31st Annual RA Conference
January 28-30, 2022
Hello RA Conference Delegates and Advisors!

We are so excited that you have chosen to attend the 31st Annual University of Northern Iowa RA 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 you a wide variety of program topics 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, James Robilotta, meals in our award-winning dining centers, 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 to facilitate a dance to finish out the weekend on Saturday night.

Your active participation is what makes this conference such a great success. We encourage you to challenge yourself, share your uniqueness, take risks and develop new friendships among the over 30 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 pronouns located on your nametag if you feel comfortable. We want to make this conference as inclusive as possible and want everyone to be referred to by their preferred pronouns. 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 are able to “Turn the Page” to the next chapter of your residence life journey.

Best,
RA Conference Committee
RESIDENCE HALL INFORMATION

The Housing Subcommittee, along with the Housing & Dining office 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 utilized for the conference 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 phone numbers are listed below for each hall being utilized during the conference. 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. If delegations have lost their access card or keys to their living space or are looking to check-out early on Saturday (up until 12am) please call our Conference On-Call number at 319-415-1415 to orchestrate handing in keys and other items needed for checkout. Keys and other items can also be turned in during the Saturday evening events at our Union, to Paula if delegations are wanting to leave the conference prior to the Sunday check-out date.

Residence Hall Office Hours
Friday, 8:00am-6:00pm
Saturday, 4:00pm-6:00pm

<table>
<thead>
<tr>
<th>Residence Hall</th>
<th>Office / RA Cell Phone # (Emergencies within building)</th>
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</thead>
<tbody>
<tr>
<td>Bender</td>
<td>319-273-2658</td>
</tr>
<tr>
<td>Dancer</td>
<td>319-273-2376</td>
</tr>
<tr>
<td>Hagemann</td>
<td>319-273-2580</td>
</tr>
<tr>
<td>Shull</td>
<td>319-273-2080</td>
</tr>
<tr>
<td>Noehren</td>
<td>319-273-2229</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.

University of Northern Iowa
FRIDAY EVENING DINNER

Meals during the 31st Annual UNI RA Conference include Saturday breakfast, lunch and dinner, as well as Sunday grab & go 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

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'Kelly'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

Greenhouse Kitchen  917 W 23rd St.
Fast casual dining with fresh culinary options

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

HuHot 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

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

Pablos Grill  310 Main St.  (319) 277-8226
Casual mexican dining

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

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

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

Rice House  226 Brandilynn Blvd  (319) 266-9999
Chinese and Japanese Food Take-Out and Dine-In

Starbeck's Smokehouse  6607 University Ave.  (319) 242-7119
BBQ at its finest right here in the Cedar Valley

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

Urban Pie  200 State St #101  (319) 260-2045
Fast-Fired style pizza joint with customizing options

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

University of Northern Iowa
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Whiskey Road</td>
<td>402 Main St</td>
<td>(319) 277-1244</td>
</tr>
<tr>
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</tbody>
</table>
| Country/Western-Themed Restaurant with good gluten-free options

**FAST FOOD**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arby's</td>
<td>6018 University Ave.</td>
<td>(319) 266-3627</td>
</tr>
<tr>
<td>Burger King</td>
<td>6301 University Ave.</td>
<td>(319) 266-1087</td>
</tr>
<tr>
<td>Dunkin Donuts</td>
<td>6004 University Ave.</td>
<td>(319) 266 6402</td>
</tr>
<tr>
<td>Hurts Donut</td>
<td>100 E. 2nd St.</td>
<td>(319) 504-5611</td>
</tr>
<tr>
<td>ICON Donuts &amp; Sweetery</td>
<td>4505 Algonquin Dr Suite A</td>
<td>(319) 260-2615</td>
</tr>
<tr>
<td>Jimmy John's</td>
<td>2016 College St.</td>
<td>(319) 266-8551</td>
</tr>
</tbody>
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*Delivery available*

