



30TH ANNUAL RA CONFERENCE

JANUARY 24-26, 2020

Hello RA Conference Delegates and Advisors!

We are so excited that you have chosen to attend the 30th 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, Hoan Do, 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 40 colleges and universities in attendance. Learn all you can from each other while enjoying each other's company. We encourage you to fill out your PGPs (Personal Gender Pronouns) located on your nametag. We want to make this conference as inclusive as possible and want everyone to be referred to by their PGPs. Also, we will send out an evaluation after the conference so share with us your suggestions because we are always looking to improve!

Once again, we are excited to have you here and hope that you find the conference to be an energizing, educational and enjoyable experience, whether it is your first UNI RA Conference or you are a seasoned veteran! If you have any questions during the conference, feel free to contact any UNI staff for assistance.

On behalf of the host committee, we hope you enjoy your visit to the University of Northern Iowa, Cedar Falls and you "Paint Yourself A Bright Future!"

Best,

The Bob Ross Fan Club
(aka: the Conference Committee)

RESIDENCE HALL INFORMATION



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

UNI Staff Assistance

Every hall utilized for 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 Jordan if delegations are wanting to leave the conference prior to the Sunday check-out date.

Residence Hall Office Hours

Friday, 8:00am-7:00pm

Saturday, 4:00pm-7:00pm

Residence Hall	Office / RA Cell Phone # (Emergencies within building)
Bender	319-273-2658
Campbell	319-273-2552
Hagemann	319-273-2580
Noehren	319-273-2229
Rider	319-273-2249
Shull	319-273-2080

Important Phone Numbers

Emergency 911

UNI Police, Emergency 319-273-4000

UNI Police, Non-Emergency 319-273-2712

Residence Hall Quiet Hours

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

FRIDAY EVENING DINNER

Meals during the 30th Annual UNI RA Conference include Saturday breakfast, lunch and dinner, as well as Sunday continental breakfast. At the Friday night social in the WRC there will be light snacks and refreshments, however dinner is on your own.

Please read through the following list of a small selection of restaurants Cedar Falls has to offer:

CASUAL DINING

Applebee's <i>America's favorite neighborhood bar and grill</i>	6301 University Ave.	(319) 266-1814
Buffalo Wild Wings <i>The place for wings in Cedar Falls!</i>	6406 University Ave.	(319) 553-0029
Carlos O'Kelly's Mexican Café   <i>Mexican food in a casual atmosphere, quick and fairly inexpensive</i>	6507 University Ave.	(319) 236-8730
Famous Dave's <i>Slow hickory smoked ribs, chicken, brisket, and pork</i>	6222 University Ave.	(319) 266-0200
Greenhouse Kitchen   <i>Fast casual dining with fresh culinary options</i>	917 W 23rd St	
Hong Kong  <i>Specializing in Mandarin, Szechuan and Hunan cuisine</i>	6306 University Ave.	(319) 266-4368
HuHot Mongolian Grill   <i>Inside College Square Mall</i>	6301 University Ave.	(319) 553-1100
J's Homestyle <i>Homestyle fare, just as the name suggests</i>	1724 W. 31st St.	(319) 266-3199
The Other Place <i>Casual dining in a sports oriented atmosphere</i>	2214 College St. 4214 University Ave.	(319) 277-9720 (319) 268-1655
Pablos Grill   <i>Casual mexican dining</i>	310 Main St.	(319) 277-8226
Pancho's Mexican Grill <i>Big burritos</i>	6421 University Ave.	(319) 277-1054
Panera Bread Bakery & Café  <i>Fresh baked breads and specialty sandwiches</i>	6402 University Ave.	(319) 553-0250
Pepper's Grill & Sports Pub   <i>Watch your favorite sports on 40 + televisions while enjoying homemade menu items</i>	620 E. 18th St.	(319) 266-9394
Rice House  <i>Chinese and Japanese Food Take-Out and Dine-In</i>	226 Brandilynn Blvd	(319) 266-9999
The Pump Haus Pub & Grill <i>Fun, friendly and unique atmosphere along with great food</i>	403 Main St.	(319) 277-8111
Texas Roadhouse  <i>Treat yourself to killer ribs, hearty steaks and rolls fresh from the oven</i>	5715 University Ave.	(319) 266-3200
Urban Pie  <i>Fast-Fired style pizza joint with customizing options</i>	200 State St #101	(319) 260-2045
Village Inn Pancake House <i>Complete menu for breakfast, lunch and dinner with a wide variety of homemade pies</i>	6301 University Ave.	(319) 277-5551
Whiskey Road  <i>Country/Western-Themed Restaurant with good gluten-free options</i>	402 Main St.	(319) 277-1244

