



**34<sup>th</sup> Annual RA Conference**  
January 31-February 2, 2025

Hello RA Conference Delegates and Advisors!

We are so excited that you have chosen to attend the 34th 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, Jen Manly, 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 52 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

<b>Residence Hall</b>	<b>Office / RA Cell Phone # (Emergencies within building)</b>
Bender	319-273-2658
Dancer	319-273-2376
Hagemann	319-273-2580
Noehren	319-273-2229
Rider	319-273-2249
Shull	319-273-2080

### Important Phone Numbers

Emergency	911
UNI Police, Emergency	319-273-4000
UNI Police, Non-Emergency	319-273-2712

### Residence Hall Quiet Hours

Quiet hours for conference participants will run from midnight to 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 34th 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>FIVE GUYS</b> <i>Quick burgers and giant fries</i>	6406 University Ave Ste. C	(319) 242-8083
<b>Oh My Grill</b> <i>Casual eatery serving up burgers, sandwiches, fries, and shakes with halal and vegetarian options.</i>	2020 College St	(833) 664-2020
<b>Mirch Masala</b> <b>V</b> <i>Relaxed eatery serving traditional Indian dishes including seafood &amp; vegetarian options.</i>	911 W 23rd St	(319) 277-3227
<b>Greenhouse Kitchen</b> <b>M V</b> <i>Fast casual dining with fresh culinary options</i>	917 W 23rd St.	(319) 260-2230
<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 (similar to a Pancheros) local favorite</i>	310 Main St.	(319) 277-8226
<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>Mulligan's Brick Oven Grill &amp; Pub</b> <b>M</b> <i>Sports bar featuring pizzas, pub grub &amp; more</i>	205 E 18th St.	(319) 277-3671
<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>Cindy Lou'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>	5715 University Ave.	(319) 266-3200

*Treat yourself to killer ribs, hearty steaks and rolls fresh from the oven*

**George's Local** 108 E 4th St (319) 260-2280

*Burgers, mac 'n' cheese, and other comfort foods in a casual setting with a patio and a full bar.*

**Patton Bar & Diner** 317 Main St (319) 260-2209

*Relaxed American diner serving breakfast, lunch, and dinner, plus beer, wine, and cocktails.*

**Urban Pie**  200 State St #101 (319) 260-2045

*Fast-Fired style pizza joint with customizing options*

**Village Inn Pancake House** 6301 University Ave. (319) 277-5551

*Complete menu for breakfast, lunch and dinner with a wide variety of homemade pies*

**Whiskey Road**  402 Main St (319) 277-1244

*Country/Western-Themed Restaurant with good gluten-free options*

**CHILITOS** 1704 W 1st St (319) 260-2140

*Casual restaurant serving familiar Mexican dishes such as fajitas and enchiladas along with margaritas.*

**TACO CALIFORNIA** 200 W 1st St Suite 107

*Tasty and authentic Mexican street food.*

**Wilbo Burgers Brats & Beers** 118 Main St (319) 260-5000

*Burgers and brats are the focus at this casual joint with a bar and a laid-back vibe.*

### FAST FOOD

**Arby's** 6018 University Ave. (319) 266-3627

**RAISING CANES** 201 Viking Plaza Dr (319) 531-3994

**Dunkin Donuts** 6004 University Ave. (319) 266 6402

**Hurts Donut** 100 E. 2nd St. (319) 504-5611

**ICON Donuts & Sweetery**  4505 Algonquin Dr Suite A (319) 260-2615

**Jimmy John's** 2016 College St. (319) 266-8551

*Delivery available*

**KFC** 6104 University Ave. (319) 266-8551

**McDonalds** 2515 Main St. (319) 266-6330

**Panda Express** 6209 University Ave (319) 266-6839

**Sub City** 2218 College St. (319) 277-7071

**Subway** 6822 University Ave. (319) 268-1774

1525 W. 1st St. (319) 268-4225

**Taco Bell** 6023 University Ave. (319) 268-4399

**Taco John's** 6210 University Ave. (319) 277-6658

**PITA PIT** 1700 W 1st St Suite C (319) 266-5554

### DELIVERY

**Domino's**  (319) 277-3030

**Insomnia Cookies** (319) 774-8220

**Papa John's**  (319) 277-7722

**Pizza Hut** (319) 266-1300

### Key

**Meatless/Vegetarian-Friendly--** 

**Vegan-Friendly--** 

**Gluten-Free Friendly--** 

## **APPS AND WI-FI CONNECTION INFORMATION**

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

### **Wi-Fi Connection**

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

[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:  
[Access Guide to 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 **“University of Northern Iowa 34<sup>th</sup> Annual RA Conference”**.

