



2024 RA Conference

**UNLEASH
YOUR
POTENTIAL**

UNI / University of Northern Iowa.

33rd Annual RA Conference

January 26-28, 2024

Hello RA Conference Delegates and Advisors!

We are so excited that you have chosen to attend the 33rd 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, Kipp Colvin, 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 55 colleges and universities in attendance. Learn all you can from each other while enjoying each other's company. 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 unleash your potential through the experiences you take part in at this conference.

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 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 for the conference. Call the number for the hall you are staying in and an RA will assist you. 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 Sav 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, 3:00pm-6:00pm

| Residence Hall | Office / RA Cell Phone # (Emergencies within building) |
|-----------------------|---|
| Bender | 319-273-2658 |
| Dancer | 319-273-2376 |
| Hagemann | 319-273-2580 |
| Noehren | 319-273-2229 |
| 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 9am both Friday and Saturday. Courtesy hours are in effect 24-7. Please be respectful of the residents and others on your floor.

FRIDAY EVENING DINNER

Meals during the 33rd 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 <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 M G <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 M V <i>Fast casual dining with fresh culinary options</i> | 917 W 23rd St. | |
| Hong Kong M <i>Specializing in Mandarin, Szechuan and Hunan cuisine</i> | 6306 University Ave. | (319) 266-4368 |
| HuHot Mongolian Grill M G <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> | 209 Main St. | (319) 277-9720 |
| Pablos Grill M G <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 M <i>Fresh baked breads and specialty sandwiches</i> | 6402 University Ave. | (319) 553-0250 |
| Pepper's Grill & Sports Pub M G <i>Watch your favorite sports on 40 + televisions while enjoying homemade menu items</i> | 620 E. 18th St. | (319) 266-9394 |
| Rice House M <i>Chinese and Japanese Food Take-Out and Dine-In</i> | 226 Brandilynn Blvd | (319) 266-9999 |
| Cindy Lou's Smokehouse <i>BBQ at its finest right here in the Cedar Valley</i> | 6607 University Ave. | (319) 242-7119 |
| The Pump Haus Pub & Grill <i>Fun, friendly and unique atmosphere along with great food</i> | 403 Main St. | (319) 277-8111 |
| Texas Roadhouse G <i>Treat yourself to killer ribs, hearty steaks and rolls fresh from the oven</i> | 5715 University Ave. | (319) 266-3200 |
| Urban Pie G <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 **G** 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 |
| 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 <i>Delivery available</i> | 2016 College St. | (319) 266-8551 |
| 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 G | (319) 277-3030 |
| Insomnia Cookies | (319) 774-8220 |
| Papa John's V | (319) 277-7722 |
| Pizza Hut | (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

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 **unira33** or **“University of Northern Iowa 33rd 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

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

Hagemann Hall
2800 Hudson Rd
Cedar Falls, IA 50613

Noehren Hall
2900 Hudson Rd
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 Centers

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 26, 2024

| | | |
|-------------------|---|--------------------------------------|
| 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 27, 2024

| | | |
|-------------------------|---|-----------------------------------|
| 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 & Door Dec Galleries | 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 & Door Gallery Visits | Schindler 216 and Open Lounge |
| 6:00 - 7:30 p.m. | Dinner | Piazza Dining Center |
| 8:00 - 8:30 p.m. | Awards Ceremony | Lang Hall Auditorium |
| 8:30-11:00 p.m. | Dance | Maucker Union Ballroom A & B |
| 8:30 - 10:00 p.m. | Door Decoration and Swag Swap Shop | Maucker Union Ballroom C |
| 8:30 - 11:00 p.m. | Stuff a ZebRA and Games | Maucker Union Coffeehouse |
| 8:30-11:00 p.m. | Snacks | Maucker Union Ballroom Lobby Area |

Sunday, January 28, 2024

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



2024 RA Conference Keynote Speaker:

Kipp Colvin

Kipp Colvin is an empowerment coach and motivator who uses his superpowers as a listener and connector to coach individuals and teams to achieve their goals. His work centers on utilizing every interaction to build relationships grounded in equity, intersectionality, and value-based leadership. His early career included working in higher education, focusing on student affairs, leadership development, diversity, equity, and inclusion engagement. Kipp is a native of Ohio and currently resides in Baltimore, Maryland.