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 	917 W 23rd St.	(319) 260-2230
Jimmy John's <i>Delivery available</i>	2016 College St.	(319) 266-8551
KFC/Long John Silvers	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 		(319) 277-7722
Pizza Hut		(319) 266-1300

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.

https://www.eduroam.us/institutions_list

If you do not have Eduroam on your home campus, check out our Wifi guide at:

<https://dor.uni.edu/conferences/wifi-campus>

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 **"30th Annual University of Northern Iowa RA Conference: Paint Yourself a Bright Future"**.

UNI App

You might also check out the UNI App while here. The UNI App will allow smartphone users to see exactly where you are on campus and how to get to where you need to be. The UNI app is available at: <http://www.uni.edu/web/mobile>.

RA CONFERENCE FREE/RELAXATION TIME OPPORTUNITIES

Wellness Recreation Center (WRC)

If you are looking to work out once again, you can go over to the WRC for no charge – all you need is your 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 UNI 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, including Scratch Cupcakery, a Cedar Falls favorite!
 - Exit UNI parking lot, turn left (east) on University Avenue, turn left (north) on Main Street, drive 1.5 miles to the downtown shopping district

- College Square Mall
 - Bath and Body Works, American Eagle, Express Factory, 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

Campbell Hall
1301 W. 23rd St.
Cedar Falls, IA 50613

Hagemann Hall
2800 Hudson Rd.
Cedar Falls, IA 50613

Rider Hall
2801 Ohio St.
Cedar Falls, IA 50613

Noehren Hall
2900 Hudson Rd.
Cedar Falls, IA 50613

Shull Hall
2901 Ohio St.
Cedar Falls, IA 50613

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)
23rd St.
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 24, 2020

5:00 - 9:00 p.m.	Registration & Hospitality	Towers Center (West Towers Lounge)
9:00 - 11:45 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 25, 2020

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
11:45 a.m. - 12:30 p.m.	Purple Lunch Group (Lunch)	Rialto Dining Center
	Yellow Lunch Group (Bulletin Board gallery)	Schinder 217/218
12:30 - 1:15 p.m.	Yellow Lunch Group (Lunch)	Rialto Dining Center
	Purple Lunch Group (Bulletin Board gallery)	Schinder 217/218
1:30 - 2:10 p.m.	Program Session #1	Schindler Classrooms
2:20 - 3:00 p.m.	Program Session #2	Schindler Classrooms
3:10 - 3:50 p.m.	Program Session #3	Schindler Classrooms
4:00 - 4:40 p.m.	Program Session #4	Schindler Classrooms
4:40 - 5:30 p.m.	Snack Break	Schindler Open Lounge
5:45 - 6:30 p.m.	Top 10 Programs	Schindler Classrooms
6:30 - 7:00 p.m.	Free Time	Your choice!
7:00 - 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
9:00 - 9:30 p.m.	Swap Shop	Maucker Union Ballroom B
9:30 - 11:00 p.m.	Games	Maucker Union Ballroom B
9:00 & 10:00 p.m.	Paint Sessions (1 hour long)	Maucker Union Ballroom C
9:00-11:00 p.m.	Snacks	Maucker Union Ballroom Lobby Area

Sunday, January 26, 2020

7:30 - 9:30 am	Key Drop-Off/Check-Out	Towers Center (West Towers Lounge)
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2020 RA Conference Keynote Speaker:

Hoan Do

Hoan Do is a student success coach, author, and city finalist in NBC's hit show, American Ninja Warrior. At an early age, Hoan was conscious of the sacrifices his parents had made in their escape to the United States during the Vietnam War- in pursuit of the American Dream. Feeling indebted to his parents for their courageous pursuit of a better life, Hoan vowed to ensure that one day, he would be able to take care of his parents. Hoan's hard work took him to Malibu, California, where he attended Pepperdine University, fully engaging in the academic rigor and array of opportunities that the school offered.

