26th Annual Uni RA Conference
January 29-31, 2016
Greetings RA Conference delegates and advisors!

We are pleased that you have chosen to attend the 26th 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, including advisor programs. 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 things to offer in addition to quality programs including; a case study competition, keynote speaker, Sandy Queen, meals in our dining center, awards, and swap shop. A wide range of entertainment has also been planned including activities on Friday night in the Wellness and Recreation Center (WRC) and a high-energy DJ dance to finish out the weekend on Saturday night.

Your active participation is what makes this conference a great success. We encourage you to challenge yourself, share your uniqueness, take risks and develop new friendships among the over 50 colleges and universities attending this conference. Learn all you can from each other and also enjoy each other’s company.

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 of the 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 the MaRAthon 26.U…..still running!

Sincerely,

Ashley Hartnett
UNI RA Conference Chair
Residence Hall Information

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

UNI Staff Assistance Numbers

Every hall has its own office/front desk telephone number. These phones are staffed 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 in your 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-9pm  Saturday 4pm-9pm

<table>
<thead>
<tr>
<th>Residence Hall</th>
<th>Office Phone</th>
<th>RA Cell Phone #</th>
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</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>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>
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<tr>
<td>Shull</td>
<td>319-273-2080</td>
<td>319-464-5297</td>
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Important Phone Numbers

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Purpose</th>
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<tbody>
<tr>
<td>911</td>
<td>Emergency</td>
</tr>
<tr>
<td>319-273-4000</td>
<td>University Police Emergency</td>
</tr>
<tr>
<td>319-273-2712</td>
<td>Non-Emergency University Police</td>
</tr>
</tbody>
</table>

Quiet Hours in the Residence Halls

Quiet hours for conference participants will begin at midnight both Friday and Saturday night and end at 8am. Courtesy hours are in effect 24-7. Please be respectful of others staying on your floor and the residents of the halls.

Pizza Delivery

<table>
<thead>
<tr>
<th>Pizza</th>
<th>Phone Number</th>
<th>Alternate Pizza</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domino’s</td>
<td>319-277-3030</td>
<td>Papa John’s</td>
<td>319-277-7722</td>
</tr>
<tr>
<td>The Other Place</td>
<td>319-277-9720</td>
<td>Pizza Hut</td>
<td>319-266-1300</td>
</tr>
<tr>
<td>Little Caesar’s</td>
<td>319-266-7777</td>
<td></td>
<td></td>
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</tbody>
</table>
Addresses for All Venues

**Check-In/Registration:**
Gallagher Bluedorn Performing Arts Center (GBPAC)
8201 Dakota St.
Cedar Falls, IA 50614
(Turn into the circle drive in front of the Gallagher Bluedorn and park there for registration. Enter through the front doors (large glass wall side of the Gallagher) to begin registration.)

**Residence Halls:**
- Hagemann Hall
  2800 Hudson Rd.
  Cedar Falls, IA 50613
- Rider Hall
  2801 Ohio St
  Cedar Falls, IA 50613
- Noehren Hall
  2900 Hudson Rd.
  Cedar Falls, IA 50613
- Shull Hall
  2901 Ohio St.
  Cedar Falls, IA 50613
- Dancer Hall
- 2001 Campus St.
- Bender Hall
- 2005 Campus St.
- Campbell Hall
- 1301 W. 23rd St.
- 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

**Saturday Programming Sessions:**
Curris Business Building
Minnesota St
Cedar Falls, IA 50614 (east of parking lot)
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**
All UNI RA Conference delegates will have access while in the Wellness Recreation Center (WRC), Curris Business Building (CBB) and Gallagher Bluedorn Performing Arts Center (GBPAC). Guests and visitors may use the guest network by selecting the attwifi wireless network, opening a web browser, and agreeing to AT&T’s and UNI’s terms and conditions. Technical assistance for attwifi is provided by AT&T. They may be contacted at (888) 888-7520.

Residence Halls: Delegates will be given usernames and passwords at check-in for access while they are in the residence halls. Each delegate will be able to access a WiFi connection with one device.

**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 able to be downloaded beginning on Tuesday by going to the app store and searching for Guidebook. You will then search for “26th Annual University of Northern Iowa RA Conference: The MaRAtlon-26.U.”

**UNI App**
Another App to assist you is the UNI App. 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 able to be downloaded immediately by going to [http://www.uni.edu/web/mobile](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. However, know that the leisure and lap pools are only open until 5:00 PM on Saturday. In addition, the WRC closes at 6:00 PM on Saturday.

**University Book Store (coupon):**
At check-in your advisors received a coupon for each of you at the University Book Store, which is located on 23rd Street. Feel free to go and shop and take some UNI apparel or other items back to your own campuses!

**Shopping Options:**
- Target / Walmart / Scheels Sporting Goods / Old Navy Shopping District:
  - Exit UNI Parking Lot, Turn left (south) on Hudson Road, Turn left (east) onto Viking Rd.
- Eclectic Downtown Cedar Falls: There is a variety of local shops, including Scratch Cupcakery, a Cedar Falls favorite!
  - 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: Shops include Bath and Body Works, Victoria’s Secret, Vanity, American Eagle, Aeropostale, Express, Von Maur, UniversiTees, Younkers, Claire’s
  - Exit UNI Parking lot, turn left (east) on University Avenue, the College Square Mall is on the right side of the road.
Friday Evening Dinner

Meals during the 26th Annual UNI RA Conference consist of 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, so dinner is on your own.

Please read through the following list of possible Cedar Falls options – by no means is this a listing of all of them!

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.

Beck's Sports Grill on the Hill 2210 College Street (319) 277-2646
Your UNI Panther Headquarters offers huge TVs for the best sports viewing in Cedar Falls. Come and enjoy the Cedar Valley's best burgers and biggest wings in town.

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.

