32\textsuperscript{nd} Annual RA Conference
January 27-29, 2023
Hello RA Conference Delegates and Advisors!

We are so excited that you have chosen to attend the 32nd 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, Sara Lowery, 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 45 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 find your inspiration for 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

Residence Hall Office / RA Cell Phone # (Emergencies within building)
<table>
<thead>
<tr>
<th>Residence Hall</th>
<th>Office / RA Cell Phone #</th>
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<tbody>
<tr>
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<td>Rider</td>
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Important Phone Numbers
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<tr>
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</tr>
<tr>
<td>UNI Police, Non-Emergency</td>
<td>319-273-2712</td>
</tr>
</tbody>
</table>

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 32nd 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**
America's favorite neighborhood bar and grill
6301 University Ave.  (319) 266-1814

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Whiskey Road
402 Main St (319) 277-1244
Country/Western-Themed Restaurant with good gluten-free options

**FAST FOOD**

Arby's
6018 University Ave. (319) 266-3627
Burger King
6301 University Ave. (319) 266-1087
Dunkin Donuts
6004 University Ave. (319) 266 6402
Hurts Donut
100 E. 2nd St. (319) 504-5611
ICON Donuts & Sweetery V
4505 Algonquin Dr Suite A (319) 260-2615
Jimmy John's
2016 College St. (319) 266-8551

*Delivery available*

KFC
6104 University Ave. (319) 266-8551
McDonalds
2515 Main St. (319) 266-6330
Panda Express
6209 University Ave (319) 266-6839
Sub City
2218 College St. (319) 277-7071
Subway
6822 University Ave. (319) 268-1774
1525 W. 1st St. (319) 268-4225
314 Brandilynn Blvd. (319) 266-2399
Taco Bell
6023 University Ave. (319) 268-4399
Taco John's
6210 University Ave. (319) 277-6658

**DELIVERY**

Domino’s
(319) 277-3030
Insomnia Cookies
(319) 774-8220
Little Caesars
(319) 266-7777
Papa John’s V
(319) 277-7722
Pizza Hut
(319) 266-1300

**Key**
Meatless/Vegetarian-Friendly-- M
Vegan-Friendly-- V
Gluten-Free Friendly-- G

University of Northern Iowa
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 unira32 or "University of Northern Iowa 32nd 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

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
  - 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!
  - 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, Von Maur, 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/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

Dancer Hall
2001 Campus St.
Cedar Falls, IA 50613

Rider Hall
2801 Ohio St.
Cedar Falls, IA 50613

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

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

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

Saturday Programming & Case Study
Schindler Education Center (SEC)
2300 Indiana Street
Cedar Falls, IA 50614

Rialto Dining Center
2003 Campus St.
Cedar Falls, IA 50613

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

Friday, January 27, 2023

5:00 - 9:00 p.m.  Registration & Hospitality  Towers Center (West Towers Lounge)
9:00 - 11:00 p.m.  Welcome Social/Friday Night Entertainment  Wellness and Recreation Center (WRC)
9:00 - 10:30 p.m.  OPE and Student Affairs Graduate Program Interest Table  WRC Lower Level

Saturday, January 28, 2023

7:45 - 8:45 a.m.  Breakfast  Rialto Dining Center
8:30 - 9:45 a.m.  Case Study  Schindler Classrooms
10:00 - 10:30 a.m.  Welcome & Energizer  Lang Hall Auditorium
10:30 - 11:40 a.m.  Keynote Speaker  Lang Hall Auditorium
11:50 a.m. - 12:45 p.m.  Purple Lunch Group  Piazza Dining Center
11:50 a.m. - 12:45 p.m.  Yellow Lunch Group  Rialto Dining Center
1:30 - 2:10 p.m.  Program Session #1  Schindler Classrooms
2:30 - 3:10 p.m.  Program Session #2  Schindler Classrooms
3:10 - 3:50 p.m.  Snack Break/Bulletin Board Gallery  Schindler Open Lounge (2nd Floor)
3:50 - 4:30 p.m.  Program Session #3  Schindler Classrooms
4:50 - 5:30 p.m.  Program Session #4  Schindler Classrooms
5:30 - 6:00 p.m.  Final Bulletin Board Gallery Visits  Schindler Open Lounge (2nd Floor)
6:00 - 6:30 p.m.  Free Time  Your choice!
6:30 - 8:00 p.m.  Dinner  Piazza Dining Center
8:15 - 8:45 p.m.  Awards Ceremony  Lang Hall Auditorium
9:00-11:00 p.m.  Dance  Maucker Union Ballroom A & B
9:00 - 9:30 p.m.  Swap Shop  Maucker Union Ballroom C
9:30 - 11:00 p.m.  Other Entertainment/Games  Maucker Union Ballroom C
9:00 - 11:00 p.m.  Surprise Entertainment  Maucker Union Coffeehouse
9:00-11:00 p.m.  Snacks  Maucker Union Ballroom Lobby Area

