



# **32<sup>nd</sup> 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

<b>Residence Hall</b>	<b>Office / RA Cell Phone # (Emergencies within building)</b>
Bender	319-273-2658
Dancer	319-273-2376
Rider	319-273-2249

### 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 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

<b>Applebee's</b> <i>America's favorite neighborhood bar and grill</i>	6301 University Ave.	(319) 266-1814
<b>Buffalo Wild Wings</b> <i>The place for wings in Cedar Falls!</i>	6406 University Ave.	(319) 553-0029
<b>Carlos O'Kelly's Mexican Café</b> <b>M G</b> <i>Mexican food in a casual atmosphere, quick and fairly inexpensive</i>	6507 University Ave.	(319) 236-8730
<b>Famous Dave's</b> <i>Slow hickory smoked ribs, chicken, brisket, and pork</i>	6222 University Ave.	(319) 266-0200
<b>Greenhouse Kitchen</b> <b>M V</b> <i>Fast casual dining with fresh culinary options</i>	917 W 23rd St.	
<b>Hong Kong</b> <b>M</b> <i>Specializing in Mandarin, Szechuan and Hunan cuisine</i>	6306 University Ave.	(319) 266-4368
<b>HuHot Mongolian Grill</b> <b>M G</b> <i>Inside College Square Mall</i>	6301 University Ave.	(319) 553-1100
<b>J's Homestyle</b> <i>Homestyle fare, just as the name suggests</i>	1724 W. 31st St.	(319) 266-3199
<b>The Other Place</b> <i>Casual dining in a sports oriented atmosphere</i>	209 Main St.	(319) 277-9720
<b>Pablos Grill</b> <b>M G</b> <i>Casual mexican dining</i>	310 Main St.	(319) 277-8226
<b>Pancho's Mexican Grill</b> <i>Big burritos</i>	6421 University Ave.	(319) 277-1054
<b>Panera Bread Bakery &amp; Café</b> <b>M</b> <i>Fresh baked breads and specialty sandwiches</i>	6402 University Ave.	(319) 553-0250
<b>Pepper's Grill &amp; Sports Pub</b> <b>M G</b> <i>Watch your favorite sports on 40 + televisions while enjoying homemade menu items</i>	620 E. 18th St.	(319) 266-9394
<b>Rice House</b> <b>M</b> <i>Chinese and Japanese Food Take-Out and Dine-In</i>	226 Brandilynn Blvd	(319) 266-9999
<b>Starbeck's Smokehouse</b> <i>BBQ at its finest right here in the Cedar Valley</i>	6607 University Ave.	(319) 242-7119
<b>The Pump Haus Pub &amp; Grill</b> <i>Fun, friendly and unique atmosphere along with great food</i>	403 Main St.	(319) 277-8111
<b>Texas Roadhouse</b> <b>G</b> <i>Treat yourself to killer ribs, hearty steaks and rolls fresh from the oven</i>	5715 University Ave.	(319) 266-3200
<b>Urban Pie</b> <b>G</b> <i>Fast-Fired style pizza joint with customizing options</i>	200 State St #101	(319) 260-2045

<b>Village Inn Pancake House</b>	6301 University Ave.	(319) 277-5551
<i>Complete menu for breakfast, lunch and dinner with a wide variety of homemade pies</i>		
<b>Whiskey Road <span style="background-color: black; color: white; padding: 0 2px;">G</span></b>	402 Main St	(319) 277-1244
<i>Country/Western-Themed Restaurant with good gluten-free options</i>		

**FAST FOOD**

<b>Arby's</b>	6018 University Ave.	(319) 266-3627
<b>Burger King</b>	6301 University Ave.	(319) 266-1087
<b>Dunkin Donuts</b>	6004 University Ave.	(319) 266 6402
<b>Hurts Donut</b>	100 E. 2nd St.	(319) 504-5611
<b>ICON Donuts &amp; Sweetery <span style="background-color: black; color: white; padding: 0 2px;">V</span></b>	4505 Algonquin Dr Suite A	(319) 260-2615
<b>Jimmy John's</b>	2016 College St.	(319) 266-8551
<i>Delivery available</i>		
<b>KFC</b>	6104 University Ave.	(319) 266-8551
<b>McDonalds</b>	2515 Main St.	(319) 266-6330
<b>Panda Express</b>	6209 University Ave	(319) 266-6839
<b>Sub City</b>	2218 College St.	(319) 277-7071
<b>Subway</b>	6822 University Ave.	(319) 268-1774
	1525 W. 1st St.	(319) 268-4225
	314 Brandilynn Blvd.	(319) 266-2399
<b>Taco Bell</b>	6023 University Ave.	(319) 268-4399
<b>Taco John's</b>	6210 University Ave.	(319) 277-6658