Famous Dave's 6222 University Ave. (319) 266-0200
Slow hickory smoked ribs, chicken, brisket, and pork. Dine in and take out.

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

Hu Hot Mongolian Grill (319) 553-1100
College Square Mall, 6301 University Avenue

J's Homestyle 1724 W. 31st Street (319) 266-3199
Delicious breakfast food.

Old Chicago 6301 University Avenue – In College Square Mall
Pizza and pub fare.
(319) 277-7770

The Other Place 2214 College St. 4214 University Ave.
Casual dining in a sports oriented atmosphere.
(319) 277-9720 College St.
(319) 268-1655 University Ave.

Pablos Grill 310 Main Street (319) 277-8226
Panchero's Mexican Grill 6421 University Avenue (319) 277-1054

Panera Bread Bakery & Cafe 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 our 40 + televisions while enjoying a selection from our menu including homemade appetizers, burgers, tenderloins, steaks, seafood and much more!

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

Sub City     2218 College St. (319) 277-7071
100% guaranteed, authentic, New Jersey Submarine Sandwiches with twenty-nine varieties.

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

Village Inn Pancake House     6301 University Ave. (319) 277-5551
Complete menu for breakfast, lunch and dinner. Also serves a wide variety of homemade pies.

FAST FOOD

Arby’s     6018 University Ave. (319) 266-3627
Specialty sandwiches, salads, and the famous Jamoca shake.

Burger King     6301 University Ave. Suite 1210 (319) 266-1087
Home of the Whopper!

Dunkin Donuts     6004 University Ave (319) 266 6402

Jimmy John’s     2016 College St. (319) 266-8551
Gourmet sandwiches made with fresh bread and toppings of your choice. Delivery available.

Kentucky Fried Chicken & Long John Silvers     6104 University Ave. (319) 266-8551

McDonalds     2515 Main St. (319) 266-6330
Enjoy America's "favorite fries." Fast food for breakfast, lunch and dinner.

Subway     6822 University Ave, 1525 West 1st St., & 314 Brandilynn Blvd.
Submarine sandwiches made with your choice of toppings. Bread made fresh throughout the day.
(319) 268-1774 University Ave.
(319) 268-4225 West 1st St.
(319) 266-2399 314 Brandilynn Blvd.

Taco Bell     6023 University Ave. (319) 268-4399
Mexican food...fast! Dine in or carry out.

Taco John’s     6210 University Ave. (319) 277-6658
Keynote Speaker: Sandy Queen

Making Life Work for You - Personally and Professionally

Sandy Queen has worked with individuals throughout the US, Canada and Australia as a trainer, speaker and educational consultant over the past thirty five years with groups ranging from early childhood children and educators to change management within the corporate structure, helping individuals reaffirm their lives and careers and helping them understand the necessity of creating a life that is rewarding, not only for their students and employees, but most importantly, for themselves.

Because of her broad range of experience, Sandy brings a global perspective to her presentations that allows her to take audiences beyond the basics. She has developed many innovative programs and activities in the areas of wellness, youth development, spirituality and women’s issues and her ability to bring a lighter touch to serious subjects while still making her audience think has made her a much-sought-after speaker and trainer.

Sandy was the 2012 recipient of the National Wellness Institute’s prestigious Halbert L. Dunn Wellness Award given to the person in the US for significant contributions in the field of wellness. Sandy has been a presenter in the field for over 35 years on a wide range of wellness related topics and has taken the message of “You are Good Stuff” to audiences as diverse as the Inuits of the Arctic Circle, to Fortune 500 executives, to pre-school children in Singapore. Her message is one of humor and hope, information and inspiration, but most of all she leaves her audiences with a feeling of being better when they leave than when they arrived…lightened up and laughing.

With social, family and career demands constantly increasing in our fast paced life, we rarely find time to devote to our own personal wellbeing. While we have the responsibilities of helping others deal with stress, manage and solve complex problems, we often leave those things unattended in our own lives and we end up experiencing the very stress we are trying to help others avoid! Life becomes too serious!

During this inspiring keynote session Sandy will help participants take a lighter look at their lives, attitudes and feelings and find ways to take control of their personal wellbeing!
# Schedule of Events