Sunday, January 29, 2023

7:30 - 9:30 am  Key Drop-Off/Check-Out  Towers Center (West Towers Lounge)
2023 RA Conference Keynote Speaker:

Sara Lowery

Sara Lowery is a professional speaker and Assistant Director of Fraternity and Sorority Leadership & Learning at the University of Delaware. She speaks to audiences about authentic leadership, staying mentally healthy, and promoting real love is SELF LOVE. As a speaker, she is doing the two things she loves the most: encouraging audiences to think critically about their leadership journeys and inspiring people to be their best even if they think their walk is a mess! She has shared her messages with many colleges and institutions nationwide.
PROGRAMMING SESSION INFORMATION

Session 1: Saturday, January 28, 1:30pm to 2:10pm

Uncommon Cents: Managing Finances as Live In Staff Members
Katie Pfarrer / University of Northern Iowa
SEC 217

Living in is such a great deal, right? However, it's only a great deal with the right behaviors in place to allow it to benefit you. As a young professional I realized there are conversations not being had to the disadvantage of live-in professionals financial development. The goal of this session is to share stories and six lessons in financial behaviors that can help you make the most of your time as a live-in professional.

A Strong Community
Ben Borweiler / Minnesota State University Mankato
SEC 218

This session will go into different ways on how to engage with your community & residents, and provide tips and tricks on how to get residents to go to programs or even out of their rooms. Having been an RA/CA for three years with three very different communities, learn from some mistakes and learn about approaches to get connected with residents and each other. This session highlights programs done and passive ways on connecting a floor, as well as navigating reluctant residents. You will have the opportunity to share your own successes and utilize handouts to bring back to your communities.

Keynote Presentation Follow-Up
Sara Lowery / Keynote Speaker
SEC 220

Keynote Presentation Follow-Up
Sara Lowery / Keynote Speaker
SEC 220

Join us for a follow-up session with keynote speaker, Sara Lowery!

Addressing Mental Health in ResLife Communities
Deanna Dymond & Sarah Devlin / University of Nebraska Omaha - Scott Campus
SEC 301

The life of an RA is busy, challenging, and sometimes overwhelming. Your objective is to help build a positive, impactful community and create meaningful relationships with residents. Students look to you as a peer resource, come to you for help, and confide in you as a friend. In this program session, you'll have the opportunity to engage in valuable conversations about mental health in residence life communities, get advice in navigating difficult conversations, and establish connections that will help you be more successful in your role.

Burnout & Breath: Completing the Stress Cycle
Paula Myatt / University of Northern Iowa
SEC 303

Stress and burnout can happen in a role where the primary role is caring about people. Based on information taken from 'Burnout: The Secret to Unlocking the Stress Cycle' by Amelia & Emily Nagoski, this workshop will focus on discussing the stress cycle, how it contributes to burnout, and steps to take to help manage your stress.

University of Northern Iowa
Helping Students Explore Majors in the Residence Halls
Kim Bock & Heather Asmus / University of Northern Iowa

Did you know that 80% of students change majors during college? Whether students come to college still deciding on a major or start questioning their major in the middle of the semester, there are many ways to help! You might be familiar with the formal actions to take (refer to an academic advisor!) but there are also questions to ask and activities that you can do to help students in this process. This session will talk through exploring majors and leave you with tools to help the next student who tells you that they don't know what to major in!

Understanding Your Residents' LGBTQ+ Identity
Maysun Craven & Nathan Kirby / Truman State University

We will be presenting a short lecture on how to understand resident's LGBTQ+ identities. This will include a section on pronouns and the different types such as default pronouns and neopronouns as well as how to respectfully ask for someone's pronouns. We will also present a few different ways people can present themselves and why this type of gender presentation may vary from their actual gender identity. This will help RA's understand those that differ from their identities and what they're used to. RA's will also learn how to cultivate an inclusive environment for residents of every identity and presentation.

