THE SECRET LIFE OF RA5

27TH ANNUAL RA CONFERENCE
UNIVERSITY OF NORTHERN IOWA

JANUARY 27-29, 2017
Hello RA Conference Delegates and Advisors!

We are pumped that you have chosen to attend the 27th 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, Ash Beckham; 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 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 The Secret Life of RAs!

Respectfully,
Nick Mulholland
UNI RA Conference Chair
RESIDENCE HALL INFORMATION

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>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 27th 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 6301 University Ave. (319) 553-1100
Inside College Square Mall

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

Pablo’s Grill 4214 University Ave. (319) 268-1655
Casual mexican dining

Panchero’s Mexican Grill 310 Main St. (319) 277-8226
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
**FAST FOOD**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
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</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>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>
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**PIZZA DELIVERY**

<table>
<thead>
<tr>
<th>Pizza Delivery</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domino’s</td>
<td>(319) 277-3030</td>
</tr>
<tr>
<td>Papa John’s</td>
<td>(319) 277-7722</td>
</tr>
<tr>
<td>The Other Place</td>
<td>(319) 277-9720</td>
</tr>
<tr>
<td>Pizza Hut</td>
<td>(319) 266-1300</td>
</tr>
<tr>
<td>Little Caesar’s</td>
<td>(319) 266-7777</td>
</tr>
</tbody>
</table>
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: All UNI RA Conference delegates will have access while in the Wellness Recreation Center (WRC), Curris Business Building (CBB) and Gallagher Bluedorn (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 Wi-Fi 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 available for download beginning the Tuesday prior by going to the app store and searching for Guidebook. You will then search for “27th Annual University of Northern Iowa RA Conference: The Secret Life of RAs”.

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
  - Target, Walmart, Scheels Sporting Goods, Old Navy and more
  - Exit UNI parking lot, turn left (south) on Hudson Road, turn left (east) onto Viking Rd.
- Downtown Cedar Falls
  - 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
  - Bath and Body Works, Victoria’s Secret, Vanity, American Eagle, Express, Von Maur, Younkers, Claire’s and more
  - 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

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
27th St.
Cedar Falls, IA 50614 (east of parking lot)
## 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>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 (prepared)</td>
<td>WRC 155</td>
</tr>
<tr>
<td>9:45pm – 10:15pm</td>
<td>Case Study Participant Meeting (on-site)</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>Great Hall, Gallagher Bluedorn</td>
</tr>
<tr>
<td>9:30am – 10:20am</td>
<td>Keynote Speaker</td>
<td>Great Hall, Gallagher Bluedorn</td>
</tr>
<tr>
<td>10:30am – 11:10am</td>
<td>Session #1</td>
<td>Classrooms, CBB</td>
</tr>
<tr>
<td>11:20am – 11:50am</td>
<td>Roundtable</td>
<td>Classrooms, CBB 11:50am – 12:30pm Piazza, Redeker Center</td>
</tr>
<tr>
<td>11:50am – 12:30pm</td>
<td>Lunch Group 1</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>12:20pm – 1:00pm</td>
<td>Lunch Group 2</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>1:10pm – 1:50pm</td>
<td>Session #2</td>
<td>Classrooms, CBB</td>
</tr>
<tr>
<td>2:00pm – 2:40pm</td>
<td>Session #3</td>
<td>Classrooms, CBB</td>
</tr>
<tr>
<td>2:50pm – 3:30pm</td>
<td>Session #4</td>
<td>Classrooms, CBB</td>
</tr>
<tr>
<td>3:40pm – 4:20pm</td>
<td>Session #5</td>
<td>Classrooms, CBB</td>
</tr>
<tr>
<td>4:30pm – 5:45pm</td>
<td>Case Study Competition</td>
<td>Classrooms, CBB</td>
</tr>
<tr>
<td>4:30pm – 5:45pm</td>
<td>Delegate Social and Snack Time</td>
<td>Open Lounge, CBB</td>
</tr>
<tr>
<td>5:45pm – 7:00pm</td>
<td>Free Time</td>
<td>Piazza, Redeker Center</td>
</tr>
<tr>
<td>7:00pm – 7:45pm</td>
<td>Spirit Dinner</td>
<td>Great Hall, Gallagher Bluedorn</td>
</tr>
<tr>
<td>7:45pm – 8:00pm</td>
<td>Awards Ceremony</td>
<td>Lobby/Davis Hall, Gallagher Bluedorn</td>
</tr>
<tr>
<td>8:00pm – 8:30pm</td>
<td>Swap Shop</td>
<td>Lobby, Gallagher Bluedorn</td>
</tr>
<tr>
<td>8:15pm – Midnight</td>
<td>Dance and Snacks</td>
<td>Lobby, Gallagher Bluedorn</td>
</tr>
</tbody>
</table>
Keynote Speaker: Ash Beckham

