Life Staff to Engage in Religious and Worldview Conversations
Steven Sajkich and Alejandro Dominguez--University of Northern Iowa

Religious and worldview identity are at the forefront of national conversation. We often find that student affairs professionals, while recognizing the need to engage religious and worldview diversity, lack the confidence or the willingness to do so. This session will examine different approaches to training, and create space for participants to explore some of the nuance of talking about religion and worldview with their peers, staff, and students. Participants will also explore how student affairs professionals can normalize engagement of religion and worldview in their work and take away examples of different ideas and programs that could implemented in their positions and institutions.

School Spirit: It’s More than the Ballgame
Tommy Lynch--Illinois State University

What comes to your mind when you hear the term “school spirit”? Do you think of that student in the front row at the basketball game with face paint on? How about that student leader who is always where your University's apparel? School Spirit is something many students and professionals consider in their institutional experience, but rarely do we think about what school spirit truly is or how we create it. This presentation will answer three questions: What is school spirit? Why is school spirit important? How do we create school spirit, specifically on our floors and in our halls? Bring your school spirit to this presentation and learn how to help others find their spirit as well!
Session 3: Saturday January 27, 2018 2:00pm to 2:40pm

**Time to KILL (Clue)**
*JD Waybill--University of Northern Iowa*

Time management is a skill that is needed in college. When it comes to balancing classes, homework, friends, jobs, and extracurricular activities. Students do not yet have this skill mastered but are unsure on ways to improve. This session will give an example of how to play a giant game of Human Sized Clue with residents and teach them time management tips and tricks as well. Participants will play through an extremely shortened version of the program and leave with a copy of the cards, questions, advertisements, and directions.

**Accessorizing Your Accessibility Fanny Pack**
*Kiley Schmidt and A.J. Hudspeth--University of Northern Iowa*

Calling all RAs who aspire to be fanny pack & inclusive programming aficionados! Join us for a discussion on making programming accessible to all students, and come prepared to fill your fanny pack toolbox with lots of inclusive programming ideas. We’ll talk about universal design, keeping accessibility at the forefront of your program planning, resources available on campuses, and give examples of real life, successful programs that include accessibility for all students.

**The Unknown ResLife of International Students**
*Siraj Acharya and Zhecheng Zhou--University of Northern Iowa*

The program will include research presentation with a panel discussion of current international students residence life with secondary research from other universities. It would focus on insights and learning from current and former international student with experience in residence life.

**Can you Escape?**
*Madilynn Woodham and Makayla Abernathy--University of Missouri-St. Louis*

An opportunity to challenge yourself and your residents by using intellect and reasoning to solve a series of puzzles in order to find your way out of an escape room. This program is designed to subtly encourage critical thought and is used as a team building opportunity.

**Tipping the Scales - Finding Balance Between Family, Residents, and your RA Team**
*Hannah Quamstrom--University of Minnesota - Rochester*

The RA role is about balance, especially balance with your family. Whether this is your RA family, your resident family, or your family. It’s important to discuss how people find that balance. Keeping family traditions alive while also balancing new ones. Also, what to do when a family crisis strikes but a resident is also in crisis. As RA’s who help others, we find this balance can sometimes need help as well. Join us for a discussion about family traditions, values, and finding a balance between the many roles we play.

**Healthy Minds: Self-Care vs. Self-Indulgence**
*Lawryn Fraley--University of Iowa*

Pop culture has turned self-care to a hashtag and an Instagram opportunity. Come and revisit the true meaning of self-care and self-compassion. Learn to identify healthy forms of self-care and avoid activities that are self-sabotage.
**Give Recognition a High Five**
*Erin Gerard--South Dakota State University*
This presentation will seek to introduce RAs to concepts of making recognition part of the culture of their staff and campus. We will explore how participants like to be recognized and therefore be able to share those ways to recognize peers and residents. Participants will have the opportunity to engage in different activities that they can use to make recognition part of their community in small ways that add up quick.

**Bringing Programming to Your Residents**
*Keegan Lamparek and Clark Bogner--Simpson College*
Apartment programming can be tough. Come to this session for strategies, program ideas, success and failure stories, etc. Leave our session with a new approach to programming in your area!