With the tremendous pressure Hoan placed on himself, in addition to the stresses of demanding classes, extracurricular responsibilities, and important life decisions, Hoan found himself overwhelmed. His self-esteem reached an all-time low. He even contemplated suicide. Refusing to settle and give up on life, Hoan used this experience as a turning point to learn the practical skills that was necessary to succeed in school and in life.

After graduating from Pepperdine University, Hoan beat out candidates who were considerably older and vastly more experienced than him to work with the #1 personal development company in the world. As a national speaker and corporate trainer, Hoan conducted training sessions for distinguished audiences that included: 21, Bank of America, Honda, Toyota, UBS Financial, Chambers of Commerce, and the U.S. Army.

Learn more about Hoan by going to www.HoanDo.com.

PROGRAMMING SESSION INFORMATION

Session 1: Saturday, January 25 | 1:30pm to 2:10pm

Social Justice on Social Media: A Trivia Game

SEC 216

Dylan Haase, Abigail Malone, AJ Reding, Isaac Zeimetz, Julia Martin, Matthew Adams, Pryce Johnson, & Toby Mason, University of Northern Iowa

Put those hours spent on Twitter to good use! Join us for a trivia game that aims to teach attendees about the latest social media trends in several communities. We will also uncover the surprising origins of several groundbreaking movements that are shaping college campuses today.

Stop Setting Goals. Start Achieving Them!

SEC 220

Hoan Do, Keynote Speaker

Setting goals are easy; achieving them is difficult. Whether it's getting an A in a difficult class or landing your dream internship or job, this session will share with you practical advice to achieve your most important aspirations. You'll walk away with a three-step process that will help to stack the odds in your favor as you pursue your goals along with a game plan you will implement at the conference to begin making progress toward your aspirations.

Under the Spyglass - Thriving in the Fishbowl

SEC 301

Emme Mount, Kansas State University

Have you ever heard of the "fishbowl effect"? Come learn about it alongside fellow on-campus student leaders and bond over shared experiences! By the end of the session, you'll be able to thrive under the spyglass and help others do the same. There will be some 'fishy' souvenirs and a photo booth area to share your progress on social media!

The Right 'tude is Gratitude

SEC 303

Grace Wagner, Winona State University

"Gratitude is the sign of noble souls." – Aesop Want to learn how appreciation can improve your relationships with others? Would you like to find out about how gratefulness benefits you physically and psychologically? Showing appreciation for those around us makes more of an impact than you may think. Together, we can take one step further to live as noble souls.

The Gray Area

SEC 304

Peter Koering, University of Minnesota

Things aren't always black and white when working as an RA. Join for a large group discussion about navigating ambiguity within the RA role. We will chat about some tips/resources RAs have to fall back on to be able to navigate the gray areas of the role.

Broken Pottery**SEC 306***Kamila Zendran & Jenny Kotz, Missouri State University*

This program works to engage in understanding how mental health is crucial for everyone. It focuses in on how just because you are broken, does not mean you are not beautiful or whole. It becomes a transparent conversation about how it is okay to not be okay. The activity is that we would break pottery in boxes and then paint or glue the pieces back in different artistic styles. Then, people can fill them with positive notes or whatever sparks a fire in their soul.

The Enneagram: Conflict Styles and Conflict Resolution**SEC 309***Tage Wrage, University of Wisconsin - LaCrosse*

Learn more about yourself with the 9 types of the Enneagram! This session will explore the different conflict styles of each type and guide you through specific conflict resolution techniques to use with residents, staff members, and other folx in your community.

Being Open To New Challenges**SEC 403***Jojo Layton, Creighton University*

When people think about diversity and inclusion, they rarely think about those living with impairments feeling excluded in our communities. It is important to foster conversation around this community and how our residents can be actively involved in serving and supporting those with disabilities. Come attend "Being Open to New Challenges" to see a new take on diversity and inclusion and a program that brings awareness to those living with impairments.