Ash Beckham is a bold, dynamic presenter who speaks about empathy, respect and the power of having real conversations. Online videos of her TEDx talk “Coming Out of Your Closet” and her Boulder Ignite speech “I am SO GAY” have gone viral with more than 5 million YouTube views. Significantly, her message has also become a topic of global discussion. Ash reaches millions every day as her inspiring speeches are experienced in classrooms, boardrooms and auditoriums around the world.

With an arresting blend of urgency and humor, Ash takes on topics like the crippling experience of being trapped in a closet, the difference between tolerance and acceptance, and the need to remove the word “gay” as a pejorative from our lexicon. With wildly funny and poignant stories, and a tough yet deeply compassionate stance, Ash tells us how to take off the armor and be our authentic selves. She tells us how to get REAL. Ash declares to her audiences “Hard is Hard. There is no Harder. There is only Hard.” She gives us permission to relate to each other as direct, authentic, unapologetic human beings. Rather than serving up candy—coated optimism, her stories offer listeners something more tangible. She elevates her audience beyond empathy into the realm of personal discovery and challenges every listener to take personal responsibility for creating a much bigger societal shift. Ultimately, Ash advocates for FREEDOM. Freedom to give voice to your truth, freedom to love without limits, freedom to be the person you were intended to be.
PROGRAM OPTIONS

Session #1
10:30am – 11:10am

Keynote Q & A Session
Ash Beckham
Room 109
Audience: Students and Advisers
Enjoy the Keynote speaker? Have any leftover burning questions from her talk? Not to worry, you have the opportunity for further insight! During this session, conference attendees may debrief and follow-up with Ash Beckham, our conference keynote speaker. This is your chance to speak with Ash; bring your questions!

The Secret Life of Programs
Suzanne Webb & Madeline Wofford
Room 1&3
Audience: Students
Planning programs can be an RA's worst nightmare, especially when they work hard to plan a program and no one shows up. This is an interactive approach to programming with tips and tricks that have been successful in increasing participation within residence halls. Look forward to learning about creating advertising techniques and the who, what, when, where, why, and how of a dynamic program.

Diversity & Social Justice: "I'm Just a Hall Director - What Can I do?"
Jon Hetzel
Room 7
Audience: Advisers
On our ever diversifying campuses, students have very real reason to be anxious and upset over the relative safety and 'inclusive' reality of our halls, campuses, and broader society. Racial understanding, respect across difference, and embrace of diversity, in all of its forms, remains contentious and unresolved in our post-election country. What can you do as 'just' a hall director? Join us for ideas and dialogue on how to fight for realized inclusive community and social justice in our own 'spheres of influence'.

Building the Ideal LLC
Anna Kron & Courtney Woelber
Room 121
Audience: Students
In this program, Anna and Courtney will reveal the building blocks for the perfect Living Learning Community. They will share secrets from transforming the Education LLC at UNI into an extraordinary house with the hope that sharing their experience will give insight into how living in an LLC can be an invaluable resource for the residents. In this session, they will help you plan the necessary components for designing your own ideal living learning community at your school!