PROGRAMMING SESSION INFORMATION

Session 1: Saturday, January 27, 1:30pm to 2:10pm

Dorms & Disputes: an RPG development exercise (SEC 140)

Grant Williams, John McKay / Kansas State Salina

This activity will mimic the gameplay of the tabletop role playing game “dungeons and dragons”. Participants will be given a fictional RA character to embody and will be placed into a scenario that will require them to use their best judgment and conflict resolution skills. The primary objective of this activity is to hone an RA's capacity to evaluate whether their own strengths and weaknesses give them the tools to resolve a given situation.

First Year RAs,Advisors,Returning RAs

Community Building: Upper Class Student Edition (SEC 158)

Logan Bogle / Northwest Missouri State University

Just like how a good video game has different editions and levels to it, so does ResLife. Community building is one of, if not the most important tasks that an RA has to do. In this program you will learn effective ways to build a strong community amongst upper class students. You will hear methods to increase resident engagement, build strong connections, and participate in activities that can be used to develop a community.

First Year RAs,RAs for Upper Division Students

Safe Space Toolbox: how to create and maintain welcoming spaces in your community (SEC 217)

Unity Nebesniak / Kansas State

Every student is unique. Creating spaces inclusive to all of your residents is our job, but that doesn't mean it's easy! Learn how to address pranks, cliques, vandalism, opposing student values, inner-floor dating/breakups, and more by creating a toolbox full of strategies and skills keyed into your strengths and weaknesses. Prepare to use your noggin and think outside the metaphorical box.

First Year RAs,Returning RAs

Mastering Sims in confrontation; Mediation as an RA (SEC 218)

Paige Kelly, Cameron Simon / Winona State University

Have you ever been in a roommate conflict and did not know what to do? Come join us, Paige and Cameron, as we help you set up a space for roommate mediation. Discuss what you can say and do in a sticky situation. Plus learn how to follow up after a conversion.

First Year RAs,RAs for First Year Students,Returning RAs

Keynote Presentation Follow-Up (SEC 220)

Kipp Colvin / Keynote Speaker

Join us for a follow-up session with keynote speaker, Kipp Colvin!

First-year Friendly! (SEC 222)

Angela Lopez, Sydney Lopez, Ritika Sedhai / Missouri State University

Welcome to our first-year floor! Join us in this interactive experience where we take you through half a semester in 30 minutes! We will learn how to make intentional connections with first-year students and talk through ways to assist them in their huge life transition into college. From decoration choices to experiences, we will cover everything you need to know to give freshmen the best possible first college experience. You don't want to miss this immersive presentation with the opportunity to win some candy! You will come away ready to unleash your first-year residents' potential!

First Year RAs,RAs for First Year Students,Returning RAs

Elevate Your Events: Unleashing ChatGPT (SEC 301)

Lauren Morris, Ivy Olson, Olivia Graves, Suryansh Mishra / Iowa State University

Are you ready to revolutionize your event planning game and take your programming to the next level? Join us for an engaging presentation, "Elevate Your Events: Unleashing ChatGPT" where we'll unveil the game-changing potential of ChatGPT in transforming your role as Resident Assistants. Hop in as we delve into the world of personalized event experiences, where ChatGPT helps you tailor programming to match the diverse interests and needs of your college residents.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Finding Zen in Simsville: A Journey to Inner Peace (SEC 303)

Emma Huppert, Jamie Scully / Winona State University

In this program people will be tested to find the balance between school, work, family, extracurriculars, and social life as a Resident Assistant.

First Year RAs

Sailing Beyond ResLife: Navigating the Professional World (SEC 304)

Thomas Strohmeier, McKenna Kelsey / Missouri University of Science and Technology

Embark on a transformative journey from ResLife to the professional landscape with our program inspired by Pixar's UP. Tailored for RAs, this presentation equips you with essential skills for a seamless transition. From crafting a standout resume to overcoming obstacles and embracing continuous education, join us in navigating the path to professional success. The horizon beckons; let's explore the myriad opportunities that lie beyond ResLife together!