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<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<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>Panda Express</td>
<td>6209 University Ave</td>
<td>(319) 266-6839</td>
</tr>
<tr>
<td>Sub City</td>
<td>2218 College St.</td>
<td>(319) 277-7071</td>
</tr>
<tr>
<td>Subway</td>
<td>6822 University Ave.</td>
<td>(319) 268-1774</td>
</tr>
<tr>
<td></td>
<td>1525 W. 1st St.</td>
<td>(319) 268-4225</td>
</tr>
<tr>
<td></td>
<td>314 Brandilynn Blvd.</td>
<td>(319) 266-2399</td>
</tr>
<tr>
<td>Taco Bell</td>
<td>6023 University Ave.</td>
<td>(319) 268-4399</td>
</tr>
<tr>
<td>Taco John's</td>
<td>6210 University Ave.</td>
<td>(319) 277-6658</td>
</tr>
</tbody>
</table>

**DELIVERY**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domino's</td>
<td>314 Brandilynn Blvd.</td>
<td>(319) 277-3030</td>
</tr>
<tr>
<td>Insomnia Cookies</td>
<td></td>
<td>(319) 774-8220</td>
</tr>
<tr>
<td>Little Caesars</td>
<td></td>
<td>(319) 266-7777</td>
</tr>
<tr>
<td>Papa John's</td>
<td></td>
<td>(319) 277-7722</td>
</tr>
<tr>
<td>Pizza Hut</td>
<td></td>
<td>(319) 266-1300</td>
</tr>
</tbody>
</table>

**Key**

- Meatless/Vegetarian-Friendly—
- Vegan-Friendly——
- Gluten-Free Friendly——
APPs AND WI-FI CONNECTION INFORMATION

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

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

www.eduroam.us/institutions_list

If you do not have Eduroam on your home campus, check out our Wi-fi guide at: uni.edu/guest-wifi

Guidebook
The Guidebook App will allow smartphone and tablet users to access conference information instantaneously with program updates, pictures, a twitter feed and more. The Guidebook App will be available for download beginning the Tuesday prior by going to the app store and searching for Guidebook. You will then search for unira31 or “University of Northern Iowa 31st Annual RA Conference”.

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: 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 name tag 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.

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

Shopping Options
● Viking Plaza
  o Target, Walmart, Scheels Sporting Goods, Old Navy and more
  o Exit UNI parking lot, turn left (south) on Hudson Road, turn left (east) onto Viking Rd.

● Downtown Cedar Falls
  o A variety of local shops!
  o Exit UNI parking lot, turn left (east) on University Avenue, turn left (north) on Main Street, drive 1.5 miles to the downtown shopping district

● College Square Mall
  o Bath and Body Works, Express Outlet, Von Maur, Claire’s and more
  o Exit UNI parking lot, turn left (east) on University Avenue, College Square Mall is on the right side of the road past Hwy 58
CAMPUS ADDRESSES

Check-in/Registration/Checkout:
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
Bender Hall
2005 Campus St.
Cedar Falls, IA 50613

Hagemann Hall
2800 Hudson Rd.
Cedar Falls, IA 50613

Noehren Hall
2900 Hudson Rd.
Cedar Falls, IA 50613

Dancer Hall
2001 Campus St.
Cedar Falls, IA 50613

Shull Hall
2901 Ohio St.
Cedar Falls, IA 50613

Keynote
Lang Hall
2401 Wisconsin St.
Cedar Falls, IA 50614

Friday Night Entertainment
Wellness & Recreation Center (WRC)
2301 Hudson Rd.
Cedar Falls, IA 50613

Saturday Night Entertainment
Maucker Union
063 Sabin-Maucker
Cedar Falls, IA 50614

Saturday Programming & Case Study
Schindler Education Center (SEC)
23rd St.
Cedar Falls, IA 50614