**Friday, January 29, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 – 9:00 p.m.</td>
<td>Registration &amp; Hospitality</td>
<td>Gallagher-Bluedorn Lobby</td>
</tr>
<tr>
<td>9:00 - 11:45 p.m.</td>
<td>Welcome Social</td>
<td>Wellness and Recreation Center (WRC)</td>
</tr>
<tr>
<td>9:00 - 10:30pm</td>
<td>OPE and Student Affairs Graduate Program Interest Table</td>
<td>WRC Main Lobby</td>
</tr>
<tr>
<td>9:15 – 9:45 p.m.</td>
<td>Case Study Judges Meeting</td>
<td>WRC Room 150</td>
</tr>
<tr>
<td>9:45 - 10:15 p.m.</td>
<td>Case Study Participant Meeting (prepared)</td>
<td>WRC Room 155</td>
</tr>
<tr>
<td>10:15 – 10:45 p.m.</td>
<td>Case Study Participant Meeting (on-site)</td>
<td>WRC Room 150 &amp; 155</td>
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**Saturday, January 30, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 - 8:45 a.m.</td>
<td>Breakfast</td>
<td>Redeker Piazza Dining</td>
</tr>
<tr>
<td>9:00 - 9:30 a.m.</td>
<td>Welcome &amp; Energizer</td>
<td>Gallagher-Bluedorn Great Hall</td>
</tr>
<tr>
<td>9:30 - 10:20 a.m.</td>
<td>Keynote Speaker</td>
<td>Gallagher-Bluedorn Great Hall</td>
</tr>
<tr>
<td>10:30 - 11:10 a.m.</td>
<td>Session #1</td>
<td>Curris Classrooms</td>
</tr>
<tr>
<td>11:20 a.m.-12:00 p.m.</td>
<td>Session #2</td>
<td>Curris Classrooms</td>
</tr>
<tr>
<td>12:00 – 12:30 p.m.</td>
<td>Lunch Group 1</td>
<td>Redeker Piazza Dining</td>
</tr>
<tr>
<td>12:30 – 1:00 p.m.</td>
<td>Lunch Group 2</td>
<td>Redeker Piazza Dining</td>
</tr>
<tr>
<td>1:10 - 1:50 p.m.</td>
<td>Session #3</td>
<td>Curris Classrooms</td>
</tr>
<tr>
<td>2:00 – 2:30 p.m.</td>
<td>Round Table</td>
<td>Curris Classrooms</td>
</tr>
<tr>
<td>2:40 - 3:20 p.m.</td>
<td>Session #4</td>
<td>Curris Classrooms</td>
</tr>
<tr>
<td>3:30 – 4:10 p.m.</td>
<td>Session #5</td>
<td>Curris Classrooms</td>
</tr>
<tr>
<td>4:20 - 5:35 p.m.</td>
<td>Case Study Competition</td>
<td>Curris Classrooms &amp; Redeker Piazza Dining</td>
</tr>
<tr>
<td></td>
<td>Delegate Social and Snack Time</td>
<td>Curris Open Lounge</td>
</tr>
<tr>
<td>5:35 - 6:45 p.m.</td>
<td>Free Time</td>
<td>Your choice!</td>
</tr>
<tr>
<td>7:00pm – 7:45 p.m.</td>
<td>Spirit Dinner</td>
<td>Redeker Piazza Dining</td>
</tr>
<tr>
<td>7:45 – 8:00 p.m.</td>
<td>Awards Ceremony</td>
<td>Gallagher Bluedorn Great Hall</td>
</tr>
<tr>
<td>8:00 – 8:30 p.m.</td>
<td>Swap Shop</td>
<td>Gallagher Bluedorn Lobby</td>
</tr>
<tr>
<td>8:15 p.m. - Midnight</td>
<td>Dance / Snacks</td>
<td>Gallagher Bluedorn Lobby</td>
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**Sunday, January 31, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 - 9:30 am</td>
<td>Continental Breakfast</td>
<td>Gallagher Bluedorn Lobby</td>
</tr>
<tr>
<td></td>
<td>Key Drop-off/Check-out</td>
<td>Gallagher Bluedorn Lobby</td>
</tr>
</tbody>
</table>
Program Options
Session #1
10:30 a.m. – 11:10 a.m.

Keynote Follow Up
Sandy Queen
Room 109
Audience: RA

Program Description:
What things in your life have contributed to making you successful? What things have detracted from your sense of wellbeing? Much of who we are is the result of things we don’t even remember from our lives – those early experiences that shaped and molded how we grew and developed into the people we are today. Each stage of our lives lays the foundation for the next, and a successful completion of the preceding stage of life is important to a healthy development. What if we didn’t get what we needed? Can we go back? Can we correct? In your responsibilities you are asked to meet people where they are in their own development, and sometimes you are meeting a developmental small child in a large person’s body who is trying to cope with things that can seem insurmountable to them.

This session will take an informative, creative approach to the topic of personal development and give you some new ideas on how to understand and deal with others – and yourself as we all navigate this thing called Life!

Selling the RA Experience
Kaleb Luse & Crystal Pottebaum
University of Northern Iowa
Room 121
Audience: RA

Program Description:
Having the RA experience is wonderful, but if you cannot show an employer the impact it has had on your development, you are not taking full advantage of the position. Through this presentation, you will learn how to enhance your resume and interview skills and how to tailor the RA position to your next step in life. This fun and interactive session will give the knowledge you need to be equipped to move forward into your next position.

Sustainable Leadership
Nicky Lutsky & Scott Baietti
Southern Illinois University-Edwardsville
Room 125
Audience: RA & Advisor

Program Description:
It’s not about hugging trees. It’s not about being wasteful either... When you think of sustainability, do you think of recycling? We’re going to tell you why that’s just a small piece of the bigger picture of the sustainability triple bottom line. We’ll also share how you can incorporate sustainability into nearly everything you do as an RA and help educate your residents too!

International Love
Tyler Keller & Lucas Fontana
Minnesota State University-Mankato
Room 126
Audience: RA

Program Description:
Is your community diverse? Come check out the idea that the Minnesota State University, Mankato RAs put together gathering over 250 students in addition to winning the Diversity Event of the Month nation-wide. This simple idea focused on diversity and inclusion as well as educating residents about different countries, cultures and backgrounds. This session will provide you necessary tools to recognize diversity in your community, as well as offer an option for implementing an interactive and social diversity event.
Getting Outside the Man Box
Kory Theil
Minnesota State University-Mankato
Audience: RA & Advisor

Program Description:
This program will discuss the struggles facing young men and college students to stay true to and define themselves while negotiating society's narrow definition on a man. This program will aim to provide you tools to utilize in your personal and professional life. Not just for a male audience, this program will create awareness, give conversation starters, program idea, and open your eyes to the world around you.

That's Not My Name!
Alissa Bey
Wichita State University
Audience: RA

Program Description:
“I’m really bad with names, but…” Do you find yourself using this phrase more than a few times after Fall semester move-in? As a resident assistant, you want to make your residents feel important and individualized, but it is difficult to personally address 20 – 60 residents without pulling a “hey girl” at least once. Come and learn quick psychologically based tips and tricks to help learn your residents’ names quicker and easier.

Supporting Black Students and Colleagues: An Outsider’s Perspective
Beth Little & John Hernandez
Northwest Missouri State University
Audience: Advisor

Program Description:
This presentation will provide an understanding and tools to non-black professional staff regarding the support of black students and colleagues during and after the victimization of black bodies. Space will be created to ask questions of each other, and the systems at play, as well as, to share ideas, thoughts and enlightenment concerning race related incidents within society.