First Year RAs, Returning RAs

RA ARTISTS: Performance art as an RA (SEC 306)

Na'La Clarkson / University of Northern Iowa

Performing is nothing new to an RA. Whether it be reciting policy to personal relationships, the "RA face" is always on; but when is it healthy to draw the line? Are there ways to express yourself in the same manner? Performing a passion such as poetry, music, or dance could not only aid an RA when you need to unlock some creativity or gain different perspectives on situations you've experienced, but it could also be overall therapeutic for you as a person! With this program you will get the chance to learn some techniques in a collection of performance art mediums, have some time to workshop an idea, then get a chance to showcase them!

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

The unique situation of mid-year hire RA's (SEC 308)

Grant Hoff, Tajah Fankhanel / University of North Dakota

Mid-year hire RAs face an interesting challenge of coming into a potentially new building with new residents who don't know them and have already been through a semester of college. In this presentation, Tajah and I will discuss strategies in which fall-hired RAs can help new hires in the spring semester overcome these unique challenges and build a stronger sense of community as well as a stronger hall staff.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Campus Olympics (SEC 309)

Devin Wolthuizen, Maggie Portillo / University of Sioux Falls

Campus Olympics: How To Host a Competitive and Inclusive Week of Events for Your Students/Residents

We're probably all familiar with the Olympics. But how can we implement something like that campus wide or within the residence halls? In this program you will see how the University of Sioux Falls has been hosting this long standing tradition and maybe get some ideas for your own institution.

RAs for First Year Students, Advisors, Returning RAs

Put Your Mask On First: Self-Care in Residence Life (SEC 403)

Avery Clubbs / Southeast Missouri State University

Now boarding Flight RA, your transportation through college assisting all the passengers along for the ride! On Flight RA, we provide complimentary snacks and drinks because we know no one shows up without free food. Please pay attention to our safety presentation as we prepare you for what to do in the event of emergency situations and turbulence. And remember, just because you're an attendant on this flight doesn't mean you should neglect putting your mask on first before assisting those around you!

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Unlocking your protentional in the outdoors. (SEC 404)

Shay Krueger / Winona State University

Study after study has shown the mental health benefits as well as the plain old health benefits of playing outside. Sadly, being able to play outside and find joy in the outdoors is something many people lose as they grow older and are stuck behind a computer screen working on homework. This session will look at practical reasons and methods of getting college students back outdoors and learning how to be able to play outside; in doing so helping grow their personal confidence, self reliance, and ability to enjoy life. We can all do hard things, you just need to learn how.

First Year RAs

A Shot of Information: Effective Alcohol Safety Programming (SEC 406)

Alyssa Beckwith / Simpson College

Come sip on mocktails and engage in exciting discussions, gain practical insight, and elevate your programming skills as we explore creative approaches to address alcohol-related issues while fostering a safer and more responsible community. Let's toast to a safer and more connected community!

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

How to build a community that doesn't suck (SEC 409)

Corey Humble, Bradley Crider / Pittsburg State University

An in depth seminar on the best ways to develop your very own dorm community that not only has the chance to strengthen the bond between you and your residents but also your larger campus community. Join Corey Humble and Bradley Crider for the chance to see what has worked and what has totally sucked when it comes to building communities. Come prepared for ice breakers, event ideas, and the little things that will make you successful in the long run. This isn't just for first time RAs but everyone that's willing to take a look at community building from a different angle.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Session 2: Saturday, January 27, 2:30pm to 3:10pm

Blogging My Way Through The RA Life: A Journey to Improving Staff Supports at the University of Northern Iowa (SEC 140)

Amalie Gassman / University of Northern Iowa

Everyone needs support, especially in our roles as RAs. This program highlights the importance of identifying a need within campus spaces and details how The RA Life: A Blog For RAs was created to improve the support that RAs have access to. You will leave this program with a new look at how you can make a positive impact within your power as an RA and improve the atmosphere of the RA role at your institution.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Living the High-Class Sim Life: Navigating Upperclassman Adventures (SEC 158)

Heidi Hanson, Bri Carman / Winona State University

This program will cover the differences between working in a first year hall and an upper-classman hall or apartment-style living complex. For any RA with upperclassmen as their residents, whether it's one of their residents or all of them, they will deal with different types of problems with upper-classmen than they would with freshmen. "Living the High-Class Sim Life" will cover some of these differences and how RAs with upper-class residents will have to have different responses to different situations. Dealing with higher-level classes, residents wanting to change their major, and increasing participation in events that are catered to upperclassmen will be included in the presentation.