The Secret Life of Your Staff Team
Bridget Fish, Zach Delgado & Amolia Schumacker
Room 125
Audience: Students
You have worked with your fellow staff members for quite some time now. You have had laughs, meetings, meals, late nights, more meetings, and everything in between with each other; but how well do you really know your team? Come join us to experience a new, interactive, way to learn about each other, how to create a better understanding of your team, a better team dynamic, all with a simple snap of your fingers. Learn about the secret life of your staff team.

Mental Health Matters
Katelyn Melcher
Room 126
Audience: Students
Mental health is an issue for students everywhere. This program will discuss how residence life staff can help residents with mental health struggles, ideas for campus and/or residence hall programming, and the importance of self-care.
Dynamic Duos: Setting the Standard for a Cohesive Community

Megan Slattery

What do peanut butter/jelly and Batman/Robin have in common? Together, each of them makes an incredible team. They support one another, and together bring out the best in each other. Discover how to break the ice among residents and encourage their participation in the development of a set of expectations and standards for the house, as well as create a community fostering connection and interaction with a little help from some famous partners.

24 Hours: Make them Count

Haley Meister

The RA position puts almost everyone's time management skills to the test. We each have so many roles and passions that take so much of our time and energy, plus all of the little things that we tend to add in. Come join as we filter through core values and think through how they apply to the 24 hours that we are each given every day. It's not about gaining more time, because that's not about to happen, it's about making the time that we do have count!

Go Big or Go Home

Lydia Coulson & Emma Lynn

Large scale programming is a great opportunity to reach a larger audience and connect not just one floor community but a whole building, complex, or campus community. However, navigating the seeming complexity of such a program can be intimidating. What programs can attract such a diverse group of students? How to market for it? How to fund it? Can I delegate? This program will cover all of those and more!

Understanding Those Around You...

An Introduction to Social Justice, Equity and Gender Roles

Elizabther Gier

Social Justice. Equity. Gender Roles. All items that are hot topics right now on college campuses. Do you not know a lot about these areas? Do you want to stretch yourself and grow so that you can help students on your campus? Come and learn the basics about social justice, equity and gender roles.

10 Tips for Meaningful Goal Getting

Ellie Hail-Langner

As an RA, you know a LOT about getting work done! Your life is to-do lists, check boxes, and turning in that paperwork. You've probably even held a program on SMART goals and have a worksheet laying around to help you set one. Come to this session to take a breath and learn about meaningful goal getting. Meaningful goal getting focuses on you first, the goal(s) second and will help you transform your approach to making it happen.

The Secret of Prioritizing as an RA

Jaci Goode & Jimmy Aschkar

As a Resident Assistant our time and energy is finite. In this session we will be assessing how to allocate these limited resources and how to prioritize in our individual and professional lives to achieve the greatest impact in our community. Our goal is to develop a formula that makes the most out of our available resources (time, energy, budget, etc.). This is an interactive session, come prepared to share some experiences.
**Round Table Session**
11:20am – 11:50am

**Life is a Big Blue Tarp**
*Room 1&3*
*Lindsay Sattler*
*Audience: Students*

All you need to do is flip a tarp. Sound easy enough? Well, you will be challenged in unexpected and exciting ways. What you can take away is learning more about teamwork, support, and leadership.

**Life Hacks: Hall Director Edition**
*Room 7*
*Katie Milne*
*Audience: Advisers*

Working in residence we all use creativity to make our jobs easier and more manageable. From creating forms to keep track of staff information, to tricks to training students, to ways to manage conduct and integrate fun into the workplace we all have our unique ways of making your hall director position easier to manage. This roundtable discussion is to focus on the “life hacks” of being a hall director and will allow participants to learn tips and tricks from one another. The hope is that by the end of the session all of the participants can take home a “bag of tricks” to help them in their position.

