

Tacuspa Times

VOLUME 1, ISSUE 2

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SPECIAL POINTS OF INTEREST:

- Letter from the President
- Spring Elections
- Fellowship, Scholarship, and Grant Applications
- Guest Fellow Article
- Book Review

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Greetings from the TACUSPA Board!

Amanda Drum, President

Greetings TACUSPA!

"TACUSPA, a premier state association, is dedicated to the development, support and promotion of the student affair profession in the State of Texas."

The primary focus of the TACUSPA Board this year has been the development of a five-year strategic plan. Before beginning the process, the board reviewed our existing mission statement. A mission statement should describe the purpose and goals of the organization in a brief proclamation that can be easily remembered by stakeholders. The existing TACUSPA mission statement is relevant but lengthy. Thus, the board captured the same sentiments in the statement above. The TACUSPA Board believes this mission describes what TACUSPA is presently and what you, the membership, want from TACUSPA.

Several new initiatives, including the establishment of online knowledge communities and networking, career enhancement and job search opportunities, communication enhancements and efforts to become more technologically relevant, are also on the planning table. These new initiatives have created the need for

an additional volunteer position on the TACUSPA Board. The proposed Vice President of Education and Professional Development



position will allow the association to meet the changing needs of our growing membership, as well as provide an additional volunteer role for members.

You have the opportunity to vote on the proposed mission statement and addition of an officer position to oversee education and professional development initiatives during the April election. It is important that each member cast a vote on these proposals, as well as officers for 2010-11. Officer positions on the ballot include President-Elect, Vice President for Marketing and Membership and Treasurer.

The TACUSPA Board recognizes that during these challenging economic times, TACUSPA can serve the

state of Texas by providing top quality professional development opportunities close to home. As a result, TACUSPA is committed to investing resources into nationally renowned keynote speakers and presenters at the annual conference as well as other investments to assure our membership can achieve its professional development needs in state.

Join us for the 2010 Annual Fall Conference, "Critical Conversations in Cow Town" in Downtown Fort Worth at the Sheraton Hotel and Spa October 3-5, 2010. Lisa Nagy and her crew are planning a fabulous event that includes a pre-conference and keynote address by Dr. John Schuh. For more details, see Lisa's conference news below.

For updates on TACUSPA news, join us on our blog <http://tacuspa.blogspot.com> and on Facebook. If you prefer the "old fashioned" route, check out our website at www.tacuspa.net.

TACUSPA Fellow Article Spotlight

Campus wide approach to programming for the whole student: A holistic approach



In Student Services we know that a student's success is not only defined by academic progress but by the ability to excel in his or her personal and academic worlds. He or she must prove they are able to balance a busy schedule while maintaining academic success. Over my years in higher education and now as a professional in student services, I have come to see this picture more clearly. I have sat across the desk from students who have been "social butterflies" but are failing classes and have no direction in life. On the other hand, I have seen academically successful students struggle to obtain jobs due to their lack of relevant experiences. I have also sat with students who have suffered emotionally from various issues and circumstances as well as those who have considered or have attempted suicide. I submit to you, that in order for your students to become high functioning individuals they must find a balance among the various dimensions of wellness. These dimensions of wellness include: physical, emotional, intellectual, environmental, spiritual, social, financial, and occupational. The ultimate goal is to create a well-balanced graduate who is successful after college. In the following article each dimension will be defined, as well as the benefits of a program designed to address these dimensions within a student population.

Wellness Education is not a

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new concept however; it is becoming a more common practice on campuses across the country. There are several models designed for describing wellness, but for the purpose of this article the concept of wellness will have eight dimensions. They are: physical, emotional, intellectual, environmental, spiritual, social, financial, and occupational. The first dimension is physical wellness, this includes freedom from disease or illness, getting regular checkups (including dental), having and maintaining a balanced exercise routine, sex education to make wise decisions, good nutrition, and injury prevention. The dimension of emotional wellness includes having good self-esteem, acceptance of oneself, confidence, control and trust. Third, intellectual wellness deals with being open to new ideas, mastering new skills and being able to think critically. Environmental wellness is the idea that that you must maintain a healthy environment which can include such things as recycling, limiting the amount of noise pollution, exposure to vehicle emissions, smoke, ultraviolet radiation, pesticides and other contaminants. Spiritual wellness is not about a religion, it is about having core beliefs and values. It is important for young adults to indentify their beliefs and values and discover why they hold these values as truth. Social wellness is the ability to develop skills to maintain relationships and participate in society. Financial wellness helps prepare individuals for success through budgeting, debt man-

agement, and appropriate use of credit cards. Obviously, an individual who understands how to spend, save, invest and donate within the confines of their income will secure financial stability. Finally, occupational wellness is about finding satisfaction at work. This includes the physical environment of the workplace (lighting, work space, noise, etc) as well as satisfaction with the politics and policies of the company.