## **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

Noehren Hall

2900 Hudson Rd

Cedar Falls, IA 50613

Dancer Hall

2001 Campus St.

Cedar Falls, IA 50613

Rider Hall

2801 Ohio St.

Cedar Falls, IA 50613

Hagemann Hall

2800 Hudson Rd

Cedar Falls, IA 50613

Shull Hall

2901 Ohio St.

Cedar Falls, IA 50613

### **Friday Night Entertainment**

Wellness & Recreation Center (WRC)

2301 Hudson Rd.

Cedar Falls, IA 50613

### **Keynote & Saturday Night Entertainment**

Maucker Union

063 Sabin-Maucker

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

### **Awards Ceremony**

Lang Hall

2401 Wisconsin St.

Cedar Falls, IA 50614



## SCHEDULE OF EVENTS

### **Friday, January 31, 2025**

---

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 - 11:00 p.m.	Door Decoration and Swag Swap Shop	WRC 176 - Aerobics Room

### **Saturday, February 1, 2025**

---

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	Maucker Union Ballrooms
10:30 - 11:40 a.m.	Keynote Speaker	Maucker Union Ballrooms
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 Dec 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 - 10:30 p.m.	Graduate School/Assistantship Tabling	Maucker Union Ballroom C
8:30 -11:00 p.m.	Stuff a ZebRA, Games, and Live Music	Maucker Union Coffeehouse
8:30-11:00 p.m.	Snacks	Maucker Union Ballroom Lobby Area

### **Sunday, February 2, 2025**

---

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



**2025 RA Conference Keynote Speaker:**

## **Jen Manly**

Jen Manly is a dedicated advocate for balancing meaningful work with personal well-being. With nearly a decade of experience in education, Jen is a recognized pioneer in K-12 education for her leadership in student-centered learning through agile project management. Jen's innovative approach has earned her national teaching excellence awards, co-authorship of the Agile Educator Guide, and features in Edutopia, ISTE, and Glamour Magazine.

She continues to influence education by serving on curriculum writing teams and championing effective, sustainable productivity for educators and students alike. Jen Manly now brings her passion and knowledge for prioritizing boundaries and strategic productivity to higher education and the business community to help others create meaningful impact.

## **PROGRAMMING SESSION INFORMATION**

### **Session 1: Saturday, February 1, 1:30pm to 2:10pm**

#### **How to be a Chill Guy: De-escalation Techniques and Taking Care of Yourself in the RA Role (SEC 140)**

*Aeris Turner / University of Northern Iowa*

Chill Guy is the epitome of calmness and composure. In the RA role it is helpful to have some tools in the back of your mind to handle stressful situations. De-escalation techniques can help with panic/anxiety attacks or just helping someone feel at ease! After a stressful situation you need to know how to take care of yourself too!

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

#### **Mind on a Role: Self Care While Caring For Others (SEC 158)**

*Hannah Beckmann, Bella Haeg, Sayeeda Khan / Winona State University*

Being on the clock 24/7 in housing can be overwhelming. While meeting your role's and residents' needs, finding time to practice self-care can be difficult. In this program, you will learn about the importance of the wellness model and prioritizing time for yourself. You will participate in activities decided on by spinning the Wheel of Wellness which touches on each aspect of the wellness model. Through this program, you can gain ideas and activities to bring back to residents and future RAs!

First Year RAs

#### **Discussing Your Rebrand: Finding your identity as an RA (SEC 217)**

*Abigail Rees / Wichita State University*

In this session, we'll explore the concept of rebranding-not as a corporate strategy, but as a process of discovering, embracing, and aligning your authentic identity with your leadership role as an RA. Every RA brings a unique set of strengths, values, and experiences, and these differences are what make you an essential part of your community. The purpose of this session is to give you the space to reflect on your personal identity, your leadership style, and how you navigate the diverse needs of your residents. We'll explore how embracing diversity in an RA team can help you become a more effective and empathetic leader.

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

#### **Tuning your Time: Tips and Tricks for Managing your Busy Schedule (SEC 218)**

*Kiera Jackson / University of Northern Iowa*

We all have problems managing our time from time to time. This will give you some tips and tricks on how best to manage your time, even when you have no time, to keep in tune with yourself.

First Year RAs, Returning RAs

#### **Gratitude with Attitude (SEC 220)**

*Connie Hansen, Samantha Hospodarsky / University of Northern Iowa*

In this engaging presentation, we'll explore the practice of gratitude and how it can positively transform your college experience. Learn practical strategies to foster gratitude in your daily life, reduce stress, build stronger relationships, and enhance your overall well-being. Let's discover how a simple mindset shift can create lasting benefits for both your personal life, academic journey, and role as a RA.

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

#### **Let's Talk About Sex (SEC 222)**

*Carson McCann, Aubrey Berning / University of Wisconsin - Stevens Point*

Time to get down and dirty and talk about...SEX! Join us for a laid back and fun presentation where we learn about the stereotypes/influences that impact our understanding of sex. We'll keep things light, inclusive, and maybe even a little bit hilarious because let's be real, learning about sex shouldn't be a total snooze-fest. This session is for anyone who is looking sex positivity on their campuses.