The RA That Changed My Life**SEC 404***Lucio Gonzalez, Gustavus Adolphus College*

We've all been instructed on how to be an RA; Document this incident, write up that duty log, assemble this event, and go change a residents life, wait scratch that last one. Most of our job training prepares us for the everyday logistics and tasks that being an RA entails. However, we get so wrapped up in these mundane parts we forget about the other role that matters, the human role. We want to be the RA that all residents can feel confident seeking our help while remembering what we are capable of. Through this presentation together we are going to see what are ways in which you can be the RA to help change their perspectives on us, inspire new thoughts, and change their life.

Into the Experience of an International Student**SEC 406***Julius Khoo, University of Wisconsin - Madison*

International Students often arrive to campus confused. A new country, a new place, a new language, many of these students may have never visited the country, nor the campus, nor know nothing about the culture. When I came here, I didn't even know what program I was applying for!

This presentation will help RA's gain awareness about the conflicts and difficulties may face, from an International Student's point of view. I hope that RA's will attempt to be more involved in attempting to include international students, and gain a greater sense of empathy that many of these students, just like you and me, may struggle at times, and what we can do about it.

Say My Name, Say My Name

SEC 409

Ryan Frank & Louren Kilburg, University of Northern Iowa

As RAs, our central duty is connection. But how can we connect to people we do not know? In this session, you will have the opportunity to explore the foundation of knowing someone - calling them by name. You'll explore the identity held within your own name and examine how knowing and using names can shape a relationship.

Session 2: Saturday, January 25 | 2:20pm to 3:00pm

Difficult Dialogues

SEC 216

Tabitha Zarazinski & Elle Boeding, University of Northern Iowa

"Why do you use your pronouns? Why can't I say the N-word? Why does diversity and inclusion even matter?" Have you ever been asked these questions, and had a hard time answering? Us too. In this session, we will help with some tools to broach difficult conversations and interrupt negative behavior when it happens. Making a negative situation a teaching moment can make all the difference, but it is up to us to learn how to react in the most effective manner.

Stop Setting Goals. Start Achieving Them!

SEC 220

Hoan Do, Keynote Speaker

Setting goals are easy; achieving them is difficult. Whether it's getting an A in a difficult class or landing your dream internship or job, this session will share with you practical advice to achieve your most important aspirations. You'll walk away with a three-step process that will help to stack the odds in your favor as you pursue your goals along with a game plan you will implement at the conference to begin making progress toward your aspirations. "

"Spooktails"

SEC 301

Geoff Ramirez, Creighton University

The program involves serving mocktails and sharing statistics about underage drinking to residents. The purpose of the program is to advocate for safe, informative and fun way to enjoy the Halloween weekend.

Surviving and Thriving as a 3rd year RA

SEC 303

Alexa DeVore, University of Northern Iowa

Are you a current third year RA or a second year preparing to do it all again next year? Are you starting to feel burned out by the job you love? This program will provide a discussion and brainstorming place for RAs who have done it all before, to help us stay motivated and passionate. Graduation is coming soon, but let's make the most of the time we have left!

Building Their Castle**SEC 304***Tyler Hebrink, University of North Dakota*

College education is more than just academics and sometimes the residents take this too far and get themselves in trouble. Housing teaches RAs all the policies but where is the balance of allowing the residents to learn less academically and keeping the residents safe? This presentation focuses on the uncomfortable realities RAs frequently face without formal training and encourages community building by providing a safe environment both physically and emotionally.

Game Play**SEC 306***Emily Miller & Deanna Margita, University of Central Missouri*

Welcome to the party that includes mingling, board games, snacks, and discussing social regulations! Enjoy snacks, a secret rule system and prizes. Attending this party lets you have fun while also becoming aware of the privileges and oppressions that our society faces every day!

dealing with dRAma**SEC 309***Jessica Rosencrans & Sydney Rosenau, University of North Dakota*

As an RA, it is expected to have to deal with conflicts between residents, but conflicts between staff members are often unexpected and can have lasting consequences if not handled properly. Staff dynamics are just as important as your residential community, but they are often pushed to the side. Our presentation addresses this significance, as well as the reality of RA disagreements, ways to recognize and accept other's differences, and build a unified RA community.

Where Do I Pee?**SEC 403***Aaron Roessler, University of Minnesota - Duluth*

Conversation about navigating gendered bathrooms and shared gendered spaces as queer RA or with queer Residents with a lens of understanding power dynamics. Navigating the dynamics of restrooms and shower spaces with queer folk with the understanding that we all just want to pee in peace.