Many of you are probably thinking to yourself, we already do these types of programs and you know what? You are probably right. Most college campuses are already offering these programs within the various areas of their institution. The problem is that they have failed to see the benefits of the campus community working together to foster the success of the individual student. Working together to promote the concept of a whole student verses just one dimension has many benefits to the student, community, staff and institution. Staff members benefit by learning to collaborate with other departments and areas within the institution. The relationships that evolve from theses collaborations help to develop a stronger campus community. A team approach, instead of the idea that it is us versus them, will nurture higher morale. There will also be less program duplication. By working together, the institution is able to pool all of its resources (personnel, advertising, programming, budgets etc). The efficient use of resources is a great benefit to an organization especially in these times of state wide budget concerns.



The students benefit by having easier access to programs and workshops, working with staff that are more knowledgeable regarding campus events, and the availability of programs that will benefit them in the present as well as the future. Access to these programs and resources will create a well-balanced student who is successful after graduation.

Consider establishing one week a semester that focuses on all the dimensions of wellness. Develop a website where all the programs offered across campus can be linked together allowing easy access for the entire campus community. Most likely you already have enough existing programs to fill a week or even a semester. If you have these programs currently in progress then you have the staff and the budget. Imagine how much publicity each event would get if it was on everyone's advertisements and on an easy access website. Each department would or could spend less money on advertising individually and using manpower to create the individual programs and advertisements. Actively promote this holistic concept of wellness across campus in order to educate the student population of the benefits

and purpose of such a program. Suggested programs include: Values Identifying (Dean of Students' Office, Legal Office or department that fits), Interview Skills (Career Services), Developing Self-Confidence (Counseling Center), Study Skills Workshop (Academic Affairs), Eating Right (Health Center), Budgeting 101 (Money Management Center), Large Fitness Class offered outside held in the main area of campus (Recreational Sports), Recycling (Environmental Science Department or Student Organization). The possibilities would seem to be limited only by our collective creativity.

The following are some great websites to look at when developing this type of program at your institution:

Ohio State University Student Wellness Center-<http://swc.osu.edu/>

Iona College Wellness Program-<http://www.iona.edu/studentlife/studentdevelopment/wellnessprograms/index.cfm>

Luther College- <http://www.luther.edu/studentlife/wellness/>

Austin Community College- <http://www.austincc.edu/hr/wellness/>

University of California, Riverside-<http://wellness.ucr.edu/>

Insel, P & Roth, W. (2006). *Core Concepts in Health, 10th ed.* New York; McGraw-Hill.

By Kimberly Spradlin—
Sam Houston State University

BECOME A FAN!



TACUSPA IS ON FACEBOOK !
Become a fan by clicking on

http://www.facebook.com/pages/TACUSPA/310614729742?v=app_2373072738&ref=nf#!/topic.php?uid=310614729742&topic=12172

2009-2010 Officers

Board Meeting Schedule

May 3

June 7

July 12

August 2

September 13

Meetings are held via teleconference unless otherwise noted.

Please,
feel free to
contact us!



President: Dr. Amanda Drum
Director of University Housing
Texas A&M Univ.-Corpus Christi
Amanda.Drum@tamucc.edu



President-Elect: Dr. Trisha VanDuser
Director, Student Development
UNT Health Science Center
vanduser@hsc.unt.edu



Past President: Dr. Elizabeth With
Assoc. Vice President for Student Development
University of North Texas
ewith@unt.edu



VP for Administration: Ms. Alicia Huppe
Assoc. Dean of Recruitment and Programs for New Students
Collin County Community College, Preston Ridge Campus
ahuppe@cccCd.edu



VP for Membership and Marketing: Mr. Grant Shallenberger
Asst. VP of Student Affairs and Administrative Services
Texas A&M University at Galveston
shalleng@tamug.edu



Treasurer: Mr. John D. Kaulfus
Associate Dean of Students
University of Texas at San Antonio
John.Kaulfus@utsa.edu



Director, Data Management and Technology: Dr. Deidra Graves Stephens
Director, Plus Program, McCombs School of Business
University of Texas
Deidra.Stephens@mcombsutexas.edu



Secretary: Ms. Charlin Jones
Assistant Director for Special Events
University of Texas at San Antonio
Charlin.Jones@utsa.edu



Fall 2010 Conference Chair: Lisa Nagy
Assistant Vice President, Student Affairs
University of Texas at Arlington
nagy@uta.edu

Fellowship Program

If you are a graduate student or new professional in the field (1-3 years), then TACUSPA has a great opportunity for you. Applications for the 2010-2011 TACUSPA Fellowship Program are due May 1.

Benefits of the fellowship include:

- Fall conference registration
- Reimbursement for half of conference lodging
- TACUSPA Mentor

Be sure to pass the word along to your co-workers and graduate students.