**I Spy Assumption**
*Emma Williams and Kristina Luczak--South Dakota State University*
Have you ever felt torn between being a RA and your personal beliefs? Take a step back and look at the assumptions your residents might make about your personal beliefs. An interactive peek into how your personal space can reflect your personal beliefs and how you can correlate those beliefs with departmental policies. Take away how you can fit your personal life into departmental views and resident expectations.

**The Game of [RA] Lyfe**
*Brenden Garland, Micah Rehmert and Angel Hernandez--Wichita State University*
Have you ever found yourself stuck in a grey area in your job as an RA? So have we! Join Brenden, Micah, and Angel from Wichita State University in a "create your own story" type game that involves real-world situations RA's find themselves in all the time.

**CommUniversity: A New Take on the RA Training Retreat**
*Mandy Rae Fairbrother and Lindsay Henderson--Gustavus Adolphus College*
We all love retreats, but they can sometimes be costly and time-consuming! In this session, you will learn about Gustavus Adolphus College's "CommUniversity" Program – an intentional staff development, training, and retreat program all in one! Join us to learn about the planning, implementation, and outcomes of our innovative in-hall staff training experience!

**Self Defense and Personal Safety**
*Joshua Maccagno--Western Illinois University*
On college campuses violence is uncommon, but it could happen to you. If you'd like to know how to start preparing to defend yourself take the first step here. Personal safety is extremely important if you have to think about how to defend yourself when you're under attack it's too late. I will demonstrate some simple self-defense techniques that might just save you from a violent altercation. Participation is not required but a challenge by choice opportunity will be available.
Session 4: Saturday January 27, 2018 2:50pm to 3:30pm

**Take Your Space!**
Morgen Ulrich, Akayla Portley Steward and Rhiley Wall--Wichita State University  
SEC 140  
Audience: RAs & Advisors
This program is focused on the concept of self-care and the prevention of burn out. Your own self care will allow you to better serve your residents and promote a successful community. Residents often mimic their RA’s, so by practicing proper self care we have the chance to set others up for success. the RAs attending this presentation will gather tips and tricks for proper self care and begin to put them into practice with an activity!

**Teamwork: What You Can Learn From Milky Way**
Amelia Hennegan--Coe College  
SEC 158  
Audience: RAs
As RAs we are tasked with creating an environment that is welcoming, fun, and most importantly a place where people are comfortable. But what happens when your residents or your staff doesn't get along? That welcoming, comfortable environment crumbles. We will be taking a look at some of the best intergalactic movies to have hit Hollywood and how we as RAs can learn about teamwork! Grab your moon boots and fire up your spacecrafts because we're in for a light year of a time!

**Dourmet**
Micah Criscuolo, Dan Noonan-Day, John Radenbaugh, and Alex Sudtelgte--University of Northern Iowa  
SEC 216  
Audience: RAs & Advisors
This program is geared towards teaching how to prepare delicious food with the constraints of living in a dorm room.

"*Your Community, Our Community*:  
A Community Control and Ownership Initiative for RAs**
Briana Gipson--Coe College  
SEC 301  
Audience: RAs
As an RA, community development is a vital aspect of your job. This program will help you discover a way to develop community by introducing strategies for community ownership. You will leave this presentation knowing how to use mission statements, strategic planning timelines, and community leadership to create an engaged community that is controlled and owned by your floor's community!

**Social Justice and Strategies for Building Healthy and Inclusive Communities**
John Hoelzer--Iowa State University  
SEC 303  
Audience: RAs & Advisors
RAs and advisors will share their experiences related to addressing social justice and diversity goals/issues in their residence hall communities. Discussion will be focused on seven main topics, which are 1) Self-educating, 2) Identifying one’s own prejudices, 3) Standing up to microaggressions, 4) Calling out oppressive behaviors, 5) Assuming goodwill, 6) Practicing self-care, and 7) Being a visible Ally. It will be argued that, by practicing these social-justice strategies, we also inherently work towards inclusiveness and health on our floors and in our halls.