**DELIVERY**

<b>Domino's <span style="background-color: black; color: white; padding: 0 2px;">G</span></b>	(319) 277-3030
<b>Insomnia Cookies</b>	(319) 774-8220
<b>Little Caesars</b>	(319) 266-7777
<b>Papa John's <span style="background-color: black; color: white; padding: 0 2px;">V</span></b>	(319) 277-7722
<b>Pizza Hut</b>	(319) 266-1300

**Key**

**Meatless/Vegetarian-Friendly-- M**

**Vegan-Friendly-- V**

**Gluten-Free Friendly-- G**

## **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](http://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](http://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 32<sup>nd</sup> 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](http://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 23<sup>rd</sup> 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

### **Dining Center**

Piazza Dining Center

1501 Redeker Dr.

Cedar Falls, IA 50614

Rialto Dining Center

2003 Campus St.

Cedar Falls, IA 50613

### **Keynote**

Lang Hall

2401 Wisconsin St.

Cedar Falls, IA 50614

### **Saturday Programming & Case Study**

Schindler Education Center (SEC)

2300 Indiana Street

Cedar Falls, IA 50614

### **Saturday Night Entertainment**

Maucker Union

063 Sabin-Maucker

Cedar Falls, IA 50614



# SCHEDULE OF EVENTS

## **Friday, January 27, 2023**

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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**

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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
	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**

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7:30 - 9:30 am	Key Drop-Off/Check-Out	Towers Center (West Towers Lounge)
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**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**

**SEC 217**

*Katie Pfarrer / University of Northern Iowa*

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**

**SEC 218**

*Ben Borweiler / Minnesota State University Mankato*

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**

**SEC 220**

*Sara Lowery / Keynote Speaker*

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

### **Addressing Mental Health in ResLife Communities**

**SEC 301**

*Deanna Dymond & Sarah Devlin / University of Nebraska Omaha - Scott Campus*

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**

**SEC 303**

*Paula Myatt / University of Northern Iowa*

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.

**Helping Students Explore Majors in the Residence Halls****SEC 304**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****SEC 306**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****SEC 308**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****SEC 309**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****SEC 310**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****SEC 403**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****SEC 404**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 t-RA-ansferable Skills!****SEC 406**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****SEC 408**Lewis Gadomski & 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.

**An RA's Guide to 'Make Time': Maintaining a Healthy Work-life Balance & Discovering What Matters****SEC 409**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.

**Grocery Bingo****SEC 410***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(I)ly****SEC 217***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(I)ly 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****SEC 218***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****SEC 220***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****SEC 301***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 RAs to ask any questions they may have about what the transition looks like without any judgment or pressure.

**Resident Hall Murder Mystery****SEC 303**Alexander Charchenko & Nora Barnes / University of North Dakota

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****SEC 304**Kim Bock & Heather Amus / University of Northern Iowa

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****SEC 306**Becca Baker & Jared Thein / Winona State University

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****SEC 308**Justin Luster / Northwest Missouri State University

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****SEC 309**Xao Vang / Winona State University

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**

**SEC 310**

*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 RAs 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?**

**SEC 403**

*Cameryn O'Brien & Gabriella (Gabby) Forde / Valparaiso University*

Conflict is inevitable, yet, many residents have never experienced healthy conflict resolution. As RAs, we encounter a wide range of unhealthy coping styles such as avoidant and combative. RAs 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**

**SEC 404**

*Thomas Johnson & Emily Shields / Carleton College*

In response to a desire from RAs 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**

**SEC 406**

*Sarah Devlin & Deanna Dymond / University of Nebraska Omaha - Scott Campus*

Do you ever have a conversation with one of your residents, RAs, 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**

**SEC 408**

*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?****SEC 409**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****SEC 410**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****SEC 217**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!****SEC 218**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****SEC 220**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****SEC 301***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****SEC 303***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****SEC 304***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** **SEC 306***Daniela Almarales & Max Gordon 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!****SEC 308***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****SEC 309***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****SEC 310**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****SEC 403**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****SEC 404**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****SEC 406**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 prize 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****SEC 408**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****SEC 409**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****SEC 410**Khalia 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****SEC 217**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****SEC 218**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****SEC 220**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.

**Enneagram & Leadership****SEC 301**Claire Hanson & Sav Culver / University of Northern Iowa

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.)

**What Did I Even Do?: How to Resume Your RA Experience****SEC 303**Paula Myatt / University of Northern Iowa

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.

**Dead Men Tell No Tales: An Interactive Story of Burnout****SEC 304**Lucas Kozak & Phoebe Osgood / University of Northern Iowa

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!

**Much Ado About Self-Care****SEC 306**Amy Lamgo / University of Northern Iowa

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.

**Bringing Your Best Self to Social Justice Conversations****SEC 308**Katie Pfarrer & A.J. Hudspeth / University of Northern Iowa

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****SEC 309***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****SEC 310***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****SEC 403***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****SEC 404***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****SEC 406***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****SEC 408***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****SEC 409***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!**

**33<sup>rd</sup> 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!