**Searching for and Committing to a Purpose**
*Room 121*
*Krissi Tauer*
*Audience: Students*

After first semester, the excitement of being an RA can wear off and our residents become more independent. Maintaining enthusiasm and understanding our purpose may get lost in the transition. Come to this program to tell your story, discuss next steps, and to start your semester off with a renewed sense of purpose.

**When a Resident Dies: How to Support Your Community, Staff and Self**
*Room 127*
*Kortni Isom*
*Audience: Students*

The goal of this program is to learn how to best support your community, staff and self following a resident loss. This session will be geared towards educating about what to do when a resident dies, as well as discussion of experiences of loss of a resident. There will also be sharing of programming ideas for a community that has lost someone.

**Being an Intentional Author of the Human Narrative, A Discussion**
*Room 131*
*Jon Hoelzer*
*Audience: Students*

Intentionality is a necessary component of promoting social justice, with interactions as well as programs. This session will create a space for RAs and Advisers to collaborate to find best-practices for guiding conversations on social justice, and facilitating related programs. Those attending will leave the program with the shared experiences and perspectives of their peers on “writing the Human Narrative.”

**Assembling a House Council**
*Room 221*
*Jesse Heath*
*Audience: Students*

Building a house council within your house or floor can be tricky - you have to have the right people who are motivated and dedicated to making it happen. The goal of this program is to help you create a few guidelines and roles that can be on a house council, as well as reasoning as to why students ought to get involved. This is a program that is intended to have something for everyone, including those who have successfully formed house councils - please come and elaborate on your experiences! This program will have a presentation aspect as well as a component focused on discussion.
Moving on Up: Transitioning from First Year Residents to Sophomore Residents

Dana Reibe

Audience: Students

From orientation to their first roommate crisis, you've figured out how to navigate the realm of first year students. Now you're faced with the challenge of sophomores, they're older, wiser, and may not need you like they used to. With all of these changes how do you continue to support them and provide a positive experience? In this presentation and round-table, we will discuss ideas and strategies as we prepare to make the move!

The Guilty RAs: Expressing, Evaluating, and Planning for Success

Danielle Scherb

Audience: Students

For some, the RA role was not what we thought it would be, and when we see colleagues succeed, where does that leave us? Feeling like we are behind, or failing to keep up is a common trap, and living with guilt will sap our motivation. In this session, participants will have the opportunity to discuss their RA issues, participate in a reflection on purpose, and re-start for a better second semester.

Intersect Your Self

Kennie Terrell

Audience: Students

Come intersect yourself and learn about intersecting identities. This round table will include the origin of the term "Intersectionality", understanding your own identities with an activity, and how understanding your own and your residents’ identities impact everyday life. Looking to combat the struggles that they face with interesting identities? Then join this open discussion!
Session #2
1:10pm – 1:50pm

From Personal to Professional and Beyond
Dan Hudson & Lydia Coulson
Room 1&3
Audience: Students
Finding the line between personal and professional can be difficult. We will explore how to utilize professionalism as an undergraduate through the use of communication and relationship building. We will also focus on work/life balance and on how to create a professional image as a student.

Open the Front Door: The RA's Role in Fostering Inclusive Communities
Jodi Linley
Room 109
Audience: Students
What happens when the words we use break community instead of built it? Come learn about the “Open the Front Door” strategy to fostering an inclusive community. Join us to share stories, practice new skills, and gain confidence in combating uninclusive language?

Body Image Workshop
Heather Brostrom & James Trout
Room 125
Audience: Students
This program will develop a general consensus about how college students see their bodies. It will explore how and why those images develop, and how they can progress. Specifically, discussion topics will address how media and language effect our perception of the body.

Silence is Deafening: The Role of White Identity in Conversations on Race
Kyle Perkins, Megan Koppenhafer & Brock Leum
Room 126
Audience: Students
This session will provide participants the opportunity to discuss the role of white identity in conversations of race and racism. We will start by setting a foundation of understanding white identity and a broad definition of racism. The session will then feature breakout discussions on reasons white students often choose not to engage on topics of race followed by large-group analysis on how those reasons play out in perpetuating current systems of power and privilege.