RAs for Upper Division Students

Brick by Brick: Decolonizing Our Campuses and Communities (SEC 217)

Ivan Castillo / Wichita State University

As the landscape of Higher Education becomes more and more diverse, student facing services are faced with challenges to best support marginalized and minority students. In this program you will learn the essential components of beginning to decolonize your campus spaces, the impact of collective action aimed at creating inclusive spaces, and key theories and ideas that will help set the tone for more collectively equitable and supportive spaces for all students.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Harmony in Action: Mastering Conflict Mediation (SEC 218)

Steven Buer / University of Nebraska at Omaha

Harmony in Action: Mastering Conflict Mediation is a concise 45-minute training for Resident Assistants (RAs), fostering a collaborative environment for conflict resolution skills. Participants engage in icebreakers, sharing fun facts and resolving simulated conflicts. The session focuses on active listening, empathy, and neutrality as key elements of successful mediation. Through role-playing exercises, RAs practice practical mediation techniques, harmonizing their skills through hands-on experiences. A 10-minute problem-solving activity challenges collective wisdom in addressing real-world conflict scenarios, promoting innovative approaches. The training concludes with reflections on real-life applications, success stories, and a harmonious closure, emphasizing key takeaways and providing valuable resources for mastering conflict mediation in RA roles.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

"I don't think you heard me.": RAs and Active Listening (SEC 220)

Heather Asmus, Kim Bock, Kyle Haiman / University of Northern Iowa

One of the most important skills for an RA, and the foundation for having difficult conversations with students, is the ability to listen to students and respond appropriately. How well an RA listens has a major impact on their effectiveness in the job and their relationships with their residents. This workshop will engage RAs in the process of active listening as well as provide tools to help them critically think about what residents are saying and how best to support them.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Unleashing Resident Potential on the W-Curve Rollercoaster (SEC 222)

Matthew Inman / Washington University in St. Louis

As RAs, we are the architects of resident experiences, guiding them through the twists and turns of their journey. In this dynamic session, we'll explore practical strategies and insights to navigate the highs and lows of student adjustment. From the excitement of the first week on campus to the resilience-building at the close of their first semester, learn the five stages of a student's adjustment to college life. Packed with interactive discussions and actionable tips, this session is your ticket to becoming a master of student support! Get ready to unleash your potential as an RA and empower your residents for success!

First Year RAs, RAs for First Year Students

Canva Mastery: Elevate Your RA Game and Create Buzzworthy Events! (SEC 301)

Thomas Schartner / Missouri State University

Unleash your inner RA superstar with the power of Canva! Picture this: your events standing out, creating a buzz, and residents eagerly marking their calendars. Canva isn't just a tool; it's your secret weapon to turn mundane into extraordinary. Let's dive in together, and I'll guide you through the magic of crafting attention-grabbing promotions. With Canva's wizardry, your brand will be the talk of the town, making residents not just attendees but active participants. Elevate your RA game, make an impact, and let Canva be the game-changer you didn't know you needed. Ready to transform your events into something truly special? Let's do this!

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Being a Silly Goose in a Pond Full of Serious Ducks: Ways to Find the Humor in Negative Situations (SEC 303)

Emily Waldon / University of Northern Iowa

Sometimes in the RA role we need to act like Serious Ducks. However, acting like Serious Ducks all the time can be tiring. In this program, you will learn ways to bring out that inner Silly Goose in even the most Serious Duck situations.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Marketing Your RA Experience: Transferable Skills For After You Graduate (SEC 304)

Kobi Allen, Sienna Voglewede / University of North Dakota

Whether you are planning on going into higher education and student affairs or something else, being an RA helps you develop skills that are useful in all fields. In this session, we will discuss ways you can market the skills and tools you learned as a student staff member in resumes and job interviews after you graduate.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

GRWM: how to enjoy being an RA (NOT CLICKBAIT) (SEC 306)

Grace Kalil, Erin Tien, Eric Delgado / Loyola University Chicago

Get Ready With Me! Follow along with Eric, Erin, and Grace as they get ready and tell you about all the things you need, in order to enjoy your position as an RA. Whether it be time management, how to live where you work, or community building, we will tell you all about how to do this all through the age of social media. Hopefully you take some knowledge, or at least a goodie, from this program!