**Let's Taco'bout It**
Quinny Spann--Southern Illinois University - Edwardsville  
SEC 306  
Audience: RAs & Advisors
We will have a taco bar that will be separated into section in which residents will travel to each station (Station 1: "breaking the shell", where they pick up the shells and they will learn how to break the ice with roommates and people. Station 2: "Were you Meat-Understood", where students pick up their meat options. Station 3: "Lettuce Respond", this is the lettuce pick up and this is where students can find out the best way to respond to difficult or disrespectful situations. Station 4: "Mix it Up" this is the salsa pick up section. This is where students can take their parts of taco and put it all together before they leave.) At the end students should have learned how to employ civil discourse and how to use it.
Beauty is in the Eye of the Beholder  
Nathaniel Hammond--University of Central Missouri  
A large mirror where participants look in the mirror and find something they like about themselves. They will write something they like about how they look on a sticky note and then stick it on the mirror or space provided.

Cracking Under Pressure: The Importance of Taking a Step Back  
Kristi Tauer--University of Minnesota - Rochester  
RAs often find their energy pulled in many different directions. Whether it is socially, academically, professionally, or otherwise, we all tend to feel burnout, so when do we take a step back, and how do we do it? In this program, we will share experiences about the pressures of the RA job, and discuss how to draw boundaries within the role to protect our health as RAs and to protect the growth and health of our residents.

The Gifts of Residence Life: Working Through Your Imperfections  
Hannah Shuler and Christen Brodbeck--University of Northern Iowa  
Have you ever messed up in your role? Have you focused on the times you’ve tripped up rather than the times you’ve stuck the landing? Following the 10 Guideposts of Brene Brown’s The Gifts of Imperfection, we are going to seek how to utilize them in both your Residence Hall role and in your life. There will be small and large group discussions encouraging you to share and be vulnerable in the times you’ve messed up and how you want to move forward. We hope you’ll be able to join us and take away practical application skills to move forward and finish the year strong!

Intentionality and Personal Development in Staff Discipline  
Margy Frazier and Crystal Lillge--Viterbo University  
Staff discipline is a part of the job. How do you make it impactful and developmental, instead of simply punitive? Explore methods of staff discipline that place ownership of the situation back on the staff member. To include creation of a performance plan, motivational interviewing techniques, and more.

Women in the RA Role Roundtable  
Meghan Busswitz and Katie Thomas--University of Northern Iowa  
Being/Identifying as a woman in the RA role brings it’s own challenges and experiences. Come discuss your struggles and stories of oppression in this role and work together to discover how to best continue on after a discriminatory experience.

If I Had a Million Dollars...  
Hunter Lisko--University of Wisconsin - La Crosse  
This program will explore the ways in which an RA can effectively design and implement programs that are fiscally responsible as well as financially inclusive for students of all socioeconomic backgrounds.
Session 5: Saturday January 27, 2018 3:40pm to 4:20pm

**Human's Best Friend: All about Service Animals**
*Katelyn Melcher--University of Northern Iowa*

Emotional Support Animals and Service Dogs have become increasingly more common in residence halls. This session will discuss different types of service animals, how they are trained, and how you can best assist your residents with these needs. Still not sold? You will have the chance to meet a service dog in training and see some amazing skills!

**Donut Drop that GPA**
*Grace Ryken--University of Northern Iowa*

This program will center around GPA’s. It is set up in assembly line-fashion. The first station is where they get the donuts. Students will be taught how to calculate their GPA before proceeding. After they there are more stations with donut decoration things. Each station has a tip for keeping your GPA up. You could also have students answer a question at each station.

**Cancer Care Packages**
*Devon Arabia and Madison Pohlman--University of Nebraska-Lincoln*

We would provide a variety of pre-approved items that cancer patients can use during their treatment. We would set up tables where delegates/advisors can create their own. The packages would eventually be given to a local Center in Lincoln, Nebraska. We would also create a few presentation slides, giving delegates/advisors information in order to take the program back to their home institution.

**Beyond the Hall**
*Heather Culver and Eric Pimentel--University of Northern Iowa*

The RA job has a wide variety of responsibilities, which lead to personal and professional development beyond the scope of the halls we work in. Find out how to apply your experience as an RA to set you up for a successful future.