Dining Center
Piazza Dining Center
1501 Redeker Dr.
Cedar Falls, IA 50614

Rialto Dining Center
2003 Campus St.
Cedar Falls, IA 50613
# SCHEDULE OF EVENTS

**Friday, January 28, 2022**

<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>Towers Center (West Towers Lounge)</td>
</tr>
<tr>
<td>9:00 - 11:45 p.m.</td>
<td>Welcome Social/Friday Night Entertainment</td>
<td>Wellness and Recreation Center (WRC)</td>
</tr>
<tr>
<td>9:00 - 10:30 p.m.</td>
<td>OPE and Student Affairs Graduate Program Interest Table</td>
<td>WRC Lower Level</td>
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**Saturday, January 29, 2022**

<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>Rialto Dining Center</td>
</tr>
<tr>
<td>8:30 - 9:45 a.m.</td>
<td>Case Study</td>
<td>Schindler Classrooms</td>
</tr>
<tr>
<td>10:00 - 10:30 a.m.</td>
<td>Welcome &amp; Energizer</td>
<td>Lang Hall Auditorium</td>
</tr>
<tr>
<td>10:30 - 11:40 a.m.</td>
<td>Keynote Speaker</td>
<td>Lang Hall Auditorium</td>
</tr>
<tr>
<td>11:50 a.m. - 12:45 p.m.</td>
<td>Purple Lunch Group</td>
<td>Piazza Dining Center</td>
</tr>
<tr>
<td></td>
<td>Yellow Lunch Group</td>
<td>Rialto Dining Center</td>
</tr>
<tr>
<td>1:10 - 1:50 p.m.</td>
<td>Program Session #1</td>
<td>Schindler Classrooms</td>
</tr>
<tr>
<td>2:00 - 2:40 p.m.</td>
<td>Program Session #2</td>
<td>Schindler Classrooms</td>
</tr>
<tr>
<td>2:50 - 3:30 p.m.</td>
<td>Program Session #3</td>
<td>Schindler Classrooms</td>
</tr>
<tr>
<td>3:40 - 4:20 p.m.</td>
<td>Program Session #4</td>
<td>Schindler Classrooms</td>
</tr>
<tr>
<td>4:20 - 5:20 p.m.</td>
<td>Snack Break/Bulletin Board Gallery</td>
<td>Schindler Open Lounge</td>
</tr>
<tr>
<td>5:30 - 6:10 p.m.</td>
<td>Top 10 Programs</td>
<td>Schindler Classrooms</td>
</tr>
<tr>
<td>6:10 - 7:00 p.m.</td>
<td>Free Time</td>
<td>Your choice!</td>
</tr>
<tr>
<td>7:00 - 8:00 p.m.</td>
<td>Dinner</td>
<td>Piazza Dining Center</td>
</tr>
<tr>
<td>8:15 - 8:45 p.m.</td>
<td>Awards Ceremony</td>
<td>Lang Hall Auditorium</td>
</tr>
<tr>
<td>9:00-11:00 p.m.</td>
<td>Dance</td>
<td>Maucker Union Ballroom A</td>
</tr>
<tr>
<td>9:00 - 9:30 p.m.</td>
<td>Swap Shop</td>
<td>Maucker Union Ballroom B</td>
</tr>
<tr>
<td>9:00 - 11:00 p.m.</td>
<td>Other Entertainment/Games</td>
<td>Maucker Union Ballroom C</td>
</tr>
<tr>
<td>9:00-11:00 p.m.</td>
<td>Snacks</td>
<td>Maucker Union Ballroom Lobby Area</td>
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**Sunday, January 30, 2022**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 - 9:30 am</td>
<td>Key Drop-Off/Check-Out</td>
<td>Towers Center (West Towers Lounge)</td>
</tr>
</tbody>
</table>

University of Northern Iowa
2022 RA Conference Keynote Speaker:

James Robilotta

James Robilotta is an improv comedian, professional speaker, author, and host of the podcast Diner Talks with James. He speaks to willing and unwilling audiences internationally about authentic leadership and promoting memorability. As a speaker, he is doing the two things he loves the most: causing audiences to think critically about their leadership journeys and making people laugh! His thought-provoking talks are infused with self-awareness and comedy stemming from his background as a trained stand-up and improv comedian. James loves to help people get out of their own ways to live the lives they deserve and be the leaders they are capable of becoming.