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

How to deal with homesickness (SEC 308)

Alexis Bartmess, Paula Myatt / University of Northern Iowa

As a round table we will be able to talk about different strategies that are used to deal with homesickness. There will be questions that the RA's can answer or they can simply have a conversation and compare and contrast their strategies.

Ice Cream Town: Making an event educational AND fun! (SEC 309)

Jake Ausman, Shannon Peskie, Ben Lemay / University of Wisconsin-Stout

Being a staff member means you get to plan so many fun events, but also trying to help your residents learn something along the way as well. So how do you balance creating events your residents are going to learn from or grow in, AND still have them want to come? Welcome to Ice Cream Town! Come participate (or even compete!) in a program you can take to your own floors and schools that residents will love and learn from, and get some general techniques that you can use to add some takeaways to your events without losing any fun.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

The Perfect Balance: Balancing Boundaries between RA's and Advisors (SEC 403)

Katie Navarro, Faith Bradbury / St. Norbert College

The Perfect Balance: Balancing Boundaries between RAs and Advisors is all about building effective relationships with healthy boundaries. You will learn how to build the relationship, how to set boundaries, and understand each other's perspectives while fostering a healthy and productive relationship.

First Year RAs, Advisors, Returning RAs

Take The First Step: What Is LGBTQ? (SEC 404)

Truong Duong / Wichita State University

What is the difference between sex and gender? What are cisgender and transgender? Wait, why does it matter? Take the first step to learn about the LGBTQ community and how to be a part of the solution. The three biggest targets of this program are to help you gain a foundational understanding of human sexuality, become aware of your biases and privileges, and how to support and foster a community that welcomes LGBTQ residents. Get on the learning board by hearing from the lens of a gay Vietnamese international Resident Assistant.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Knowhoo Your Wohoo: How to up your Game on Inclusive Sexual Health Programming (SEC 406)

Amelie Pflamminger / Winona State University

It's time to leave taboo topics behind and up our game on inclusive sexual health events! Navigating the topics of STIs, consent, pleasure and teaching residents about their sexual health as an RA can be tricky. In this program, you will learn strategies for making your sexual health events and bulletin boards more inclusive and fun, engage in an activity, and get ideas for future programming that goes beyond condom bingo!

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

The Beginner's Guide To A Boundaries Backpack (SEC 409)

Katie Carter, Liz Clark / University of Northern Iowa

How's the hike of being an RA going for ya? Struggling with boundaries? Figuring out boundaries can feel like navigating up Mount Everest without any equipment. The beginners guide to a boundary backpack is what you need to navigate the RA's version of Mount Everest. In this program you will learn the basics of boundaries and how to incorporate that into your RA role.

First Year RAs, RAs for First Year Students

Session 3: Saturday, January 27, 3:50pm to 4:30pm

Money Money Money: It's so funny in an RA world (SEC 140)

Tienna Trettin / University of Northern Iowa

"You work all night. You work all day. Navigating the bills you have to pay." If you are struggling to manage your finances, you are not alone. In this program you will learn how to save money, build credit, and make your paychecks last. This interactive presentation will cover many topics regarding responsible money management as an RA, in connection to Mamma Mia. "You can save. You can thrive. Having the time of your RA life!"

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Volunteer Your Potential (SEC 158)

Abby Gleason, Brogan Harguth / Winona State University

Learn the importance of inspiring your residents to get involved in their community with service events while we put together food packs for those in need.

First Year RAs

R-gAy (SEC 217)

Gabe Barnes / 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 LGBTQ+ community.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Spreading Encourage-Mints: An RA's Role in Supporting Their Residents (SEC 218)

Paige Donnelly / University of Wisconsin-River Falls

A community is defined as a group of people who share a sense of belonging and identity. How can we as RAs share that sense of belonging inside the residence halls? In this program you will learn the importance of supporting your residents, strategies to assist residents, programming ideas, and the outcome of a small act of kindness.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Fifty First Days: Crafting Compelling Narratives to Establish Resident Involvement (SEC 222)