Building Resident Relationships (as an apartment-style RA)**SEC 404***Rachel Brader, University of Nebraska at Omaha*

This program is designed to help give apartment-style RAs ideas on how to better connect with residents, as well as give them a space in which they can share ideas with others on how to better serve their residents in a unique on-campus living situation!

Mental Health Beyond Ourselves

SEC 406

Eliza Melkonyan, St. Olaf College

Mental health has been a core of my programming since I became a part of residence life two years ago. Many first-year students go through a lot of turbulence when they leave home for college and things can get very hard, especially because Mental Health is a highly stigmatized topic. My ideas aim to expand as a resource to anybody that does not identify with the standard of their community or college. This involves all students who may not yet identify with the culture of the college just yet. I want to provide my perspective in ways to tackle the "hows" of us reaching out to our residents, staff and even bigger communities. I hope that many RA's at the conference can implement ideas that stem from a similar notion of reaching out to all students and breaking down paths in which mental health prevails for our residents through programming, bulletin boards, interactions and simply day to day lives. Regardless of the fact that every living situation looks completely different for many of us and our campuses, these ideas are possible to be implemented and perhaps they can help extend the mental health beyond ourselves.

Yoga for Success

SEC 409

Katlynn Davis & Tea Wheat, Western Illinois University

In Yoga for Success you will embark on a journey to find a healthy outlet for stress, anxiety, and negative thoughts. Yoga is an ancient discipline used by millions around the world in which each pose has a unique purpose that can produce spiritual and healing results. As we explore together you will learn how to utilize this ancient discipline to promote success in not only yourself, but also residents in your community.

Session 3: Saturday, January 25 | 3:10pm to 3:50pm

My Success Is Not Your Inspiration

SEC 216

Grant Tapken, University of Iowa

In this interactive presentation we will be discussing what it means to hold the identity of disabled. We often think of accessibility as just overcoming physical boundaries like a wheel chair ramp but it is way more. Grant Tapken an RA at the University of Iowa with cerebral palsy will explore the identity of disability and how we can be truly accessible in the RA role.

Managing Conflict Within the CA/RA Role

SEC 301

Jacob Olson & Maddie Dulas, South Dakota State University

The program will discuss the various types of conflict within the role. From interstaff conflict to conflict with residents after documentations, and how (as professionals) we rebuild those personal/professional relationships in order to maintain a positive and progressive working environment. Myself and my presenting partner have had a plethora of experience in dealing with these situations, and our advisor/supervisor gave us tips and resources to rebuild those relationships along the way.

Skill 'em with kindness**SEC 303***Brooke Merry, South Dakota State University*

Have you ever been frustrated by choices residents make? We've all been there! But think now, do you work to acknowledge when people do awesome things on the floor too? How are you there for residents in difficult times? Our jobs are so much more than addressing policy breakers & trouble makers. This session will cover multiple ways to recognize the community building your residents AND staff are doing to increase positive behavior on the floor, as well as ways to show residents you care through actions rather than just words. Presentation will also offer opportunities to share out what has worked best for them.

Um, Actually**SEC 304***Matt Baker & Madison Schnelten, Missouri University of Science & Technology*

Um, Actually is a game of nerdy corrections. In this program presentation, you'll learn how to run the trivia game Um Actually and will be given the chance to fully experience it through actual play. You'll team up with other conference attendees to find what's wrong in presented statements and have a chance to win some awesome prizes and learn about a program that you can run at your university.

Well That's Awkward**SEC 306***Abby Kozinski & Clay Wittig, Southeast Missouri State University*

It's how to handle the worst of the worst of roommate conflicts. Real stories from real RA's and how they handled it. How do you go about telling a resident that they need to shower? How about washing their hands? What do you do if a resident won't stop having sex while their roommate is in the room? Hopefully, we can answer some of your questions.

Debate vs Discussion: Holding Religious Conversations**SEC 308***Becca Johnson & Carley Enyart, Wichita State University*

Having genuine conversations today is often really difficult, especially about topics like politics or religion. So let's get talking about how to have a good discussion and avoid falling into the trap of debating our strongly held beliefs. You'll learn new skills that will help in all kinds of conversations, but will focus particularly on talking about religion and spiritual beliefs and experiences.