OPE On the Road
Andy Schumacher
University of Wisconsin-Oshkosh
Audience: RA & Advisor

Program Description:
Learn more about the 37th Annual Oshkosh Placement Exchange as well as other placement exchanges that take place within the United States. This session will be led by veteran OPE staff member who's familiar with all aspects of our placement exchange as well as other major placements and the entire graduate school selection process. You won’t want to miss this session if you are thinking about entering the field of student affairs as a profession!

RA Balance and Well-being
Mark Rowe-Barth
University of Northern Iowa
Audience: RA

Program Description:
Being a student, RA and leader can be a lot to juggle. This program will focus on YOUR well-being and balance in your life. This is a personal development session intended to provide information on sleep, stress, movement and an opportunity for reflection and sharing by completing the Wheel of Life inventory. Come prepared to move, laugh and color!
Perks of Being an Introvert  
Emily Braught  
University of Iowa  

Program Description:
Feeling like you don't necessarily fit that extroverted RA mold? Wanting to know how to better connect with the quieter, more reserved members on your staff or living on your floor? The Perks of Being an Introvert is the program for you! Attend to learn and discuss more about introverted and extroverted qualities, the value of both types of styles in the RA role, and how to work best with and support both introverted and extroverted leadership styles.

Unfriended & Unfollowed: Helping Students End Friendships  
Erik Heller & Mandy Rae Fairbrother  
Gustavus Adolphus College  

Program Description:
Ever been dumped by text? What about unfriended on Facebook or unfollowed on Twitter? Ending a relationship can be difficult, awkward, and sometimes aggravating - especially with a friend or group of friends. Occasionally ending these relationships are necessary to move on or make changes. When do I have this conversation? Where? More importantly, how? Join us in this session to learn ways staff can help residents get out of unhealthy relationships or end friendships.

Sexual Health: What Students Should Know  
Shawna Haislet  
University of Northern Iowa  

Program Description:
You will learn about the importance of sexual health as it relates to the overall well-being of college students, and become aware of creative strategies to discuss sexual health topics such as STIs, pregnancy prevention, condom use, and more. You will become familiar with three different interactive sexual health programs that you can present in your residence hall.

Leadership: "Remember the Titans" Style  
Maddie Maxwell & Zach Lang  
University of St. Thomas  

Program Description:
The first step in being an effective leader is knowing yourself. We will be using self assessments and clips from "Remember the Titans" to demonstrate how to best engage your community. Come learn how to activate your strengths and apply leadership styles through this fun and interactive session!
Program Options
Session #2
11:20 a.m. – 12:00 p.m.

Diversity BINGO!  Room 109
Jordyn Harrison & Jerry Wellington Jr.
Iowa State University

Program Description:
Diversity Bingo is just like regular bingo, but with a twist! Instead of using numbers on each bingo card, Diversity Bingo uses social justice terms. The program host(s) will read a definition that corresponds to a term on each bingo card and allow participants to test their knowledge of the term. We will then provide the answer that matches up with the definition and participants will learn as each round progresses. Bingo also has PRIZES!!

See You Later!: Supporting Students Leaving the Position  Room 121
Kelsie Poe
University of South Dakota

Program Description:
The RA position doesn’t last forever. Most student staff leave to seek other employment, additional opportunities, or graduation. Whatever the reason, it is important for professional staff to understand how to support these students even when they are leaving. With theory and experience, this program will give options for helping students successfully navigate the transition to new ventures, as well as give options for making their last moments on staff meaningful.

Party like it's $19.95  Room 125
Alexandra Emily
Missouri University of Science and Technology

Program Description:
Learn how to put on a 5 star program without breaking the bank! This program is to inform Residential Assistants on how to effectively program towards student needs and interests, attract attention to their program, and host an event as thrifty and cost efficient as possible.

Be Your Own Hero  Room 126
Maria Ruiz & Mallorie Briggs
Minnesota State University-Mankato

Program Description:
This forum will bring together seven MNSU student leaders to discuss the obstacles that all too often stand in the way of success, and how to overcome them. Passion, leadership, resources and action are the four themes of this event.

Toxic Relationships  Room 127
Janessa Davis, Zachary Muschall & Susan Sisco
Peru State College

Program Description:
This session will focus on the positive and negative effects that relationships have on people. The main focus is to determine what is and isn’t a toxic relationship. Tips will be given to help people better understand what a healthy relationship looks like.
**Body Image and Beyond**

Joan Thompson  
University of Northern Iowa  
**Room 131**  
Audience: RA & Advisor

*Program Description:*
Developing and maintaining a positive body image and a healthy mental attitude is crucial to overall happiness and well-being. A negative body image can result in a downward spiral resulting in a variety of self-destructive behaviors. Learn ways to create a culture that fosters a healthy body image. Participants will be able to discuss factors that influence body image, ways to improve it and be able to understand the impact that comments on body issues have on others.

**That's So Straight**  
Dana Riebe & Mandy Rae Fairbrother  
Gustavus Adolphus College  
**Room 221**  
Audience: RA

*Program Description:*
What do Friends, How I Met Your Mother, Steven Universe, and even Frozen all have in common? LGBTQ+ characters! In this session participants will learn how to incorporate diversity into their programs through popular media!

**Oh baby! You're speaking my language**  
Dylan Anstine  
Northwest Missouri State University  
**Room 223**  
Audience: RA

*Program Description:*
Whatcha talking about? What does Peanut Butter and Jelly sandwiches, salsa dancing, and furry Viking horns have to do with communication? More than you could ever believe. The program will serve as a place to learn about verbal and nonverbal speech in an interactive way. Communication is one of the most important skills in life; come learn how to do it right!