Learn more about James by going to jamestrobo.com.
PROGRAMMING SESSION INFORMATION

Session 1: Saturday, January 29, 1:10pm to 1:50pm

Queering Our Halls
Spencer Owen (RA) / University of Iowa

When approaching how we support queer students numerous factors can differentiate what levels of support are required to ensure a safe environment is created for those residents. In this presentation, my experiences with running a 29-resident LGBTQ+ Living Learning Community will be discussed as well as some of the common issues and concerns that arise with queer students including mental health-related issues.

IMPROV Your Teamwork and Communication
James Robilotta (Keynote Speaker)

Improv comedy and leadership? There are more similarities than you may expect. This session is grounded in the teachings of improvisational comedy from the Upright Citizens Brigade Theatre in New York City. In this session attendees will learn four basic rules of improv comedy (yes, and...; know your teammates; ask better questions; and commit don’t comment). To illustrate each point and how it relates to their roles as professionals, attendees will get up, play improv games and debrief them. The session is super interactive and will work on knocking down people’s walls to make them more comfortable in high pressure communication/problem solving moments.

Note: you do not have to be funny to come to this session. Also note: this session will not make you funny if you are currently not... but it will make you a better teammate and communicator!

Erik Did Not Manage His Time Well
Madison Correll (RA) and Erik Jantz (RA) / Pittsburg State University

Erik was in his chem lab recitation, immediately after, he had his chem club meeting which he had to leave early from for his staff meeting, which overlapped with his RA office duty, Erik did not manage his time properly. Don’t be like him. Instead, come learn from his mistakes and another RA who has managed their time better as they both talk about their positive and negative time management experiences and what they have learned from them.

Emergency: Crew-mates and Imposters Align
Konya Halle (RA) and Kayla Nickle (RA) / Pittsburg State University

As you navigate your way through the Skeld map, join us in including both crew-mates and imposters with planning large scale events for our residents. From connecting wires and residents to scanning health aspects in the MedBay, see how the process works to start the semester with an impactful large-scale event. Crew-mates will work together in a fun activity to find the imposters and make the map an inclusive environment.

Uncommon Cents: Managing Finances as Live In Professionals
Katie Milne (Assistant Director, Student Success & Retention) / UNI - Student Success & Retention

Living in is such a great deal, right? or that's what we all say. However, it's only a great deal with the right behaviors in place to benefit you. As a young professional I realized there are conversations not being had to the disadvantage of live-in professionals financial development. This session shares stories and six lessons in good financial behaviors I've gathered through experience.

University of Northern Iowa
Res Hall Curve Balls

Michael Holst (RA), Delaney Hiner (RA) and Payton Castleberry (RA) / Kansas State University

Every RA has a plan for what their experience is going to be like with their community. However, things often do not go to plan. This program will explore how to be adaptable and tailor your plans to best fit your community's needs.

Meta-Hangouts, What Are They and How Can You Use Them to Connect with Residents

Matthew Trenne (RA) / Minnesota State University, Mankato

Meta-Hangouts are all about targeting a few residents at a time and working to center hangouts and activities around their interests in an attempt to get them involved in the community. Realizing that active residents will go to events regardless of what they are, it is important to take the time to center a few events around residents that are not as involved in the community. This is a great way to build a stronger community, get residents involved in a way they are excited about and it is a stepping stone to build individual connections with residents.