Wait, Whatcha Say?**SEC 309***Lauren Specht & Isabel Conner, University of Northern Iowa*

Every moment of our daily lives are stuffed full to the brim with noise, information, and talking. "I have this due at midnight, I have that paper to write, I am running late to a meeting, and... wait, whatcha say?" Ah yes, your residents. Often as first year RAs, we are thrown training, policies, and resources to use on and for our residents. All RAs want to do is to ensure the best for our residents, and while that can be helpful, when is it time to just stop and listen?

DIY Escape Rooms*Hannah Matt, Simpson College***SEC 403**

Learn how to create your own escape rooms! With 6 steps, you can create a fun, team-building program for all residents to enjoy. For the past two years, escape rooms have been a successful program at Simpson College. It's a low-cost, but great impact event for the staff who create it and the residents who participate.

Chopped Challenge*Louren Kilburg, University of Northern Iowa***SEC 404**

In the RA experience, no two words have quite the same impact as these - bulletin boards. In this session modeled after the Food Network series, Chopped, RAs will participate in a high-energy competition as they learn strategies to make creating bulletin boards more efficient, effective, and enjoyable. RAs can expect to leave this program with easy to implement strategies that make a big impact on bulletin boards, a variety of ideas they can recreate in their own community, and (for one team) the Chopped Challenge bulletin board award!

Dear RA Conference, You Will Be Found*Sarah Rasing, University of Northern Iowa***SEC 406**

Utilizing the messages and themes in the Tony Award Winning Musical Dear Evan Hansen, this program will address what mental health can look like in Residence Hall Situations. You are not alone in struggling to help your residents while having safe and healthy mental health practices for yourself. Come learn and discuss mental health advocacy, and hear hands-on experience from a third-year RA. I hope to see you there! Sincerely, Me.

Growing With Others*Brooke Barnes, Western Illinois University***SEC 409**

People are not too different from plants; they need the proper love and care for them to grow. There are times where people forget to give themselves the proper love and care for them to grow, especially in a world where everyone is constantly busy. This program is designed to self-reflect on what makes you a powerful individual and leader. When you empower yourself, you have the power to spread the positive energy onto others. It's one thing to grow by yourself, it is even more fulfilling to grow with others. Let's build each other up and find our true potential in the mindset of us being plants!

Session 4: Saturday, January 25 | 4:00pm to 4:40pm**The RA Game of LIFE***Mariah Snow & Ben Reiling, Wichita State University***SEC 216**

Hey! You! Get a life! It is no shocker that when applying your RA responsibilities not everything is black and white. If you didn't know, grey areas exist in our workplace. So, how do we navigate these encounters? What decision is the right decision? There's always a right decision, right? In this interactive program you will encounter different work related scenarios and decide how you will combat them. Will you be a winner or will you lose at The RA Game of Life? Come and find out.

Personal Photosynthesis**SEC 301***Abigail Ranzau & Megan Bean, Gustavus Adolphus College*

Photosynthesis is a chemical process in which plants create energy from the most abundant natural resource in their environment: sunlight. This same process for RA's is prompted by our environment but is nurtured by our internal drive to connect with our residents and those around us. In the times when our residential environment is less inviting to growth, we look internally for that sunlight we may be lacking externally. Join us for some conversation and an activity centered around growth and self-care in the RA position!

ADHD in the RA Role**SEC 303***Skyler Mundt, Sadie Specht, & Kate Reed, University of Northern Iowa*

Have you ever wondered what it's like to be in the RA role and live with ADHD? Have you ever wondered how to better support a fellow staff member who has ADHD? Come hear one RA's story on how she juggles ADHD and the RA role and somehow manages to make it all work. Also hear from two of her fellow staff members on how they support and encourage her, even on her worst days. Come participate in interesting discussions, hands-on activities, and to take a small look inside the brain of a person with ADHD. If you are ready for lots of laugh, fun, and a whirlwind of emotions, we hope you attend!