Building Community... Passively!
Kinsey Doerr & Claire Nichols
Room 127
Audience: Students
Learn how to better connect with residents you may not always interact with. Through various styles of passive programming and outreach, build a stronger community and assist with connections on your floor!

Reflect Yo' Self
Julie Ingoldsby
Room 131
Audience: Students
"Reflect Yo Self" was a program where me and a fellow RAs order a bunch of little mirrors and residents got to use puffy paint to write positive messages or notes to themselves. While the program was going on there were three different posters that residents could write on too that had a question about either body image or ways we could support people's self-esteem and afterwards we hung it up in our halls. We also made a positive playlist on Spotify and played it during our program! Overall the objective of the program was to promote a positive self-image and when they look in the mirror that it reflect back to what they really wanted to see or hear about themselves.
We're All Different & That's Okay!  
*Skyler Hester & Tyler Martensen*  
Room 221  
Audience: Students

Our program is an educational program covering diversity. Everyone gets to decorate a cupcake in different colors to represent them. Each color means something else that they add to their cupcake. We then talk about how everyone is different but yet we all have similarities.

Allyship for All: How to be a Supporting Ally  
*Genevieve Gates & Akanksha Kumar*  
Room 225  
Audience: Students

We will discuss the intricacies of being a successful ally in undergraduate communities, how to listen, how to speak up, and how to be a friend in times of grief.

Survivor  
*Emily Hummel & Tate Christensen*  
Room 229  
Audience: Students

This program focused on using the theme of survival games to act as an icebreaker between two different communities. The goal of the program was to get residents to learn to work with different people in different situations, as well as getting to know other people in their community.

The Secret (Residence) Life of International Students  
*Felix Weigel*  
Room 320  
Audience: All

Ever wonder what the U.S. college experience is like from an international student’s perspective? A panel of current UNI international students facilitated by the presenter will provide insight on some of the unique challenges facing international students on U.S. college campuses. We will focus on initial transition and adjustment and living on campus but we are open to discuss all aspects of international student life. You will be invited to share your experiences working with international students in your respective roles to explore strategies to better serve international students on their journey through U.S. higher education.

I have favorites? WHAT?!  
*Elizabeth Gier*  
Room 332  
Audience: Students

Do you have a favorite color? Favorite candy? Favorite movie? Well of course you do! But what about favorite residents? Fellow RA’s? Why are they your favorite? Come and learn how to point out those favorites and how you can be more inclusive once recognizing that.
Session #3
2:00pm – 2:40pm

Secrets to Engaging Religious Diversity in Your Residence Hall
Emily Nelson & Kayla Stafford
Audience: Advisers
In this session, presenters will discuss the spiritual and religious dimension of diversity and its place in residence life. Advisers will be able to share their own experiences of religious diversity on their campuses. Finally, presenters will provide information and resources which will help professionals to better serve the spiritual needs of their students.

Bae Goals
Karlin Wagner
Audience: Students
Bae Goals is an event that Minnesota State University used at one of our WOW programs (Whats On Wednesdays). Bae Goals was used as a relationship WOW to help inform students of what it may look like to be in a healthy vs abusive relationship. We held this event in October, which is Relationship Abuse Awareness Month and made a poster that said "These hands don't hurt" and had the students put paint on their hands and show their support. We also had many flavors of bagels and cream cheese at different stations and once they completed the station they could receive a plate, bagel, cream cheese, etc.

What Did You Say?
Nathaneal Smale
Audience: Students
How often do you say what you really mean? How often do you mean what you really say? Come explore the way our words affect those around us. During this program, we'll define inclusive language, explore how society uses words and phrases to degrade and exclude others, and devise meaningful ways to say what we really mean and mean what we really say.