**Collegiate and Colorblind**  
Karson Westerkamp  
Iowa State University  
**Room 225**  
Audience: RA

*Program Description:*
A discussion about the incident concerning social justice at the Iowa vs. Iowa State football game in September, 2015. Come to learn more about the incident itself, the University's response, and how RA/CAs can use incidents such as these to foster conversations with residents about race, ethnicity, culture, diversity and being colorblind vs. color brave. Prepare for meaningful small group conversations about how we can respond to these situations and use them for progress.

**Servant Leadership in the RA Role**  
Alexis Paladini & Scott Baietti  
Southern Illinois University-Edwardsville  
**Room 229**  
Audience: RA

*Program Description:*
Servant Leadership is where a leader leads for the purpose of others to grow and achieve their goals! This program will help RAs understand how their position embodies that of a Servant Leader. Attendees will come away with ideas on how to better themselves in this leadership style, whether that is as an RA or in another role.
Be a Star at STARS College!  
Emily Gardner, Walter Abrego & Roxie Tucker  
University of Northern Iowa  
Audience: RA

Program Description:
STARS College is a three-day experience for undergraduate students interested in learning about the student affairs and campus housing professions. STARS College offers large group presentations, interactive activities, role play situations, self-evaluation, and small mentoring groups to educate participants about what a career in campus housing offers. Come to this session to learn more about this opportunity from those who have been a part of STARS College - as participants and a faculty member.

The CommUniversity Experience: Walking a Mile in Resident's Shoes  
Erik Heller  
Gustavus Adolphus College  
Audience: RA & Advisor

Staff training can be a marathon…heck, it's an ultramarathon for all. Go, go, go, run, run, run! In the fall of 2015 Gustavus Residential Life implemented “CommUniversity” – an intentional staff development and training program, and staff retreat, to learn firsthand from the lens of residents. Take a water break from your conference marathon and join our session to learn about the planning, implementation, and outcomes to our innovative in-hall staff training experience!

Perfect Strangers: Guiding Transfer and International Students  
Kristen Daniel  
Pittsburg State University  
Audience: RA

Program Description:
This program will focus on helping upperclassmen transfer and international students adjust to your school. I hope to give guidance on how to get these students active on your floor and make them feel at home. I hope to guide you on how to help them transition and enjoy their time at your institution and how you can learn from them too!

Halowellness  
Lilly Vagasky and Sarah Anderson  
Saint Mary’s University of Minnesota  
Audience: RA

Program Description:
How did we get a quarter of our residents to attend a talk about alcohol awareness? Through Halloween themed educational games, prizes, food, and two informative speakers we found a successful way of teaching a difficult topic in a fun and engaging way.
Your Happiness Project
Jenny Bunce
University of Northern Iowa

Program Description:
As an RA, lots of focus is put on how to better help your residents succeed. But, what about you? Your happiness and success are just as important! The #1 New York Times Bestselling book entitled The Happiness Project by Gretchen Rubin outlines how to boost your happiness in order to be the best you can become! Using this inspirational book as a guide, this program will teach you how to start your own happiness project in order to make yourself and others around you happier.

Time Crunch
Brianna DeMoss
University of Northern Iowa

Program Description:
As a collective group, we will identify our priorities and find a way to sort through them. This will allow us to balance our time without going insane. In order to tangibly accomplish this, we will be using cups, popcorn, and candy to represent different obligations we have. Individually, you will experiment different methods to “fit” everything into your cup without it overflowing. By the end of the program, you will learn my best advice to stay on top of everything and feel satisfied with your tasks at the end of the day. Be prepared for a ton of metaphors!

Beyond The Binary
Benjamin Baird & Tyler Rathbun
Fort Hays State University

Program Description:
Through activity, hand outs and discussion participants will learn the complexities of gender and sexuality. We will go into terms about gender identity, gender expression, biological sex, and sexual orientation, plus other terms when interacting with the LGBTQ+ community. Participants will also get ideas for programing and bulletin boards relating to the LGBTQ+ community.

Creating Safe, Queer Living Space
Jacob Deters & Casey Williams
Illinois Wesleyan University

Program Description:
This presentation will introduce and explore the subject of creating space for Queer residents, particularly, the setup and functionality of the ‘Rainbow Floor’ at Illinois Wesleyan University. Furthermore, topics of working with administration and advocacy for creating Queer space will be addressed along with training staff and programming for the Queer community. Challenges faced by Queer residents and staff will be examined and potential solutions and goals for the ‘Rainbow Floor’ floor will be discussed. As staff members and advocates, we want all of our residents to feel safe, and it starts with creating a safe space to live.
Massage
Lanie Crouse, Taylor Wirtanen and Kayla Peterson
University of Northern Iowa

Program Description:
Massage is one of the easiest ways to attain a sense of relaxation and well-being. It can relieve tension in the body, calm the mind, and nourish the soul. You will learn massaging techniques for the neck and back as well as hands. This interactive program will give you practice trying each technique on a partner so you will be able to use it again. Come to this program to learn a massage program to bring back to your own institution, and also a chance to relax and de-stress!

#LoveYourSelfie
Levi Seefeldt
Northern State University

Program Description:
In a time when the world is inundated with selfies all over social media, people tend to forget that it takes a love of courage to post a selfie. It is because of this required courage that make selfies a powerful tool for self-love, which is an area that lacks with many first-year students. This program talks about the importance of selfies, the effects they can have psychologically, and promotes positive talk.

Dammit Dolls
McKenzie Flick
University of Northern Iowa

Program Description:
This session will allow you to learn how to plan and present a program that will attract students and help them learn about coping with stress. You will learn how to make a Dammit Doll with a poem. Participants are given supplies to make their Dammit Doll. As you start to sew your doll, you will be given tips about different stress relieving tools such as guided meditation, time management, and campus resources.