Why Can't I Whistle? Peppa Teaches You Resilience**SEC 304***Joe Link & Megan Janes, University of Northern Iowa*

This event will surround the importance of having resilience to be successful while in college. The program will begin with watching a clip from Peppa Pig with a poor example of resilience. Following the clip everyone will take a quiz measuring resilience. After the quiz the results will be revealed and there will be a talk on strategies to improve resilience. Following this there will be an activity surrounding resilience with prizes.

Sending Love Write Away**SEC 306***Ashley Merideth, Truman State University*

Love Valentines Day? Hate Valentines Day? Doesn't matter, this event is for you! This event uses written Valentines, love songs, food, and a little SA enthusiasm to redefine Valentines Day for what it should be: a day to share love and good vibes with everyone. At this session you will learn how to transform a medium size reserved community space or lounge area into a Valentine's Day workshop in a financially responsible and timely way. You will learn the secret message to share with your residents to reclaim Valentine's Day for everyone who likes to be loved without trashing couples. And you will learn some really cute love note tips and tricks (card folds, line inspirations, and reminders of all the people who need valentines). Most importantly, you will experience a short activity that reminds you who the most important but most forgotten person to love is. Find out who that is at this session.

Undergrad's Declassified: Interested in Student Affairs Opportunity Guide**SEC 308***Austin Korynta & Sarah Rasing, University of Northern Iowa*

Follow the lives of two undergrads as they explore the field of Student Affairs. Get firsthand advice about opportunities such as ACUHO-I STARS College, ACUHO-I Summer Internships, experiences outside of housing, and grad school searches. We all know how much the RA role impacts our student affairs experience, let's chat all about it!

The Power of Passive Programming

SEC 309

Linnea Vogel, Wayne State College

Need help finding passive ideas? Love being crafty? Want to have the cool door decs? Attend an activity-based program that informs RAs about the impact of passives and inspires RAs to create meaningful and fun passives for their residents.

Intentionality and Decision Making: What's the Relationship?

SEC 403

Alicia Johnson, Gustavus Adolphus College

Being a Resident Assistant means a lot of new things are added to your plate. A large part of this newer, heavier list of responsibilities includes creating and nourishing new relationships - with your residents, staff members, and new boss/bosses. Have you ever put much thought into how exactly we go about this process of maintaining new relationships or maybe even what the correct way to do this is? Come to this program to learn about the power of being intentional with all everyone you meet while you're in the position of RA (or CF).

Privileged Puzzle Peaces

SEC 404

Rachel Kitrell, University of Northern Iowa & Michaela Derickson, Wayne State College

This program provides a new take on the traditional "privilege walk"/diversity social. Participants will be presented with a table of colorful slips, each representing a different piece of their identity and experiences. After marking their piece, they will add it to the bulletin board, providing a visual representation of the community! This program provides a minimally participatory safe space to begin evaluating one's privilege, examining what makes up a person's identity, and assembling a visual representation of the community in which we live and work. The learning outcomes of this program include: recognizing structures of power and privilege, and one's own position within society; incorporating multiple perspectives into one's worldview; and appreciating the multiple roles within one's identity through critical reflection on life experiences.

Self Care Action Planning

SEC 406

Nicole Valentine, University of Northern Iowa

We've all heard of self care, but sometimes it's hard to know how to actually do it, when to do it, and how to make ourselves really feel better. We'll walk through a self care action plan, fill one out for ourselves, and discuss the best ways to take care of our own mental health. Finally, I will share evidence based self care activities and resources.

Ghost Busters

SEC 409

Claire Pomey, Riley Fay, Bayleigh Little, & Bri Moderhack, Carroll University

Join us as we discuss tips on how to encourage less engaged residents to connect with others in order for your residence hall community to develop. This program will incorporate an interactive component involving resident speed dating that can be utilized within your hall! Learn how to get residents talking and bonding from the beginning of the semester with a variety of different conversations.

Session 5: Saturday, January 25 | 5:45pm to 6:30pm

Top Ten Programs will be announced via Guidebook at 5:30PM

SAVE THE DATE!

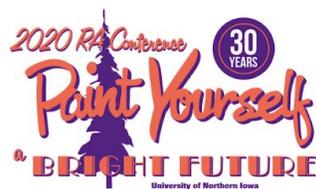
31st Annual UNI RA Conference

January 29–31, 2021

Hope to see you all there!



THE BOB ROSS FAN CLUB
thanks you!



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