The RA Role and Impacting Diversity and Inclusion on Campus

Maddy Berg (RA) / Minnesota State University, Mankato

How the role of a RA is very important to the overall diversity and inclusion of your floor, residential hall, and wider campus community and the part RAs play in fostering great diverse and inclusive communities.


Hanna Schmitt (RA) / Wartburg College

Relationships are like plants! Learn how in this engaging session about building personal connections, having intentional conversations, and improving relationships with those around you.

Secret Life of Pets: Dorm Edition

Magdalyn Carlson (RA) and Grace Nixon (RA) / Truman State University

Truman State University opened up a pilot program for a completely pet friendly residence hall. This program has been very successful over the past two years. This presentation will go over the ins and outs of being an RA in a pet friendly dorm. It will include protocols, pet friendly programs, how to handle disputes involving pets, advice for facilities and other housing professionals, and benefits of pet friendly housing. Also included: real life adorable pictures of pets currently living in Truman State University's Dobson Hall.
Session 2: Saturday, January 29, 2:00pm to 2:40pm

Incorporating Diversity Into Your Programs and Curriculums
Jennifer Pham (RA) / Truman State University
SEC 217
This presentation will address how diversity and inclusion can be included into programming and curricular models, including how to create a welcoming environment and finding diverse resources.

Find Your Third Place: A Work/Life Balance Conversation That’s Actually Helpful
James Robilotta (Keynote Speaker)
SEC 220
Hold the eye rolls, this is a conversation about balance that is both realistic and worthwhile! The truth is, work cannot run our lives AND work is not the only source of our balance issues. In this session James offers an alternative to traditional methods (things like, find one hour of your week and hold it sacred) and, instead, uses the “Third Place Principle” as a way for us to gain more control and purpose. We all crave more balance, and this introspective session will help audiences understand how a Third Place can add more stability at work and home, create more impactful stories, and, most importantly, generate a more fulfilling life.

You're the Main Character!
Brooke Barnes (RA) / Western Illinois University
SEC 301
People like to joke about if they are the main character or the side character, but at the end of the day you're the main character of your story! With being RAs, we tend to believe that there is only one way to be a leader and feel the pressure of having to act a certain way. Embracing our differences is part of personal leadership and finding our own way to take charge! Individuality should be embraced, not seen as a negative. It's time to take the lead and be unapologetically ourselves! Pack your bags and get ready for a self-discovery journey!

Responding to a Crisis
Nayra Lujano (RA) / Iowa State University
SEC 304
This is a program meant to go over common responses in times of trauma or crisis. This is meant to help folks understand how people react to these events and how to provide ongoing support during and after the incident while still caring for themselves.

If You Try Sometime You'll Find, You Get What You Need
Katie Milne (Assistant Director, Student Success & Retention) / UNI - Student Success & Retention
SEC 306
Do you need things? Do you not always know how to ask for what you need? have people misinterpreted your intentions based on your written communication? If so, this session is for you! The session will specifically focus on tips for how to request letters of recommendation, write thank you notes and reach out to unknown sources. The session will be a combination of group activities and guided practice that give you a chance to write your own personal communication. You'll also leave with templates to be used when drafting written communication in the future.
Crafting Consent

Olivia Elmore (RA) / Kansas State University

For this passive program, I set up a huge whiteboard outside the main lobby with a question written on it: "What does consent mean to you?" A table was set up in front of the whiteboard with expo markers to respond with and a bowl full of condoms for residents to take. There were also two QR codes to scan that were linked to the Planned Parenthood website. It allowed residents to see an official definition of consent while also writing their own personal definition on the whiteboard.

What's Worse Than Being in a Room Full of Strangers?

Bradley Crider (RA), Ian Stewart (RA) and Boyd Tweed (RA) / Pittsburg State University

What's worse than being in a room full of strangers? Being in a room full of strangers and you don't know how to talk to them. Come participate in the action of talking to strangers with us. We'll focus on what makes a good and bad icebreaker and we will practice how to use that in real time.