Spring Cleaning
Alani Delce / Northwest Missouri State University

Are you looking for a low-cost program? How about a way to give back to the community? In this program, you'll learn how to put on an event that gives you those feel-good feelings without breaking the pocketbook! You and your residents will be able to clear out some clutter and give back to your community. This event is perfect for new RAs and returners and can be as big or small as an event that you're comfortable with.

Connections on Another Level: How to Engage With Your Community
Hannah Schwingler & Elizabeth Ring / University of Minnesota Duluth

Our program is about the differences between two community events models. The first model is focused on life skills and utilized topics as an outline for events while the second model demonstrates RA's ability to create events independently. Two returning RAs will be talking about how making updates to the model has affected community morale and has introduced new engagement strategies. While utilizing data collected and interactive participation with the audience, we will present our findings on program models. We will end the presentation by reviewing how these ideas can be used and incorporated into their events.

Floor Playlist
Kenny Lutz / Cornell College

A floor playlist is a great way to start out a freshman's first time on campus. It allows them to bond with each other and express themselves. Music is an excellent way to open up an individual's creative side.
First-Year Frenzy  
Kaylee Hodson & Sarah Rasing / Valparaiso University

RAs will get the chance to use their creativity to develop a bulletin board and/or program for first-year communities in a fast-paced workshop environment. Come prepared to meet a new friend, think on your feet, and go home with plenty of ideas for your first-year community!

Floor vs. Floor  
Wesley Pryor / Missouri University of Science and Technology

Floor vs. Floor is a highly flexible, passive two-floor program that takes place over the course of the school year in which a friendly and active rivalry is fostered between the two floors. The goal of this program is to gain more activity and sociality on and even between the floors' residents. Throughout the year, you build a narrative for the rivalry with light-hearted "propaganda" and "Rival Events" between the floors (like goofy pictures of the other floor's RA, or a Mario Kart tournament between the floors) in which a score between floors is kept of who won what!

Capitalizing On Your Housing Transferable Skills!  
Sarah Debevec & Robyn Bauer / University of Minnesota Duluth

Great RAs dedicate a lot of time and energy to the students whom they serve, as well as to their role as a student leader on their campus. Sometimes while job searching and/or applying for leadership opportunities on campus or in the greater community, we overlook the transferable skills that RAs develop in their everyday lives while serving students. In this presentation, we will brainstorm the transferable skills that most RAs develop in their leadership role on their home campus, discuss how a RA can present their transferable skills well on their resume and review the power of a well-placed skill in a resume bullet point.

How The RA Role Connects To The Educator Role  
Lewis Godomski & Nick S. / Illinois State University

There is so much overlap with being an RA as well as being an educator. During our time as an RA we have seen some of these overlaps. These overlaps include being an inclusive leader, mentoring as well as teaching students different life lessons and building relationships with students in diverse backgrounds. In this session delegates will receive information on how the RA role prepares future teachers with community building, classroom management, and relationship building. In the conclusion, delegates will get a chance to share their thoughts on how the RA role and the educator role overlaps. This session is intended for preserver teachers who are RAs.

Jacob Hauenstein / University of Wisconsin - Madison

Most of our time is spent by default. We pick up our phones, check our emails, and have our brain on autopilot. At the end of the day, week, and month- we ask ourselves: where did the time go? In this presentation, we consult the "happiness experts" from the acclaimed authors of 'Make Time' and their advice on tackling a strong resident advisor work-life balance. We will identify: what matters in our lives, eliminate distractions, and reclaim our lives through intentional planning.
Session 2: Saturday, January 28, 2:30pm to 3:10pm

**Grocery Bingo**
Katie Filiakova & Eric Zhao / Grinnell College

Grocery Bingo combines the common university student's need for food and household goods with the fun classic game of bingo, resulting in an experience that creates laughs, prizes, and community. Attend our session to find out how we advertised and organized the bingo, how we reflected the Department of Residence Life's mission, and how we put a special Grinnell College twist on this classic college program.