Samuel Schrader, Wes Pryor / Missouri University of Science and Technology

Fifty First Days combines the humor of rom-com puns and the experience of two second year-RAs to teach you how to use the early experiences of residents and an overarching narrative to establish long-term residential engagement. You will also be challenged to collaboratively design both passive and active programs that fit within a residential curriculum, giving you skills and ideas that you can implement when you return to your institution.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

What's Going On? How to Promote Campus Events to Residents Through Social Media (SEC 301)

Kinzee Derr / University of Nebraska at Kearney

Has a resident ever asked you, "What's going on?" Has the attendance at your events been low? We witness this phenomenon when our floor socials, events, and educational sessions have little to no attendance. A couple of flyers around the residence halls is no longer enough advertising for this new generation of students. The solution is social media! In this program, you will learn how to get residents to "L.I.K.E" your posts: Learn about events and policies, Interact with their RAs, Keep up with important updates in their halls, Engage with the social media pages to spread the word! Participants will need a smart device such as a smartphone or tablet.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students, Social Media & Marketing

Reaching a Cool Calm (SEC 303)

Kiya Rainey / Southern Illinois University Edwardsville

Being in college can be distressing at times, and this is true for both our residents and ourselves. During this program, you will learn more about how to help your residents and yourself during times of crises or general distress. We will discuss what distress can look like for different people, effective strategies to use to help someone and yourself reach a cool calm, what resources you can use after dealing with a stressful situation, and go over some scenarios to help practice what we learned!

First Year RAs, RAs for First Year Students, Returning RAs

Discover University: Applying Potential in Residence Life to a Career in Education (SEC 304)

Mal Bowman / Winona State University

Working in residence life helps you build many skills, and these skills can be applied to a career in education as well. In this program you'll learn about the similarities between residence life and teaching, discover tips on fostering a classroom community just as you would a floor community, and participate in engaging activities to help get the ball rolling on ideas for implementing residence life into teaching.

First Year RAs, Returning RAs, RAs with Education Majors

Cards of Fate: How You Handle the Expected and Unexpected (SEC 306)

Samuel Nissen / University of Northern Iowa

We all probably have tales to tell about the strange situations we have stumbled into. It's natural to be unsure when handling these situations and that we are not tied to our mistakes as long as we are willing to learn. This program can help show how we may go about these situations.

First Year RAs,Returning RAs

Accessibility in Programming (SEC 308)

Ariel Mitchell / Illinois State University

What does accessibility mean to you? Providing accommodations for your programs can increase the audience and improve participants' experience. Each person is very different, and so are their needs to fully participate. In this session, we will review a variety of needs and how to accommodate them.

First Year RAs,Returning RAs

Murder Mystery and Self-Defense Escape Room (SEC 309)

Bailey Gilbertson / University of Wisconsin-Stevens Point

Learn how to create a cheap and easy escape room, for a variety of skill levels, with resources on and off campus. After the presentation, join me for a small example escape room.

First Year RAs,RAs for First Year Students,Returning RAs,RAs for Upper Division Students

How to Avoid Burnout (SEC 403)

Benjamin Finchamp / Truman State University

The job of an RA is often a very stressful and time-consuming one that can lead to even the very best of us feeling exhausted. Between this job, classes, and other extracurriculars it can be hard to keep on top of it all. In this program we will go over a few tips and tricks for how to make sure that this job is always something that feels doable, and doesn't lead to undue exhaustion and burnout. These skills are ones that you can apply to both the RA role and your everyday life as a college student.

First Year RAs,RAs for First Year Students,Returning RAs,RAs for Upper Division Students

Being a Minority While Working for the Majority: RAs of color (SEC 404)

Na'ila Clarkson / University of Northern Iowa

Being a person of color at any institution is hard enough, dealing with feelings such as imposter syndrome or harm such as microaggressions. But when you also work with and for those who are potentially causing harm then that creates a very complex situation. Join your fellow RAs of color in discussing experiences, issues, and emotions surrounding being a person of color in higher education, with such a responsibility on your shoulders while facing everyday life.

First Year RAs,RAs for First Year Students,Advisors,Returning RAs,RAs for Upper Division Students

The Sustainability of a Learning Living Community (SEC 406)

Remi Foust / University of Minnesota Duluth

What do you think of when you hear "sustainability?" Learn about what the University of Minnesota Duluth is doing to implement sustainability into housing through a Learning Living Community and how to plan ahead for events to get the maximum outreach, engagement, and retention from your residents.