The Gender Box
Michael Long
University of Wisconsin - La Crosse

Program Description:
This program fosters understanding of our own genders by looking at how society forces each gender to act, what society views as going against those gender norms, and how society typically punishes us for going against those gender norms. By the end of the program, we will discuss what happens when those restrictions that confine us are erased.

"Dare" To Love Yourself Week
Maggie O'Connor & Courtney Sill
Minnesota State University - Mankato

Program Description:
Bring self-confidence and body image to a new level by creating a weeklong program, allowing residents to get engaged in a fun "truth or dare" way each day to become aware of unrealistic body image established through the media and the lack of self-confidence that impacts many lives every day.
How to Live on an Extremely Active Floor
Chris Wiebe and Tim Eichler
Wichita State University

Program Description:
Our program will go over ways to deal with floors that expect the RA to be present all or most of the time, resulting in the RA not having time to study properly, hang out with friends outside of housing, and not being able to get away. We will also cover how to avoid feeling burnt out and not wanting to be active.

Bring your school to LIFE
McKayla Murphy and Noah O’Ryan
Gustavus Adolphus College

Program Description:
Come get a bit of Residential LIFE advice from two RA’s from Gustavus Adolphus College who have created a life-sized version of the popular board game LIFE. This program is a great way to build community by bringing people together through shared experiences. Join us to laugh as you talk about bizarre traditions and shed tears as you remember your first set of finals. We will literally change the way you look at LIFE.

Sexual Assault and the RA Position
Caitlin Martin
Pittsburg State University

Program Description:
Sexual assault is a hot topic right now on college campuses, and for good reason. “Sexual Assault and the RA Position” takes a look at myths, facts, and how to handle situations concerning victims of sexual assault. Presented by a trained peer educator from Pittsburg State University’s Students for Violence Prevention, the program will include fun and interactive activities to better understand what it’s like to be a victim and how to help.

Ice Cream Social (Justice)
Emily Wayland & Grace Kubiak
Carroll University

Program Description:
Use ice cream to teach your residents about social justice! This is a fun program that will draw in many residents. Often social justice is a very challenging topic to talk about, and residents will enjoy conversation in a laid back environment.

So You Want to Form a Community?
Addyson Diaz
Northern State University

Program Description:
Do you want to have a strong community presence in your hall but don't know where to start? Join us as we share our experiences in community building, and go over some basic principles to act as jump-starts for your community!

We Can Talk About THAT?
Keniese Evans and Roxie Tucker
University of Northern Iowa

Program Description:
In this session we will be exploring how to have open dialogue around hot button topics. We will explore some of the following questions: Why is it important to have these conversations? How to create space & time for these conversations? How to make that space safe? What are some of the ways we are doing this here on our campus?
**Program Options**

**Round Table**
2:00 p.m. – 2:30 p.m.

### Around the World
Coree Burton and Walter Abrego
University of Northern Iowa

*Program Description:*
Come learn about yourself as you explore different cultural values. This is an interactive exploration of components that make up culture that helps you discover more about yourself and creates opportunities to reflect on how you interact with others and their cultural values.

### The Times They Are Changin'
Kelsie Poe
University of South Dakota

*Program Description:*
Has your department faced change in the past, large or small? Is there a current shift in your department that is making it difficult for students to adjust? This round table will be focused on bringing together people who are facing major changes with others who may have solutions to the struggles. Whether change affects students or staff, these issues will be brought to light and common knowledge will be shared to offer others insight into possible positive outcomes.

### Assembling a House Council
Jesse Heath
University of Northern Iowa

*Program Description:*
A House Council is something that RA's are interested in but it can be tricky to construct. I will explain my efforts, along with successes and failures, and then have a group discussion about other's experiences and ways to improve the structure of a House Council.

### Who Have I Become?
Ellie Kalamarz
Carroll University

*Program Description:*
The decision to become a Residence Life Worker may have been an easy one, but what now? What changes are expected and how do I use my opportunities to become a better version of me? This program will discuss how to find opportunities within the role that has been given, and how to use those opportunities most effectively.

### Apartments and Community: the Good, Bad, and Ugly
Alex Keating and Leif Olsen
Iowa State University

*Program Description:*
Apartments and Community: The Good, Bad, and Ugly will be an open discussion about how RAs/CAs are navigating the complexities of their apartment communities. We will focus on best practices being used to develop and cultivate community, resolving community conflicts, and how to utilize space or, lack of it, to support relationship development.
Coaches Huddle: Talking Professional Development, Transitions, and Campus Issues  
Erik Heller  
Gustavus Adolphus College  

Program Description:  
Take a water break with the other coaches for a professional development conversation among your colleagues. This session is intended for dialogues with other professionals around the following topics: Grad Student to Professional Transitions, Professional Experiences in Year One, and Current Campus Issues in Residence Life. Join in for a great professional networking and development opportunity, along with the chance to connect with other housing professionals.

Running 'Round the World: Connecting Domestic and International Students  
Jenny Grisso  
Scott Housing - UNO  

Program Description:  
Having residents from all over the world is uniquely rewarding but also a potential challenge for a resident assistant. This roundtable will be an open discussion on experiences with bridging the gap between domestic and international students. Potential topics include programming, roommate issues, culture differences, and any others that participants would like to discuss.

Defining Diversity  
Natalie Weathers  
Iowa State University  

Program Description:  
Diversity is a growing aspect in the generation of millennials; however, the term itself seems to be taboo accept when referring to cultural and ethnic focus. Diversity describes a wide variety of identities that should be promoted by community advisers and hall directors as differences to further understand and appreciate. But how do we do this? You tell me.

Roommate Mediation - Effective Conflict Resolution  
Kortni Isom  
University of Northern Iowa  

Program Description:  
This educational session will provide you with an effective framework for mediating roommate conflicts and roommate meetings. It will provide information on effective means for resolving roommate conflicts while taking into account differing values, beliefs, backgrounds and identities.