The Hype Philosophy and Alarm Day
Connor Toth
Audience: Students
Using a program that turned an annoying alarm testing day into an enjoyable and recurring event, we will delve into subjects such as how your mood can be mirrored by your residents, how to make programs more fun for you and your residents (through hype), and the importance of being passionate or excited for your job -- and how to get there if you aren’t.

Well Done: Topics Tough to Chew
Sierra Ewing
Audience: Students
The basic premise of the program is to build community out of the sharing of stories and having tough conversations about a variety of topics (ability, interest, race, religion, sexual orientation, cultural background, politics and the like) in a civil and authentic way. The theme is based around my experience of community around a table. I have found that community is built through genuine conversation at a table usually with a meal, but tough conversations can be hard to swallow unless people are prepared and open-minded. Then the tough topics become something we associate with breaking down of cultural barriers.

The Start-Up Plan: Living-Learning Communities
Samantha Sweet
Audience: Students
Join us to learn the do's and don'ts of starting a living learning community on your campus! During this session, we'll explore different formats and focuses for living-learning communities to create the most meaningful and effective sense of community on your campus.
Digging Deeper: The Value and Importance of Invisible Identities

Jordan Hansen

Room 221

Audience: Students

An individual’s outer appearance does little to tell who they truly are. There is a great amount of substance “beneath the surface” when learning one's true identity. This program aims to educate RAs and hall coordinators alike about the importance of "invisible identities," and how understanding and appreciating their value can help to advance our effectiveness in residence life and in our daily lives.

What’s Your Story?

Caitlin Martin

Room 223

Audience: Students

Every person has a unique story. In this program, resident assistants will learn how to accept their stories and use them to help others. Whether it’s relating to a resident who is homesick or something more difficult to discuss, your story matters. Come learn how to utilize your experiences to help people in the RA position or in your daily life!

Diversi-tea

Kati Feldkamp

Room 225

Audience: Students

The event I organized explored different forms of diversity by examining the culture surrounding tea around the world and discussing these differences over cups of tea from different places. I will be examining the logistics and results of the program during this session and how it can be adapted.

The Game of [RA] Lyfe

Brendan Garland, Micah Remert & Laura Philips

Room 229

Audience: Students

Are you struggling to find a balance between professionalism in your job and having fun as a college student? So are we! Friends, Relationships, and Residents can add a good amount of stress to this job and we all need healthy ways to navigate through it. We're here to help you figure out how to strike a balance between the two through an entertaining create-your-own-story activity.

Secret Powers of Love

Bridget Fish, Zach Delgado, Amolia Schumacher

Room 320

Audience: Students

What’s your secret power of love? We all have ways we like to show our love and appreciation for others, our love languages, and it can be a great tool to use in a position as a Student Staff member. Not only can use your power of love, your top love language, to support your staff team but you can also use it to support your community. You can help encourage others in times of need, comfort them, and show how much they mean to you, your community, and to the rest of your university. Come find out your secret power of love and start to use it to make a lasting impact!
Session #4
2:50pm – 3:30pm

Mash-Up: Self-Care and Gratitude, Taking Time in the Fishbowl Room 1&3
Ellie Hail-Langner & Keniese Evans
Audience: Advisers
Are you stressed? Me too! Do you struggle to find ways to take time for yourself? Do you want to find more ways to incorporate gratitude into your everyday life? If you answered yes to any of these questions, come to this session! Self-care is essential to leading a healthy lifestyle for all people, and is even more critical for those of us “in the fishbowl” in the hall director, residence director, or RLC role. Self-care isn’t always a day at the spa--and should be a recognition of your ongoing needs and balance. Gratitude is something that’s easily thought of during the cooler months and November, but is transformational when it is more than being thankful for what we have. Gratitude can light up your life when you embrace what fills your cup and seek to have more of it! Come to learn more about self-care, gratitude, and how to incorporate self-care and gratitude practices into your everyday life.