RAs for First Year Students

The Community's in the Cookies (SEC 409)

Grace Smathers / Northland College

One of the main goals of being an RA is building a sense of community on your floor- but it's a lot easier said than done. Come learn how Grace utilized baking cookies as a form of passive and active programming that led to an incredible and connected floor her first year, and how cookies saved her floor again in her second year as she faced unique challenges on her floor. Plan on leaving with a new understanding of the importance of connection, community, and cookies.

First Year RAs,RAs for First Year Students,Returning RAs

Session 4: Saturday, January 27, 4:50pm to 5:30pm

Residence Life: Time Travelers Unleashed (SEC 140)

Dagmawit Kebede / Truman State University

Embark on a journey through the ages with 'Residence Life: Time Travelers Unleashed.' In this immersive program, participants will explore the past, navigate the challenges of the present, and envision an innovative future for residence life. Using the theme of time travel, we will dive into the lessons of history, address current realities, and collectively shape a dynamic vision for the future of our residential communities.

First Year RAs,RAs for First Year Students,Advisors,Returning RAs,RAs for Upper Division Students

Full House: Have Mercy! (SEC 158)

Kehde Campbell, Michaela Cooper / University of Northern Iowa

Apartment style housing can be very hectic at times, but is also a great way for residents to live with their friends and become more independent. Through clips of Full House, this presentation will teach RAs that work in apartment/suite style housing some tips and tricks they can use for programs, conflicts, and care in their halls. This presentation will have you feeling like, "you got it, dude!"

First Year RAs,Returning RAs,RAs for Upper Division Students

Making Housing a Home at a Predominately White Institution (SEC 217)

Katy Boykin, Bethany Plants / Webster University

Safety, support, and social inclusion is something we all strive to achieve for our floor or building communities. At this program, learn the importance of creating a safe living environment for marginalized residents. You will hear from an RA who is currently navigating a predominantly white institution through their experience. This program will present ways to support social minorities in housing. Gain resources to improve your housing staff and separate implicit bias from your work to encourage a more positive and inclusive living community.

RAs for First Year Students,Advisors,Returning RAs,RAs for Upper Division Students

Seasonal Affective Disorder: How to navigate the winter (SEC 218)

Aidan Dalzell / University of Minnesota Duluth

Unlocking the sunshine within: Let us shed light on Seasonal Affective Disorder and explore the vitamin D connection: a presentation guaranteed to brighten your understanding of mood and wellness during the darker seasons!

First Year RAs,RAs for First Year Students,Advisors,Returning RAs,RAs for Upper Division Students,Someone Else

"I don't know how to talk about it.": RAs and Difficult Conversations (SEC 220)

Heather Asmus, Kim Bock, Kyle Haiman / University of Northern Iowa

RAs often have conversations with residents about sensitive, challenging, sad, and stressful topics. There are many ways these conversations can fail, which can be detrimental to both the resident, the RA, and their relationship. This workshop will provide a framework to help RAs have difficult conversations with residents in a healthy and supportive manner.

First Year RAs,RAs for First Year Students,Returning RAs,RAs for Upper Division Students

Let's Get Creative! (SEC 222)

Lily Dockerty, MJ Hennessey / University of Wisconsin-La Crosse

A discussion about designing and hosting creative events for residents and finding ways to define successful engagement with various types of residents. Followed by an opportunity to design some unique events with other RAs as well as share and get ideas from other campuses to try out at your institution.

First Year RAs,RAs for First Year Students,Returning RAs,RAs for Upper Division Students

The Perfect Little Tool: How to make a Zine (SEC 301)

Gabe Barnes / University of Northern Iowa

Did you ever want to create a tiny book? Do you want a fun program idea to do with residents? Do you want an interesting way to convey information that isn't a flier or email? In this program you will learn a very brief history of the Zine and its uses, then we will each make a couple to be able to take home with us.

First Year RAs,RAs for First Year Students,Advisors,Returning RAs,RAs for Upper Division Students

Stronger Together: Building Trauma-Resilient Communities (SEC 303)

Mica Daigle / St Olaf College

When a campus is rocked by trauma, residents experience greater rates of depression, anxiety, and post-traumatic stress. Using evidence-backed, community-oriented strategies, you will learn how to build trauma-resilient communities and support residents effectively in the wake of a traumatic event. Participants will engage in interactive activities to practice their new skills and leave feeling better equipped to deal with the unexpected.