Making Magic: Turning Your Floor into the Happiest Place on Earth  
Barb Stratman and Roxie Tucker  
University of Northern Iowa  

Program Description:  
Magic is real. Is your community lacking pixie dust or, are you the Mickey Mouse of your RA Staff? This round table discussion will focus on taking Disney leadership strategies and using them to transform your floor. Discussion and sharing will include recognition, programming ideas, and how to reinvigorate your community- all important to making magic for your residents!
**Betta Recognize**
Keniese Evans and Rachel Ruane
University of Northern Iowa

Program Description:
Do you want to inspire and motivate your residents and/or other staff members? Recognize them for being active members of your community or boost morale? Join us in a round table to explore the value of recognition and develop ideas!

**LGBTQ RA Roundtable**
Ellie Hail-Langner
University of Northern Iowa

Program Description:
This will be a space for LGBTQ-identified RAs to connect with each other and discuss their experiences in their positions at their respective institutions. This session will allow RAs to vent, share ideas, and work through any issues or challenges they face as LGBTQ RAs.

**Diversity Ice Cream**
Oscar Castro
Saint Mary's University of Minnesota

Program Description:
Using ice-cream as our hook, the program will teach the residents about how diversely rich our residence hall really is. Bringing them together with ice-cream, we will then discuss the different demographics of the participants. With the ice-cream, there will be different toppings that they will be able to put on their ice-cream, but they are not the ones who decide what toppings they will get. A list of different facts such as “I was born outside of the US” or “My parents both graduated from college” will be read, and with each true fact about themselves, they will be able to add the appropriate topping (according to the list). At the end of the questionnaire, they will be able to compare all of their different colored ice-cream.
Program Options
Session #4
2:40 p.m. – 3:20 p.m.

**Grocery Bingo**
Room 109
Rylee Junk and Kinsey Doerr
University of Northern Iowa

*Program Description:*
Low turnout at your academic programs? Come learn about Grocery Bingo!! This program was hosted by many of the Peer Academic Advisors in Residence at UNI, and it has turned out highly successful. I personally had over 100 residents attend this program. So if you're looking for a great time, stop on by!

**Happy Pebbles**
Room 121
Bailey Windsperger and Ciara Kowalczyk
Saint Mary's University of Minnesota

*Program Description:*
Using 33 Happy Moments, this program is to encourage residents to think of what makes them happy and use these happy thoughts to be encouraged them throughout the stress of school.

**Women of Faith**
Room 125
Rachael Storey
Saint Mary's University of Minnesota

*Program Description:*
This program is targeted at all female halls. The idea is to make residents aware of the influential women in different faiths in order to help motivate and inspire them to strive for success.

**Floor Committees and Grilled Cheese Night**
Room 126
Charles Jedlicka
Winona State University

*Program Description:*
Help create a more engaged, active, and connected community in your residence hall by engaging your residents in a floor committee. We will discuss benefits of floor committees including: better event planning, helping connect residents, and developing leaders. Also we will discuss strategies to create an active floor committee, and ways to enable them to reach their potential.

**Maverick World Hunger Banquet**
Room 127
Kaycie Mullins
University of Nebraska- Omaha

*Program Description:*
Please join the World Hunger Banquet to gain knowledge in world hunger and give back to those who need it through a relaxed environment and trivia.
Stop the Hate
Coree Burton
University of Northern Iowa

**Program Description:**
Stop the Hate is a national program that educates on the impact that hate and bias can have on college campuses. With recent events on campuses across the country around the areas of inclusion and intolerance, educating our students on how to spot and confront instances of hate and bias is needed more than ever. Come to this session to learn how hate impacts our work and how we can be allies to make our halls inclusive and safe places.

Love Yourself Campaign
Caroline Monsen and Paxton Johnson
Illinois Wesleyan University

**Program Description:**
Do you enjoy Mean Girls, The Avengers, How I Met Your Mother, or other popular hits in the 21st century? Join this program to see yourself in a new way. It allows people to realize that everyone goes through self-esteem issues, but your so-called flaws are nothing to be ashamed of. When was the last time you were comfortable in your own body?

Playing in the Sandbox: How Creative are You?
Harrison Homelvig
Northern State University

**Program Description:**
Play comes so natural to us when we are kids. For some of us it might have been exploring. For others it might have been creating. However, it's so easy to forget about what sparks your creativity when we get into the workplace and become adults. Come learn about what it means to play, rediscover your type of play, and learn about what play might look like in your workplace, and how you might foster that creativity in others in "Playing in the Sandbox: How Creative are You?"

Living Like Queen Elsa: Find and Implement Your Unique Strengths
Angela Kettle
Coe College

**Program Description:**
Disney movie Frozen’s Queen Elsa’s battle with her own icy fingers demonstrates an important lesson: Though we often ask how we can improve our weaknesses, a better question is how we can play to our strengths. Gain scientifically-supported knowledge and tools to identify and harness the unique strengths you bring to the Residence Life position in an interactive, entertaining, Frozen-filled session. Come with only yourself, and leave with tangible ways to better your community.

Vibrant Values
Betsy Katschke
University of Wisconsin- La Crosse

**Program Description:**
How bright are you at knowing your top values? Do you see things more black and white or with all the shades in between? When times are dull, what gets you through it? "Vibrant Values" answers these questions and more in the colorful search to find a person’s top values.
Passive Aggressive Programming
Emily Karr
Missouri University of Science and Technology

Program Description:
Don't know how to passive program? Want to make your flyers and passive program more effective? Come learn ways to capably program to the far reaches of campus and tunneled-visioned upperclassmen.

Majoring in College: The Student Affairs Graduate Program Search
Lanie Crouse and Rachel Ruane
University of Northern Iowa

Program Description:
Do you love college? Do you want future students to have a great experience too? Then student affairs might be the right fit! Join two current students in UNI's student affairs graduate program for an interactive discussion where you can learn more about the field and tips for finding the right graduate program.