Hanging Out at ‘The Three Broomsticks’ and the Aftermath Room 109
Logan Sommers & Sydney Paris
Audience: Students
In this twist on alcohol awareness we’re taking a trip to Hogwarts. However, Harry and his friends have just gotten back from a trip to Hogsmeade and decided to play a quick game of quidditch. Come along on this adventure to find out what Harry and his friends learn about the dangers of alcohol.

Why what we say, Matters! Room 125
Elizabeth Gier
Audience: Students
Have you ever said something that the moment it comes out of your mouth you wish you never said? Or do you wonder why some things you say around certain people turn them off from you? Through utilizing "35 dumb things well intended people say" by Dr. Maura Cullen we will explore the use of our words and how some of the phrases we say should just not be said.

You are Leading, is anyone following? Room 126
Sarah Anderson & Rachel Prince
Audience: Students
RAs are given a leadership position but does this make them a leader? In this presentation we will take a look at different resources to help you find out your leadership strengths. We will also have a discussion about benefits of having a position of influence among your peers. Come for an informative inviting discussion and presentation regarding how to be a person of influence in your hall where we will help each other grow as leaders.

Getting the Most Out of Your Hours Room 127
Shanna Mogden, Alex Hackbarth, Emily Wayland & Gwyn Campbell
Audience: Students
You have 168 hours each week. How do you decide what to fill them with? Come to this program to figure out how to be the most productive with the time that you have. We will focus on time management, setting priorities, and efficiency. Walk away with a tasty new way to manage your time!
Community Connection Programming  Room 131  
Kayley Zimmerman & Abby Hahn  Audience: Students  
Residence Life probably doesn't come to mind when you think about connecting the college and the community, but Simpson has found a way couple ways to do it well. Join us to learn about the two large-scale programs we host that bring community members to campus to experience a little bit of the college residence life experience.

Oh Snap! Social Media and Studying Do Mix  Room 221  
Hannah Garret & Kelsey Herold  Audience: Students  
Want to learn about a fun new way to encourage your residents to study? Come learn how to incorporate social media into a program that is sure to be a success. You may even will a prize!

The Value of Genuine Relationships  Room 223  
Allen Richardson & Valerie Henry  Audience: Students  
This program will be centered around the value of being an authentic and honest individual with the relationships in your residence hall, in your friend group, and even at home with your family.

Rethinking Your Identity: Records, Trees and Flags  Room 225  
Hailey Nelson & Allison Retterath  Audience: Students  
Rethinking Your Identity presentation will demonstrate how three fun and non-traditional events for residents to explore a further understanding of their identities have been successful at Gustavus Adolphus College. These activities will focus less on the typical facets of identity (race, sex, gender, etc.) and more on how each individual came to be who they are. Program participants will walk away with some new ideas and program materials they can use with residents on their floor and in their hall.

What's in Your Box?  Room 229  
Coree Burton  Audience: Students  
Living in a residence hall can be related to living in a crayon box. We are constantly living around a variety of people whose different "colors" can provide a multicultural experience. Each of us have "colors" that, once shared, can enhance ourselves and those around us. Come to this program to learn about an activity that you will help your students (and maybe your team) look at diversity in a different shade.

Pictures of You  Room 320  
Dominique Davis & Quran Green  Audience: Students  
We tend to place people into categories based off looks rather than actually getting to know someone. This program is intended to help students be cognitive of the stereotypes that are not only placed on us but also the stereotypes that we place on others. Caution: this program contain fun!

Bend, Don't Break: How To Be More Resilient  Room 332  
Nicole George  Audience: Students  
College is full of challenges and sometimes it seems impossible to get through them all. Ever wonder how to become more resilient and keep going in the face of adversity? Join in for an interactive presentation that will help you gain the skills and knowledge needed to make it through all the twists and turns of higher education.
**Session #5**

**3:40pm – 4:20pm**

**Mario Kart... With a Twist**
*Michael Semon & Brianna Robertson*

Mario Kart With a Twist will be a social event for residents to experience the different levels of intoxication and drug impairment. Alcohol Impairment Goggles will be borrowed from the local police department, as well as marijuana goggles. We will then have attendees play Mario Kart for the main test, along with a set of obstacles on the side for others waiting to play. We will also provide BAC cards for residents to bring knowledge on what each drink taken does to their BAC level. We hope to bring awareness to how much alcohol and marijuana effects a person and their abilities in a fun and interactive social event.