Inclusivity in Language - Improving Gender-based Language with Residents

Jarod Valencia-Cheng (RA) / University of Iowa

With the recent rise in comfortability with college students being "out" with their gender identity, changes in how we communicate with residents are necessary in order to affirm all residents in their identities. Improving how we move away from gender-based language to be more gender-neutral is a natural shift in order to reflect the evolving demographic landscape. This is not only helpful for typical residents, but can allow for Resident Assistants to create welcoming environments among their residents and supervisors for their own well-being.

Ennea-what?

Jesse Briscoe (Advisor) and Chris Hawk (Advisor) / Pittsburg State University

What number are you? Have you jumped on the Enneagram bandwagon? Come learn about this centuries old personality tool as you discover which Enneagram type you are and how it can help you grow as a person and as a leader.

Ratatouille

Makayla Kelleher (RA) / Cornell College

Why do the little things matter? In this Program, assume the role as head chef. You, as the RA, bring all of the flavors of your floor together - bulletin boards, floor meetings, event planning. Dive deep into the kitchen, and explore how adding just a touch of salt can make all the difference.
Session 3: Saturday, January 29, 2:50pm to 3:30pm

Introduction to Trauma and Resilience  
Matt McDonnell (RA) / University of Iowa  
SEC 217

RAs come across a variety of difficult situations throughout their tenure; not all of them are things we really want to see. In this program, we will discuss different forms of trauma and helpful ways to cope/recover from such events. Specifically, we will focus on the stages of reacting, processing, and accepting the hardships we face. This is not about therapy or professional help, but more about personal anecdotes and suggestions. With this program, you will learn some tips for dealing with your own traumas, if/when they occur in the future.

Implicit Bias: We All Have One (or More)  
Rae Daniel (RA) / Kansas State University  
SEC 218

Implicit Biases determines how we view and navigate the society that surrounds us. It determines who we're friends with, who we work for and around, and who we allow to be in our personal space(s). We all have at least one or two. But that's the thing, wouldn't you like to actually KNOW what your implicit bias is? With the help of interactive games and activities, I would like to help shed light onto that dark, unconscious corner of your brain.

Be an Open Book!  
Brooke Barnes (RA) Megan Orsini (RA) / Western Illinois University  
SEC 301

Bottling up emotions is a habit many people, especially leaders, have. Vulnerability and honesty are two important qualities in being a leader, but can be challenging. This program will help you step out of your comfort zone and see the importance in being a transparent leader, along with learning to value self-care and being aware of our emotions. Get ready to be an open book and learn how to break this habit for good!

DIY: Pride Flags  
Hannah Gentry (RA) Payton Branson (RA) / Pittsburg State University  
SEC 303

Did you know that the first Rainbow Flag was designed in 1978? Join us to create your very own DIY Pride flag (or Pride craft) and learn about the history of Pride flags! δÝŒ€

Managing Meeting Mania: How to Lead Fun, Sexy, and Nuanced Meetings  
Alexander Nichols (Advisor) / Coe College  
SEC 304

Let's face it! We eat, sleep, and breathe meetings. We have all-staff meetings, committee meetings, area meetings, building meetings, floor meetings, roommate meetings, one-on-one meetings-you get the idea, we have A LOT of meetings. Meetings are our stock-in-trade and (despite the best efforts of COVID-19) they aren't going away. While some meetings may be enjoyable and engaging, you will undoubtedly be in many meetings that you think are too frequent, badly timed, and poorly run. These thoughts are all early signs of meeting mania. This interactive workshop will equip you with the skills needed to combat meeting mania. Specifically, you'll learn how to plan agendas, structure information, and design activities to host meetings that people want to attend. If you have difficulty leading fun, sexy, and nuanced meetings, then this is the workshop for you; I'll also have candy!