**Session 2: Saturday, January 28, 2:30pm to 3:10pm**

**R A(lly)**
Gabe Barnes & Kalyani Kannan / University of Northern Iowa

Do you know what all the letters of “LGBTQIA” mean? Are you nervous about being accidentally homophobic to your residents? Are you overall confused and would like an easily digestible introduction to the Queer community? The R A(lly) Session will show you how you can be a more inclusive RA to your Queer residents and how you can be supportive to your fellow LGBTQIA+ RAs.

**VISA (More Than Just A Credit Card): An International Perspective**
Ben Dorweiler / Minnesota State University Mankato

This session focuses on educating students on some of the additional barriers international students have to navigate within the college experience. The session talks about some of the frequent language and processes involved like F1, J1, I-20, SEVIS, CPT, OPT, as it will also challenge students to think about barriers, and how you become a supporter of your students. Leaving the session, you will have a better understanding of the pre-arrival process of an international student, the barriers in addition to college, and what you can do to ensure you feel comfortable to engage in conversation & provide support.

**Helping Students in Distress**
Riley Rodemaker / University of Northern Iowa

As RAs, you will be presented with a variety of challenging situations that your students are facing including mental health struggles. In this session, you will learn useful skills and techniques to assist you in having conversations with students who may be struggling with their mental health as well as potential resources that can be useful. Trigger warning: This presentation does include content related to suicide.

**Advisors Guide to Becoming a Full Time Housing Professional**
Robyn Bauer & Meriya Zalma / University of Minnesota Duluth

Interested in continuing on in the housing profession and becoming a full-time professional? In this program, two new entry level housing professionals will talk about the ins and outs of transitioning from an RA to a full time housing professional. We will discuss different paths to joining the profession, the transition from an RA to an entry level professional, what being an entry level professional looks like, as well as tips on how to start the process early and know what to look for. This program will allow RA's to ask any questions they may have about what the transition looks like without any judgment or pressure.
Resident Hall Murder Mystery
Alexander Charchenko & Nora Barnes / University of North Dakota

SEC 303

During this session we will be discussing career preparation, transferable skills and things to be thinking about for after graduation. We will provide guidance on how to market your RA experience to future graduate schools and/or employers.

Encouraging Healthy Academic Habits in the Residence Hall
Kim Bock & Heather Amus / University of Northern Iowa

SEC 304

Professionals talk about work-life balance, but what about school-life balance? When you live where you go to school, creating balance between going to school, completing homework, sticking to a study schedule and having a personal life is tricky! Students share that it's challenging to handle everything that is expected of them - so how can we help them set up habits to succeed? This session will give you tips on how to help students create space for being a productive student while also enjoying the college experience.

Setting Healthy Boundaries & Self-Care
Becca Baker & Jared Thein / Winona State University

SEC 306

In this presentation viewers will be able to learn and express some creative ways to set healthy boundaries, and recharge themselves. As members of Housing and Residence life it is important to be sure that the individual is able to be their best so they can best serve their students, and achieve their personal goals.

Make a Plan to Vote: Encouraging Students to Know their Options
Justin Luster / Northwest Missouri State University

SEC 308

How do you feel about the current state of the United States? What about your state? Regardless, the voting age in the United States is 18-years-old, so let your voice be heard and encourage residents to know their options for voting. This session not only will show you how I hosted this program, but will bring you information about finding the resources needed to be successful and providing information to your residents about voting!

Understanding the Differences, Act On the Commonalities
Xao Vang / Winona State University

SEC 309

Do you have to do diversity bulletin board? Programming as a staff member in Housing and Residence Life? Does this scare you? Come to this session, we will explore ways on how to help you create better diversity programming and bulletin boards that you could take with you. Be ready for an honest and open discussion about the topic of diversity.
How To Drive Resident Engagement  
*Benjamin Finchamp / Truman State University*

Have you ever spent days planning an event for the residents on your floor, but when the time comes you find yourself sitting all alone? Join many other RA's with the exact same issue as we figure out how to best drive resident engagement. As a large group, we will discuss the tips and tricks we have used to ensure all those preparation hours don't go to waste. We all know that not every residence hall is the same, so your insight is needed. Join us for a group discussion that you can apply to your future events today.

Who Says a Little Conflict is Bad?  
*Cameryn O'Brien & Gabriella (Gabby) Forde / Valparaiso University*

Conflict is inevitable, yet, many residents have never experienced healthy conflict resolution. As RA's, we encounter a wide range of unhealthy coping styles such as avoidant and combative. RA's have the rare opportunity to help their residents grow their conflict resolution skills through the Residential Life experience. This presentation will explore how to empower and teach residents with both aggressive and avoidant-conflict resolution styles how to advocate and initiate healthy conflict resolution through self-awareness.