**Disney Trivia**
*Christine Haag*

Trivia is a fun way to be competitive and let loose with friends while showing off your knowledge. What better way to bring people together than a competition on Disney knowledge? Come and learn about different ways to hold a Trivia competition show off how much you know about Disney!

**Towers of Powers**
*Emmi Infante*

In this program we will be doing a interactive, fun, and creative activity that helps you explore and visualize the ideas of power and privilege in our society. We'll be looking at it in a general sense, but also applying it specifically to Residence Life! Get ready to have fun and build some TOWERS of POWER!!!

**Mission Possible!**
*Hannah Garrett & Alison Devilder*

What do Oprah Winfrey and Richard Branson have in common? They have personal mission statements. We all have superpowers, things that set us apart from others. So why not express what your passionate about, what values you hold, and what makes you great. Companies and organizations have developed missions statements for year, so why not you?

**Life Hacks: College Edition**
*Tanner Howell, Liz Riehle, Kyle Polzin & AJ Hudspeth*

This program is a collection of simple household tips and ways of constructing gadgets that are achievable by residents living in apartment style residence halls.

**No, Yes, Maybe - The Art of Self Care**
*Kelsey Hansen & Alyssa Teubner*

One of the most common phrases you may hear as a student staff member is that you are a person first, a student second, and an RA third, however we know that at times it doesn't always feel like this. It's time to take back control of your self care through assessment, blending, and the power of no. You may have more control over these three aspects than you think!

**Heritage and Hershey’s**
*Jenni Babolik*

An interactive session about how RAs can help to make their residents feel included and help them practice inclusivity. Participants will put a post-it on a world map and engage in discussions about their heritage as they enjoy miniature Hershey bars.
Unleash Your Creativity
Ashley Wilson
Audience: Students
Creativity is not a trait someone holds, but rather a skill each of us can develop. According to Zig Zag: The Surprising Path of Greater Creativity by Keith Sawyer, there are many ways to build your creativity, especially by being curious, asking questions, playing, and being open to others’ ideas. Come learn and engage in activities that will help unleash your inner creativity and show you how to take your RA tasks to the next creative level.

Study Now, or Forever Hold Your "C's"
Dan Hudson & Emma Lynn
Audience: Students
Many students have trouble adjusting to the academic rigor of college. We will talk about how to give our residents academically useful skills and the tools to succeed in the college classroom. The first portion of this program will focus on tactics to communicate and teach these skills to our residents. The second portion will focus on how to engage them in this process through programming and other means.

NOW! That's Res Life!
Colby Campbell & Nicole George
Audience: Students
When you live where you work, it can be tough to look out for Number One. This session focuses on RAs using music as self-care backed by research - because when you're not at 100%, you can't serve your residents at 100%. Learn how to construct the aural landscape of your life to be more productive, sleep better, relieve stress, and feel like you're in control. Close the door, take a deep breath, and find your work-life RHYTHM!

“I Solemnly Swear I am Up To no Good”:
Harry Potter Themed Programming for First Year Residents
Lindsay Henderson, Danielle Paris & Ellie Sherwin
Audience: Students & Advisors
Advisers and RAs are invited to learn how one school created a month-long series of Harry Potter themed events to curb high risk behaviors. These events were planned for first year residents over the January interim experience. Presenters will discuss challenges and successes learned along the way, as well as provide participants materials on the implementation of their own “House Cup” program.
SAVE THE DATE!

28th Annual UNI RA Conference

January 26-28, 2018

Hope to see you all there!

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