University of Northern Iowa
Life Hacks: RA Edition  
*Katie Milne (Assistant Director, Student Success & Retention) / UNI - Student Success & Retention*

RA Life Hack [noun]: a strategy or technique adopted by RAs to manage their time and daily activities in a more efficient way. This session will be a fun environment to share your own job related "life hacks" and learn from other RAs creative ways to be productive and efficient in your work. Ideas to share include: ways to stay organized, tips for finding balance in your role, strategies for tackling administrative tasks, approaches to setting boundaries with residents and more! Bring your tool box of tricks and be ready to leave with a whole new toolset!

Marketing the RA Experience  
*Jesse Heath (Advisor) / Minnesota State University, Mankato*

Looking to highlight your RA experiences on an internship or job application? This session will have attendees reflect on their noteworthy experiences and learn to characterize the duties in both their resumes and by discussing the highlights in interviews. Understanding how to share your RA experiences helps to relieve some of the stress that comes with the job search.

Do's and Do-nuts of Diversity!  
*Ryley Griffin (RA), Chipo Kambarami (RA) and Unity Nebesniak (RA) / Kansas State University*

An interactive program where we will cover the do's and don'ts of diversity and how to be an advocate for diverse populations with a donut theme.

Self Care: How to Refill Your Bucket When You Are Feeling Drained  
*Tyler Hospodarsky (Graduate Assistant) / UNI - Office for Professional Distinction*

Do you ever feel drained and tired of your work? Do you ever wonder how to gain energy when you are feeling burnt out? Look no further than this session, as we will cover a multitude of topics and activities to help you and your residents re-energize and refocus on doing what you love. Regardless of who you are and where you are at in life, it is vital to have effective strategies in place to prevent burnout and care for your mental health. Through this session participants will discover some effective strategies for themselves and for those around them.

Working Genius  
*Jesse Briscoe (Advisor) and Chris Hawk (Advisor) / Pittsburg State University*

Have you ever been working on something and just felt exhausted afterwards? Perhaps the task at hand may not be your Working Genius. What’s a Working Genius? Come learn about this productivity tool to help you discover what parts of working on things actually bring you joy and fulfillment.

Eggs and Affirmations  
*Hannah Krejci (RA), Lauren McGuill (RA) and Natalie Lawrence (RA) / UNI - Panther Village*

A great emotional wellness event. A way to de- stress. Take eggs and replace yolk with paint. Then throw them at canvases. In order to be able to do this residents have to write a positive affirmation. Positive affirmations then go on canvases when the paint is dry and the paintings are displayed in the dorm building.
Session 4: Saturday, January 29, 3:40pm to 4:20pm

Minorities at a PWI
Yessenia Rodriguez (RA) and DiMaucia Phanfil (RA) / UNI - Noehren Hall

At prominent white institutions, minorities have a hard time feeling like they belong and finding their placement at the university. There are different resources available to these students but it is important to recognize these resources. It is also important to understand the difficulties that many minorities go through during their time at college.

Roll into Relaxation
Desirae Shelton (RA) and Jordan King (RA) / UNI - Lawther Hall

This Emotional Wellness event is all about getting in tune with your emotions and goals while enjoying some scrumptious Texas Roadhouse rolls! Residents are able to make their own mini Zen gardens and learn about a variety of healing crystals and their meanings.

How to Navigate and Appreciate Diversity in the RA Role
Diamond Roundtree (RA) / UNI - Dancer Hall

How to Navigate and Appreciate Diversity in the RA role is a program that challenges you to step out of your comfort zone and have conversations surrounding specific issues that residents and other staff might face, such as race, gender, and beliefs. This program gives suggestions about how to have those conversations and be open-minded.

It’s Tailgate Time!
Dawson Mundt (RA) / UNI - Shull Hall

This presentation recognizes the need for physical wellness, it is a good developmental activity to encourage casual exercise via cornhole and healthy eating in a social and accepting environment that can be far less intimidating than the gym. This presentation explains how participants would have the opportunity to learn to focus on their overall health and wellbeing. Attendees will learn of ways to incorporate casual exercise into programming that does not deter residents who are less than enthusiastic about typical sports. Ballots will be dispersed to attendees so the great cornhole versus bags debate can be settled once and for all at the RA Conference!