For questions, contact Dr. Jacqueline Hamilton at Jacqueline.Hamilton@tamucc.edu



See last page for application.

Scholarship Recipients

Congratulations to the TACUSPA Graduate Students who received a scholarship to cover registration costs for the Texas Higher Education Law Conference, co-sponsored by TACUSPA.

Thank you to those who took the time to nominate our graduate students.

This year's recipients were:



Lisa Perez,
Texas A&M
University-
Corpus Christi

Taylin Ramirez,
University of Texas
at San Antonio

Tami Tucker,
University of
North Texas

Sloan White,
University of
North Texas

2010 Conference: Fort Worth



"The Fall Conference Committee is excited to announce that the keynote speaker for this year's fall conference is

Dr. John Schuh."

Dr. Schuh is a distinguished professor and interim chair of educational leadership and policy studies at Iowa State University. He is the author, co-author, or editor of over 235 publications. Among his books are *Assessment Methods for Student Affairs*, *One Size Does Not Fit All: Traditional and Innovative Models of Student Affairs Practice* (with Kathleen Manning and Jillian Kinzie), *Student Success in College* (with George D. Kuh, Jillian Kinzie and Elizabeth Whitt), *Involving Colleges* (with George Kuh, Elizabeth Whitt and Associates), *Assessment Practice in Student Affairs and Assessment in Student Affairs* (both with M. Lee Upcraft). Currently he is editor of the *New Directions for Student Services Sourcebook Series* and is book review editor of *The Review of Higher Education*. Schuh has served on the governing boards of the American College Personnel Association, the National Association of Student Personnel Administrators (twice) and the Association of College and University Housing Officers (twice), and the Board of Directors of the National Association of Student Personnel Administrators Foundation. He is a member of the Evaluator Corps of the North Central Association of Colleges and Schools.

Dr. Schuh will be conducting a pre-conference workshop on assessment on Sunday, October 3rd. This will be a great opportunity for our membership to learn from one of the pioneers in assessment for Student Affairs. In addition, he will serve as keynote and will have a special session with graduate students on Monday.

Registration for the fall conference will open in mid-May along with a **call for program proposals**. We will be seeking presentations on a **wide array of topics that address issues facing the Student Affairs profession**. If you or any of your colleagues are interested, please look for more information in the coming months.

- Lisa Nagy
Fall 2010 Conference Chair

Apply. Blog. Vote.

The Graduate Education and Research Commission (GEAR) would like to announce this year's **article and grant competitions!**

- Do you need some money for your thesis, dissertation, or department-based research?
- Would you like to see your research and graduate school papers in print AND have a chance to be honored for your efforts?
- Submit a research paper or grant proposal by April 16, 2010!

TACUSPA Research Development Grant - Application Form 2010

<http://tinyurl.com/TACUSPAGrant2010>

TACUSPA Article Competition - Call for Papers 2010

<http://tinyurl.com/TACUSPAArticleComp2010>

If you have ANY questions, please contact the Graduate Education and Research Commission (jtedwards@tarleton.edu) or call 254-968-9638.



The TACUSPA blog is updated EVERY MONDAY!

This month's topic is focused on *community colleges* -

<http://tacuspa.blogspot.com>.

Subscribe to the blog -

<http://tacuspa.blogspot.com/feeds/posts/default>.

TACUSPA Elections!



Look for an email from TACUSPA with your "unique link" in order to vote in this year's spring elections.

We look forward to your participation in deciding upon the future leadership of our organization.

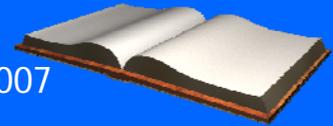
Second Quarter Financial Summary

CHECKING AC- COUNT			BUDGET	ACTUAL			
Reconciled through 2/28/10 - 2nd Quarter							
	Operations						
	<i>Expenses</i>						
		President	\$3575.00	\$1,123.85			
		President-Elect	\$400.00	\$0.00			
		Past President	\$200.00	\$0.00			
		Vice President-Admin	\$275.00	\$149.34			
		Vice President-Mktg&Mbrshp	\$5,260.00	\$795.31			
		Secretary	\$15.00	\$0.00			
		Treasurer	\$2,750.00	\$1,174.34			
		Dir-DataMgmt&Tech	\$1,000.00	\$239.40			
		Reserve	\$0.00	\$0.00			
						\$3,482.24	
	<i>Income</i>						
		Balance as of 9/1/08		\$11,732.28			
		2009 Membership Dues		\$1,940.00			
		2010 Membership Dues		\$11,005.00			
						\$24,677.28	
							\$21,195.04
Conference							
	<i>Expenses</i>						
		Fall 2009		\$23,782.38			
		Fall 2010		\$85.01			
						\$23,867.39	
	<i>Income</i>						
		Balance as of 9/1/09		\$24,340.87			
		Fall 2009		\$26,055.00			
						\$50,395.00	
							\$26,528.00
Foundation							
	<i>Income</i>						
		Balance as of 9/1/09		\$750.00			
		2009/2010		\$1,850.00			
						\$2,600.00	
							\$2,600.00
Checking Balance							\$50,323.52
BUSINESS INVESTMENT ACCOUNT							
	<i>Income</i>						
		Balance as of 9/1/09		\$32,776.53			
		Interest		\$23.15			
						\$32,799.68	
BIA Balance							\$32,799.68
CERTIFICATES OF DEPOSIT							
		Three Year CD to Mature 8/2010		\$11,632.07			
		Three Year CD to Mature 8/2011		\$22,306.29			
		Three Year CD to Mature 8/2012		\$21,667.47			
						\$55,605.83	
CD Balance							\$55,605.83
BALANCE							\$138,729.03