Returning RAs: Scaffolding the Training Experience  
*Thomas Johnson & Emily Shields / Carleton College*

In response to a desire from RA’s to have more involvement in our fall training, we asked returners to submit facilitation guides for training sessions as part of their returner application. Over the summer we read each one and fit these in during Fall Training. We have found many creative ways to involve returners, and have had positive feedback. Learn the successes and failures of the early stages of this process, and how we got where we are now. *(Advisor Only Session)*

Toeing the Line Between Advisor and Friend  
*Sarah Devlin & Deanna Dymond / University of Nebraska Omaha - Scott Campus*

Do you ever have a conversation with one of your residents, RA’s, or coworkers and think "Ooo, maybe I shouldn't have said that?" We've been there, and experienced the good, bad and ugly side effects of it. Come join us to learn and talk about how to find that perfect middle line between friend and advisor, the positive & negative effects this could have, and how to get to that position.

Preventing Or Recovering From Burning Out and Ways That Could Help  
*Lewis Gadomski / Illinois State University*

In this session you'll hear from Lewis on how he faced burnout and the effects of it. You'll hear signs of things that could lead you to burnout, tips on how you could prevent burnout as well as what to do if you may be facing burnout. Then you'll have an opportunity to discuss ways you could implement this into your life as well as your RA role!

Disclaimer; the presenter is not an expert in this field, but will inform delegates on experiences they have had with burnout as well as things they have researched that could help.
Time Management: How Much Can YOU Do?  
*Ryan Hawkins / Northwest Missouri State University*

As an RA, you live a very busy life, but how much can you really do with your time during school? Time management is the pinnacle to efficiency, whether it's during the school year or in your own free time. In this presentation, RA Ryan Hawkins hopes to provide crucial techniques and skills that will enhance any student's ability to do more with their time.

What I'd Wish I'd Known: Tips for First-Year RAs  
*Rowan Jolkowski / Doane University*

Tips and tricks based on my experience as an RA.

**Session 3: Saturday, January 28, 3:50pm to 4:30pm**

R gAy  
*Gabe Barnes & Kalyani Kannan / University of Northern Iowa*

As a Queer RA, how are you doing? The R gAy session will be a round table, safe space, open discussion program where attendees will be able to voice their personal experiences about what it's like to be both an RA and a person in the LGBTQIA+ community.

How Intersectionality Impacts You!  
*Alaina Allen / University of Wisconsin Stevens Point*

Do you want to learn about intersectionality? Do you want to draw a funny animal? Do you want to learn more about a concept that will change the way you look at society and how you influence it as an RA? Come to How Intersectionality Impacts You! to learn, be silly, and grow as a person and an RA.

Energy Management And Changing The Definition Of Consistency  
*Krishna Chebolu / Truman State University*

Conventional ideas of time management and consistency have been around for a long time. I want to advocate for a less-known but more effective idea: energy management. First, I will go into the works of the idea and how I implement it to lead a more productive life. Next, I will discuss alternative notions of consistency where our moods are considered. Finally, I will conclude by talking about motivation and goal-setting. This presentation will provide immediate and actionable things to integrate into your current lifestyle. The audience will leave with new definitions for concepts they have known all their lives.
Check-in to Strong Communication
Sam Fuehrer / Missouri University of Science and Technology

Gain active listening and assertive communication skills and practice them to prepare for connecting with hard to reach residents.

How To Use a Trauma-Informed Approach as an RA
Karlee Severson / University of Minnesota-Duluth

Being an RA means being involved with difficult and challenging situations. Learn how to address difficult situations with a trauma-informed lens, and better support the residents we serve.

Caring Conversations: Helping Residents Navigate Difficult Situations
Erika Doetkott / University of Minnesota-Duluth

Now more than ever, caring conversations are occurring in the housing realm. There's been an increase in mental health concerns, as well as a decrease in students' wellbeing, and overall health within the past few years. In this program, we'll discuss the best ways to approach and facilitate these conversations while maintaining our own health and boundaries to ensure that both residents and housing staff members are able to function at their best.