Setting Successful Boundaries
Owen Lerg (RA) / UNI - Hagemann Hall

This program will cover why boundaries are important in the RA role and how to set them up with your residents, fellow RAs, and RLCs. In addition, we will discuss how to navigate discussions with individuals who cross boundaries you have already set. We will explore this topic through an interactive activity in which participants will simulate boundary issues and solve them within the RA role.
How to Disagree with a Job You Love

*Katie Milne (Assistant Director, Student Success & Retention) / UNI - Student Success & Retention*

Have you had disagreements with a policy or procedure within Res Life? Have you tried to give feedback and it wasn't well received? The purpose of this session is to provide student staff with a framework of how to make change within their sphere of influence. Our time together will include role-play scenarios and case studies as well as a generic framework that can be applied to individualized reflection. This session will not be a time to discuss your specific grievances, however it will provide you with the necessary skills to address those issues back on your own campus.

Authority in the RA Role

*Joseph Correa (RA) / UNI - Rider Hall*

How to exude confidence and authority without coming across like a cop.

The Oregon Trail: The RA Tale

*Halle Kilburg (RA) and Maddy Tichota (RA) / UNI - Bender Hall*

Many of you may recall the highly popular desk computer game of 2008: The Oregon Trail. While on the path to reach Oregon, players are met with challenges and left to decide how to best allocate resources. Similarly, in the RA role, we are often faced with a sequence of challenges. Additionally, much like in the game, we have a finite amount of resources that we are able to utilize throughout the journey (i.e. our time, mental capacity, and emotional investment). This computer game will be brought to real life as participants embark on a similar journey on their own "trail" throughout the semester as an RA. In this simulation, they will be confronted with realistic scenarios RAs often face. Reaching "Oregon" will be equivalent to reaching the end of the Semester- it cannot be completed if the player runs out of supplies. Join us on this thrilling adventure!

Wear Your Identity!

*Mackenzie Ireland (RA) / UNI - Shull Hall*

This presentation reviews an adaptation of the beads of privilege activity; it is a good developmental activity to process the things residents have learned about themselves and others in relation to privilege and identity. This presentation explains how participants would have the opportunity to take a physical reminder of important aspects of their identity with them beyond college in the form of a tie dye shirt. Shirts such as these can serve to emphasize the importance of literally wearing the things that make people unique proudly. Attendees will be offered a coloring sheet of a t-shirt with a QR to programming instructions for a hands on experience they can save for future reference.

DoNut Stress!

*Sam Webb (RA) / UNI - Shull Hall*

This presentation emphasizes the importance of academic wellness; it demonstrates the developmental opportunities a low-stress social environment may provide. This presentation explains how participants would have the ability to get connected with their resident assistant and form beneficial habits early in their college experience. Attendees will have the chance to participate in creating their own plans for academic wellness to take with them into their next semester.
And I'll Do it Again: Returning to the RA Role (From the Perspective of a Third Year RA)  SEC 409

Joe Link (RA) / UNI - Dancer Hall

The RA role can often be draining and demanding, yet it can be equally enjoyable and rewarding. Those that return to the RA role will likely be faced with new challenges, depleting excitement, and the risk of burnout. From the perspective of a third-year RA, I’d like to share the insights I've gained on how to take care of yourself and continue to perform well as a returning RA.

Session 5: Saturday, January 29, 5:30pm to 6:10pm

Top Ten Programs will be announced via Guidebook at 5:20PM
SAVE THE DATE!

32nd Annual UNI RA Conference
January 27–29, 2023
Hope to see you all there!

Thank you for joining us this year and safe travels on your journey home!