**Social Mythbusters**
*Shailagh Lannon and Liz McCabe--Gustavus Adolphus College*

Designed after Discovery Channel’s popular television show, Social Mythbusters is an interactive program designed to identity myths that perpetuate injustice, test those myths through various activities, and spark thoughtful conversations about diversity and social justice. In this session, you will have the opportunity to engage in the social mythbusters experience, as well as learn how to implement this program in your own residence hall communities.
#SelfLoveClub
Molly Sarbacker--Winona State University

Each night Sunday through Friday will be something different to practice self-love and self-care. Sunday will begin with decorating the floor with fall decorations to create a positive and fun living environment. Creating a comfortable living space is vital to beginning a safe space where everyone feels welcome and included! Monday will be "Picture Project." In the last two weeks, residents have sent me pictures of themselves where they feel beautiful. Throughout the day on Monday, residents will use sticky notes to put positive messages on others pictures. Tuesday night will be "Plate Smash." For this event, I will supply plates and residents will write their insecurities on the plates in sharpie. After all the residents have written on the plates, we will go outside and throw the plates, shattering them. Wednesday will be "Coffee and Crafting." Residents will come to the lounge to drink coffee and make small Pinterest crafts. The goal of this event is to share ideas and include everyone by getting out of rooms and all being together. Thursday will be "Treat Yourself Thursday." This is spa night with tea and treats! Residents can come and soak their feet, do mani-pedis, and facial! Friday will be "Empowered Women, Empower Women Movie Night". We will watch Legally Blonde, strong female lead movie. The goal of this night is to show strong, independent women in the media and how no limits can hold them back. For this event, we will talk about powerful women and how it is important to practice professionalism in college so it will be common sense by the time we are in the workplace.

Exploring the Unknown of Sorority Housing
Drake Law--Truman State University

Drake Law, a student advisor from Truman State University, will discuss event ideas for sorority housing as well as other challenges and the different dynamics that come with the unique housing.

Explore The Unknown
Naomie Kipulu, Jasia Powell and Seth Bergman--University of Dubuque

We wanted our program to be congruent with our bulletin board. The idea of being blind folded fits with the fact that when you are on a path to explore something new, at times you do not know where you are heading or what can come your way. It’s almost as if you are walking blind in hope to find “the treasure”, which in this case is the bag of pop rock candy. The person blinded folded will be guided by two other individuals to show the importance of having a team or a support system when you are on your way to explore the unknown. The chairs are used as obstacles because everyone will go through some type of obstacle on their search. This program does not only require team work, but it requires also having the ability to trust your team which are important to be a great resident assistant.

Privilege through a Positive Lens
Christina Berger--University of Nebraska Lincoln

I would like to present a program centered around the privilege walk. The word “privilege” has developed a very negative connotation in our vocabulary. The goal of this program would be to challenge that negative stereotype and explain privilege in a way that can cater to all people. It is a fact that different people have different levels of privilege, largely based on factors they have no control over. Hosting a privilege walk while challenging the stereotypes that accompany conversations around privilege would give people, in this case other RA's, the opportunity to recognize their own privilege and help them apply the realization to their role in their own residence halls. This activity would help RAs better approach and empathize with residents who are opposite than themselves on an academic, social, and physical level. Privilege is important to recognize, but it is not the only factor that determines worth and success and hopefully each RA would leave the program knowing how privilege helped them get to where they are now, but also help them recognize the times when privilege had no effect and they earned their success with hard work.
Travel the World
Haley Mac Inerney--University of Iowa
This program is to provide cultural competency in a fun interactive way by doing crafts, trying global foods, learning culture backgrounds, and learning simple greetings in other languages.

Be a Star in Someone's Sky:
Understanding the Importance of Recognition Within Your RA Staff
Jordan Hansen and Kelsey Strandberg--University of Iowa
If you've ever felt disconnected from your staff or like others might not appreciate the work you do, you're not alone! As RAs, we've all had those days when we feel in the dark. Join us for a discussion about how fostering staff relationships by recognizing and supporting each other regularly can contribute to the development of positive team dynamics! We hope you leave with lots of creative new recognition ideas so you can be a star in someone's sky!

Paint & Acquaint
Megan Craven--Missouri State University
The purpose of this program was to get my residents to interact with other residents on the floor. I supplied my residents with canvases, paint, and paint brushes. I had paints that I gave to each resident, and if another resident wanted to use that color paint, they had to introduce themselves or ask/tell that resident something about themselves in order to get that color. The experience was 2 hours long, with the residents doing the introductions for the first hour, and then talking among themselves for the second hour.
SAVE THE DATE!

29th Annual UNI RA Conference

January 25–27, 2019

Hope to see you all there!

Thanks for joining us this year and best wishes for safe travels home!