“Schitt’s Campus!” Encouraging Self-Care for Overworked and Underpaid Resident Assistants
Daniela Almarales & Max Gorden Mercer / Coe College

Oftentimes, Resident Assistants (RA) will neglect their own health for the sake of helping others. These stressors can then not only impact their work performance, but their mental health as well. Research recognizes how these stressors may impact the day-to-day life of an RA. In this workshop, we will present effective self-care techniques and discuss ways for RA staff to implement them in mitigating work-related stress. To learn more about taking care of yourself (and for a delicious treat!), please come on by for a critical dialogue on RA mental health and self-care.

Advisors Assemble!
Deanna Dymond & Sarah Devlin / University of Nebraska Omaha - Scott Campus

This program is meant for staff advisors to share ideas, strategies, advice, and experience with managing residence life staff in an open discussion forum. Topic Examples: RA Staff Training, Conflict Management, Staff Changes, Effects of the Pandemic, Campus Programming, Motivation & Incentives, Personal & Professional Boundaries, etc. (Advisor Only Session)

Craving Culture
Angela Lopez, Anabel Arana, & Sydney Lopez / Missouri State University

Learn how to share your culture with your floor community through experience planning while taste testing authentic Hispanic and Asian snacks!
Apartment Assassin
*Laurel Stice & Garrett Livingston / Simpson College*

Need a way to engage upper-level residents. Want to know how to get away with murder? Come find ways to engage students across campus with one activity that satisfies both ideas.

The Keys to Success: Being a First-Year RA
*Eric Jones & Rowan Jolkowski / Doane University*

Are you a first-year Resident Assistant? Have you had any doubts about your role? Do you ever question your ability to thrive as a Resident Assistant? If you have ever experienced any of this and are a first-year Resident Assistant, come to this session. Being a Resident Assistant is a rewarding role; because you are a role model to a group of students, whether you are in a first-year or upper-class building. Your role is pivotal to the university/college; you are making a difference in your residents' lives. We will discuss successful tips as a first-year RA, help you find your voice, and address some challenges that you could face as a RA.

Celebrating Diversi-TEA
*Cassandra Netols / University of Wisconsin Stevens Point*

Get ready to explore the world with your teacup! Cultures around the world value tea, and there are similarities and differences across these cultures. Since tea is a nearly universal experience, it is a great way to form connections in a diverse community.

tRiviA showdown
*Cassie Jeng & Matthew Inman / Washington University in Saint Louis*

This event would be a team jeopardy style trivia event for first year residents near the beginning of the academic year, with the potential to have it occur again with different questions later as a challenge and as an assessment tool to determine gaps in knowledge. The trivia would be focused on different resources, events, community characteristics on/around/about their University. This would be a chance for a fun, engaging, high-speed way of gaining first-year interest in everything that their new college life can provide them for support, entertainment, friendships, etc as they are adjusting to moving to campus! The trivia would also include at least one random trick question for a chance at an extra price to try and catch participating residents off guard. The whole event would have a prize for the winning first year student!

Beyond the Report: Supporting Students After Sexual Misconduct
*Nora Higgins / University of Iowa*

Supporting students who have been affected by sexual misconduct can be difficult, and it often demands knowing a lot more than the reporting process. Learn more about what to do when talking to students about their experiences and future options while respecting and involving campus partners who specialize in this support.
Improvisation for Fun and ResLife
Collin Gentry / Missouri University of Science and Technology

In ResLife, it's important to be able to think on your feet. In this program, you will learn and practice the basics of improvisation, an great skill for getting to know residents, building teams, and becoming more confident.

RAing for a Gender Inclusive Community
Khali Kelly-Ellis / Winona State University

Learn what it’s like to be a Resident Assistant for a gender inclusive residence community! In a gender inclusive community, we house all students regardless of gender, sexual identity, and/or sexual orientation. Learn more about the importance of safe spaces for our LGBTQIA+ students and how such a unique community operates in housing and residence life!

Session 4: Saturday, January 28, 4:50pm to 5:30pm

Privilege for Sale
Kalyani Kannan & Maya Buchanan / University of Northern Iowa

We've all heard about privilege, but what is it? How does it impact our lives and how we approach building community? Participants in this session will deepen their understanding of privilege and explore the ways in which our access to different opportunities can shape our outlook and experience. Get comfortable to get uncomfortable in this interactive and discussion-based session.