Sex and Candy
Olivia Beauto and Mandy Furru
College of Saint Benedict

Program Description:
Like pop and candy and want to be able to have a fun way to talk about sexual assault with your residents? Come play Heads Up 7-UP and Keep Away while learning about sexual assault and drinking on campus at my program Sex and Candy!

Preparing for the MaRAthon: Selecting and Training your Student Staff
Tyler Micek
Scott Housing - UNO

Program Description:
From advertising and applications to interviewing and selecting candidates, making sure you have the right mix of student staff members is just the beginning. After hiring a new staff, putting together the training schedule is the next daunting task. This program is designed for new or soon-to-be professionals who are or will be involved in the selection and training of student staff looking for tips or a place to discuss the entire hiring process.
Program Options
Session #5
3:30 p.m. – 4:10 p.m.

Walk of Privilege
Mariah Schwecke
Minnesota State University- Mankato

Program Description:
All participants will stand in a line in an empty room with a blindfold on. Some statements may be sensitive and participants are not required to respond. I will read many different statements and if it applies to them, following the instructions on whether to step forward or backward. After different statements have been read, have everyone take off their blindfold. Have the group split into smaller groups and debrief with questions on the activity.

Sprinkles of Diversity
Jessica Schaan
University of Nebraska- Omaha

Program Description:
Students will choose an unfrosted cookie upon entering the space. They will choose a single color of frosting and move to a table with like-colored frosting so that they are seated by people that they do not know. Students read through lists of situations that may apply to them (add sprinkles) or may not apply to them (no sprinkles). They will discuss what was learned through the visual appearance of their unique cookie.

Mad Libs for (adjective) RAs
Shailagh Lannon and Lindsey Kline
Gustavus Adolphus College

Program Description:
Come plug your favorite nouns and adjectives into a custom-made RA Mad Libs! Participants will get the opportunity to share and listen to each other’s finished stories and learn how to turn this fun party game into a creative training tool.

Alphabet Soup Trivia
Olivia Mann
University of South Dakota

Program Description:
This is an LGBTQIAP+ themed trivia event designed to foster holistic understanding of the LGBTQIAP+ movement and encourage inclusivity through engagement in facilitated conversation about the movement. The event focuses on lesser-known aspects of the movement like history and post-marriage rights challenges. It is designed to be fun and competitive, with opportunities for facilitated discussion available between rounds of trivia.

A Puzzling Brain
Hayley Pollei and Mallory Jasicki
University of Wisconsin- Platteville

Program Description:
During this session there will be a brief introduction to the disability categories that we will be discussing. Then we will break into three groups and each group will receive a puzzle that they will need to put together. Each puzzle represents a person and they need to put that person together with some catches.
On Your Mark, Get Set, Search! Finding the Perfect Graduate Program
Erik Heller
Gustavus Adolphus College

Program Description:
Do you love running life in the RA Lane? Are you gearing up for the next marathon called the student affairs graduate school search? There can be a lot of research, training, and preparation so you can be successful, but where do you begin? This session will explore common components of a graduate school search, discover important factors in finding your perfect program, and explore learning moments along the way.

You Need a RA Too!
Marcus Powell and Dominique Davis
Southern Illinois University- Edwardsville

Program Description:
The RA who needs a RA! Discuss and prepare how you can help other RAs through their rough patches as well as your own. Everyone deals with personal issues at home and school. Sometimes you can come in contact with things as a RA that hit home. Let's navigate to a solution!

How to Handle Awkward RA Situations with Michael Scott
Morgan Dobroski and Brooke Howsare
University of Northern Iowa

Program Description:
The next 40 minutes will take you on a journey to help better your skills in handling the awkward situations that come with the job. This program will give you confidence, examples, helpful hints and it will show clips from "The Office".

Build your Wealth for Life after Living-In
Nick Mulholland
University of Northern Iowa

Program Description:
The Live-in position is the perfect time to accumulate wealth for a down-payment on a home or pay back student loans. There are not many times in your life when you will have so few bills. This session will cover credit scores, credit cards, budgeting, retirement, and other ways to supplement your income.

Empathy vs. Sympathy: How to Relate to Residents and Be a Good Human Being Too
Mary Koszalka and Amber Fischer
Wichita State University

Program Description:
Empathy and sympathy are too often used as synonyms when they could not be more different. This program explores the differences between the two and how approaching others from an empathic perspective instead of a sympathetic perspective can improve the quality of your relationships with residents and in every arena of life.

Cards against Microaggression
Laura Minor and Alex Lukert
Southern Illinois University- Edwardsville

Program Description:
Every college student loves Cards against Humanity; now every resident assistant and professional staff member will love Cards against Microaggressions. Don’t know what a microaggression is? Don’t worry, we will teach you all you need to know before you play our new card game. Come challenge your coworkers to see who can come up with the most creative responses to tough everyday microaggressions.
A Blessing and a Curse  
David Uwinganji Gatete  
University of Nebraska- Omaha  

**Room 003**  
**Audience:** RA

*Program Description:*  
This program is designed to show university students the value in saving money as well as teach them how to prioritize in order to take precautions in cases of emergency. Residents will seat in a circle as Jessica and I give them situations that require them money (Candy). Randomly people will be selected from the curse or blessing bucket to either throw a dart at the balloons labelled with all the emergencies we can think of, or ring a bottle as to make the odds to win as realistic as slim as winning a lottery just to show that emergencies are more prevalent than winning free money.

Sober Saturdays  
Alexander Carlbom  
University of Minnesota- Duluth  

**Room 007**  
**Audience:** RA

*Program Description:*  
This program will provide RA's with possible options for deterring residents from drinking in a fun way that allows residents with different interests to be involved.
Don’t forget our 27th Annual UNI RA Conference
January 27-29, 2017
Hope to see you all there!

Best wishes for safe travels home!