First Year RAs,RAs for First Year Students,Returning RAs,RAs for Upper Division Students

The RA Life Chose You: Higher Education After Graduation (SEC 304)

Peyton Ashland, Nora Higgins / University of Iowa

Do you love working as an RA or with college students and want to turn this into a career? Higher Education might be for you. Often, we do not know Higher Education is a career option until we are introduced into the field. Come learn about what it means to be a Higher Education professional from two former RAs and current Higher Education and Student Affairs masters students still working in housing. We will discuss the first steps of getting into the Higher Education field: career options, applying for graduate school, being a Higher Education Graduate Student, and more!

First Year RAs,Returning RAs,RAs Interested in Higher Ed Beyond Graduation

Social Anxiety as an RA: Tools and Activities (SEC 306)

Lexi Baiter / Missouri University of Science and Technology

Social anxiety: we know it, we get it, we live it. As RAs, it can be difficult for those living with social anxiety to balance their mental health and the responsibilities of the position. In this program you will learn key tools to overcoming anxiety in your job through group collaboration, activities, and improv!

First Year RAs,Advisors,Returning RAs,Someone Else

Unleash Your Mental Health Potential (SEC 309)

Erica Thomas / Winona State University

As mental health rises on university campuses we as supervisors need to fine tune our skills in becoming more mental friendly in order to better support our students and student staff. In this program you will learn some growth mindset activities, helpful and effective communication phrases and other various techniques to use to become a more mental health friendly supervisor.

Advisors

RA Zen Zone: Cultivating Balance in Residence Life and beyond (SEC 403)

Emily Pearson, Krista Baker / Truman State University

Join us for an insightful session on mastering the delicate balance of time management, organization skills, sleep, stress, and personal time. Discover practical strategies to create a well-rounded life that allows you to excel in your RA role while maintaining a healthy and harmonious balance. It's time to take a Time-OUT and learn the art of juggling responsibilities without dropping the self-care ball.

First Year RAs, Returning RAs

Folder? I don't even know her (SEC 404)

Sierra Riley, Lauren Wilson / Wichita State University

"Folder; I don't even know her" is an interactive activity where you will put together your own resource folder for your residents. These folders provide key information for first time residents that are living in the residents halls which allows you to spend more time getting to know your residents rather than answering the same questions repeatedly. Come learn the importance of this resource and discuss with other staff members what else you could include in your folders!

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Working On Time (SEC 406)

Garret Schuster / University of North Dakota

As a student working balancing your job, classes and personal life it can be a struggle to maintain all three neatly. In this program I will be going over Microsoft Office focusing on Outlook, OneDrive, and some Google variants of these tools. In these I will be covering Outlook Calendar and how to set up rules, categories and folders for all your emails that you receive and along with how to utilize these programs your needs.

First Year RAs, RAs for First Year Students, Returning RAs, RAs for Upper Division Students

Sustainable Programming (SEC 409)

Kierstin Howard / Missouri State University

We are using our potential to make sustainable programs! A how-to on implementing long-lasting events. Sustainable programs are important because their impact on the community can extend past the RA's stay at the university. These programs can have a huge impact on future college students and RAs alike which can lead to a feeling of interconnectivity between generations.

First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

Uncovering Hidden Workers: Interfacing with Auxiliary/Facilities Staff as an R.A. (SEC 0)

Taimoor Baig / Carleton College

As a Resident Assistant (RA) with three years of experience in Residential Life, I have developed an understanding of the dynamics within our campus community. This presentation will delve into the roles and impacts of those who work tirelessly behind the scenes, security officers, custodial staff, and dining personnel, integral members of the larger machine that is college life. Through this presentation we will explore the significance of open communication, event planning, and the acknowledgement of these hidden workers. My goal is to explain how fostering such interactions can lead to more transparent communication and an enhancement of comfort, diversity, and inclusion on campus.

First Year RAs, Advisors, Returning RAs

SAVE THE DATE!

34th Annual UNI RA Conference

January 24–26, 2025

Hope to see you all there!

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