We're All In This Together: Team Building in the RA Role
Jordan King / University of Northern Iowa

Just like High School Musical says, we're all in this together! Team Building is key to getting the most out of the RA role. In this program you will learn the importance of teamwork, hear some strategies to keep your team dynamic healthy, and participate in some fun development activities you can try out with your team when you get back to your institution!

A Diamond in the Rough
Allison Oberbroeckling & Kaitlyn Hamlett / University of Northern Iowa

This program will be based off of the Disney Movie ALADDIN and talk about burn out as an RA and finding the good that keeps you pushing on and powering through. It will acknowledge how hard and demanding our job can be but remind people how rewarding it is too. I will discuss what could be possibly the worst week you could have as an RA and how you have to sometimes dig through all the hard and bad stuff but when you get to or remember your diamond everything you had to do will be all worth it. Then we will discuss some ways you can combat burnout and thrive in this job.
The enneagram is a personality test that categorizes people into one of nine types each distinguished by a number 1-9. Your enneagram type is based upon your core motivations and helps you understand your dominant and intrinsic personality type. While there are many ways the enneagram can be analyzed and implemented, this session will specifically be looking at how your enneagram type plays into your leadership style and how to capitalize on your type for successful leadership. (Please make sure you know your enneagram type (1-9) before attending this session.)

One of the cool things about the RA role is how many different ways you can utilize the experience in a resume. But how do you make bulletin boards, on-call, programs, etc. make sense on your resume? This workshop will focus on helping you showcase your RA skills, knowledge and education that are relevant to potential future jobs in a resume.

Starting with an informative discussion, delegates will have the opportunity to experience an interactive storyline of battling burnout in a swashbuckling adventure! Delegates will complete a choose-your-own-adventure story of a semester, where they must combat burnout through a series of decisions. These decisions will either add or take away from their overall personal, work, or academic points!

According to Google, the definition of self-care is the practice of taking action to preserve and/or improve one's own health. It's great to know the definition of self-care, but how does that work with the idea of self-care we see on social media? How do you actually take action to preserve or improve your health? Is it iced coffee and Target or is it something else? During this session, we will talk about what self-care is, how to actually do it, and talk about practical ways we can practice self-care.

Conversations about diversity, equity and inclusion can get tricky quickly! In this session we will talk about how you can learn to navigate dialogues by focusing on what you can control. Our time together will focus on identifying where conversations often struggle to stay constructive and provide you time to self-reflect on how you personally can show up as your best self in those moments.
Speak Out Before You Burnout
Kehde Campbell & Brianna Borneman / University of Northern Iowa

The RA role can be stressful and cause burnout. This presentation will educate Resident Assistants about the different strategies and resources they can use in order to save themselves from burnout. We will teach you how to speak out about what you are experiencing so that you can get help before you get burnt out.

I Walk The Line: Authority Balance in the RA Role
Joseph Correa / University of Northern Iowa

The line between friend and authority in the RA role is not always clear cut. Attendees will learn how to walk the line of doing your job while maintaining and building relationships with residents.

The Next Step
Sarah Goblirsch & Matt Nuese / University of Northern Iowa

During this session we will be discussing career preparation, transferable skills and things to be thinking about for after graduation. We will provide guidance on how to market your RA experience to future graduate schools and/or employers.

How to Lose a Resident in 10 Days
Kylee Klimes & Halle Killburg / University of Northern Iowa

Based on the RomCom show: How to Lose a Guy in 10 Days, join us to talk and laugh through the simple mistakes we may make while trying to connect with both first year and upperclassman resident communities.

Eggs & Affirmations
Hannah Krejci & Lauren McGuill / University of Northern Iowa

A great de-stress event. 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.

Life of an ARLC
Desirae Shelton, Jerrell Bates, & Jacque Garza / University of Northern Iowa

Join us to learn about the day to day responsibilities of Assistant Resident Life Coordinators at UNI!

Making Intentional Connections with your Coordinator
Megan Carlson, Bailey Leitner, & DiMaucia Phanfil / University of Northern Iowa

Making intentional connections with your coordinator can greatly improve your experience as an RA. While giving feedback isn’t always the easiest thing to do, it is one of the most important things to do in order to get the support you need. This presentation focuses on giving tips and advice on how to give feedback and build a strong relationship with your coordinator.
SAVE THE DATE!

33rd Annual UNI RA Conference
January 26–28, 2024
Hope to see you all there!

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