BOOK REVIEW

Millennials Go to College (2nd Ed.) By: Howe & Strauss, 2007



"Millennials Go to College" (Howe & Strauss, 2007) is focused on millennial college students and strategies that college administrators, staff, and faculty can implement to help these students persist through their college experience. The second edition of the book features a full revision and includes original survey data on millennial college students and their parents.



This book consists of fifteen chapters divided into three major sections: (1) "Part One: Who They Are", (2) "Part Two: What to Do", and (3) "Part Three: What Comes Next". The first section provides a comprehensive background, recent statistics, common characteristics, and seven core traits of millennial college students. The second section provides an in-depth explanation of the seven core traits of millennials: special, sheltered, confident, team-oriented, conventional, pressured, and achieving. This section also provides implications for each of the core traits for recruiting and admissions offices, campus life, and faculty. The final section focuses on the future of millennial college students and specific implications for their

parents, career services, graduate and professional schools, and development/alumni offices.

Positive Aspects of "Millennials Go to College"

Through this book, the authors provide readers with various statistics on the millennial generation from governmental agencies (i.e. - U.S. Bureau of the Census, U.S. Department of Education, etc.) and national organizations (i.e. - Chartwells, etc.). To supplement their statistical data and scholarly research, the authors list specific examples of higher education programs and services geared towards millennial students.

Another positive aspect of "Millennials Go to College" is the authors' focus on millennial students' relationship with their "helicopter" parents. Chapter 13, "From Boom to X: The Parent Transition", provides implications for recruitment and admissions professionals in higher education, campus life, and the faculty. Parents serve an important role in the lives of millennial students and it seems Howe and Strauss felt it was important to include parents in the college transitional process.

Negative Aspects of "Millennials Go to College"

This book is a good guide for student affairs professionals, but readers should

remember that every millennial college student does not fall under the common characteristics listed in the text. Student affairs professionals should remain mindful of the intragenerational diversity that exists within the millennial generation and to plan their programs and services accordingly.



"Millennials Go to College" and Student Affairs Professionals

New and mid-level student affairs professionals would directly benefit from the information presented in "Millennials Go to College" because these professionals usually work directly with the traditionally-aged college student. Faculty teaching in the first-year experience program would benefit from reading this book because it provides numerous strategies for reaching millennial students in the classroom environment.

By Dr. Jennifer T. Edwards
Tarleton State University



Fellowship Program Application

The Texas Association of College and University Student Personnel Administrators (TACUSPA) is pleased to announce its Fellowship Program. This program will give graduate students and new professionals (those with 1-3 years in the field) many opportunities to network and engage in activities that will promote their pursuit of careers in higher education. TACUSPA will offer four fellowships annually, starting with the fall conference.

Benefits:

- Scholarship for fall conference registration
- Reimbursement for ½ lodging for conference
- Attendance of Board meeting at conference
- Monthly mentoring session with current or former TACUSPA Board member (mentors are Vice-Presidents at their institutions)
- Invitation of Board meeting participation

Responsibilities:

- Submission of one article annually for the newsletter
- Attendance at Fall conference, including New Professionals Institute and Case Study competition
- Serve on a caucus or committee while participating as a Fellow

Application Process

In addition to the following information, those interested in applying for the TACUSPA Fellowship program must submit a personal statement of interest and a resume with three professional references. Finalists will be interviewed by the TACUSPA Board. Materials must be received by **May 1, 2010**.

Name: _____
Last First MI

Address: _____
P.O. Box/Street City/State Zip

Phone (work): _____ (cell): _____ E-mail: _____

Mark one: Graduate Student New Professional

Graduate Student:

Institution: _____ Anticipated graduation date: _____

Field of Study: _____ Degree Sought: _____

New Professional:

Institution: _____ Title: _____

Length of current position: _____

For questions and submissions, please contact