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

### **Community in uncertainty (SEC 301)**

Gabriel Munoz / *Cornell College*

Especially in the arrival of new students who have most likely not been in such an uncertain environment such as Cornell, a sight of familiarity, can certainly be the beginning steps in establishing a close and open-minded community to where all things thrive within and outside the hallways.

First Year RAs, RAs for First Year Students

### **Here and Not Going Anywhere: Building a Welcoming Community on Your Floor (SEC 303)**

Kiaryn Ellis / *University of Iowa*

In tumultuous times, it is the community around us that keeps us going. As an RA, you are assigned a floor of residents that may be quite different from each other, but you can help them form a community that engages with each other in healthy, uplifting, and meaningful ways. In this program, you will learn the importance of building a welcoming environment on your floor and how to accommodate differences while exploring fun ways to engage with your residents and make your floor a true community.

First Year RAs, RAs for First Year Students

### **Encore: hitting the right notes as a returning staff (SEC 304)**

Paige Kelly, Sophia Theiss / *Winona State University*

Encore! You just finished an amazing semester of working in housing. Now it's time to help new staff hit the right pitch to make music next year! In this program you will learn how to be a more supportive returning staff.

First Year RAs, Returning RAs

### **Creating inclusive communities: supporting residents with learning disabilities (SEC 306)**

Rose Orr, Parker Lamber / *University of Iowa*

Building inclusive communities is at the core of being an RA. In this interactive program, you will explore effective communication techniques tailored to individuals with invisible disabilities, campus resources for individuals with disabilities and most importantly strategies to help your residents advocate for themselves. Our presenters work in tandem in a single community with one who works exclusively with people with intellectual disabilities and the other who works with "traditional" freshman and returner students.

First Year RAs, Advisors, Returning RAs

### **Healthy Halls, Happy Halls: How RAs Can Be Public Health Leaders in the Residence Halls Victor Fontanez / University of Iowa (SEC 308)**

Victor Fontanez / *University of Iowa*

In the residence halls, healthy residents make for happier, more engaged communities! This program details the intersection of public health and residence hall life, why it is important that residents are healthy, and ways RAs and other residence hall staff can play their part in keeping their communities healthy.

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

### **The RA Mindset: How to balance your role with your mental health (SEC 310)**

Zephy Forsyth / *University of Northern Iowa*

Between being a full-time college student, dealing with roommate conflicts, and getting wild calls in the middle of the night, our role as RAs can be a stressful one - but there are ways to make it easier. For this program, you'll be able to discuss RA-related struggles with others in the room and learn some tips for how to view your role as an RA in the healthiest way possible.

First Year RAs, Returning RAs

### **Work Hard, Staff Harder: Our Stories and Strategies from Being First-Year Supervisors (SEC 403)**

Lukas Metropoulos, Tori Rhynard / *Pittsburg State University*

Navigate the challenges of supervising student staff for the first time with confidence and clarity! This session covers everything from building meaningful connections with your team to mastering your workflow, setting boundaries, and prioritizing self-care. Gain insights from real first-year experiences and walk away with practical strategies to support your staff, your residents, and yourself. Whether you're preparing for your first year or reflecting on it, this presentation is your guide to success!

Advisors,Returning RAs

#### **Don't hide away in the Hall (SEC 404)**

*Mich Kraemer / University of Wisconsin-Stevens Point*

Being visible and present in the residence hall can make a big difference in community behavior. In this program, we will discuss ways to be visible and present in your residence hall along with how this can influence the social norms of the community.

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

#### **Becoming a Chaos Coordinator: A guide to building a community through chaos as an RA (SEC 406)**

*Nolan McCann, McKinzey Johnson / Winona State University*

Building a community as an RA can be challenging. Doing it with a floor that likes to make their own rules can be even harder to navigate. In this program we will be discussing how to become a "Chaos Coordinator". We will talk about how chaos is not a bad thing and embracing this concept to build a chaos community. We will be discussing different ideas we have used on our floors and utilizing open floor and table talks to let these concepts be shared amongst everyone. In the end we hope to give RAs some guidance in embracing the unpredictable and gain new ideas on how to build their own chaos communities.

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

#### **Cricut Design Workshop (SEC 408)**

*Hannah Murphy / Missouri Western State University*

Come learn what the Cricut can do to up your door decoration game. From cutting out all of the parts. To having the Cricut write the names in custom fonts. And even being able to use the print then cut feature.

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

#### **Point Break: The RA challenge / University of South Dakota (SEC 409)**

*Muhammad Hussain, Emma Cundiff, Tanner Warwick, Brooklyn Gifford / University of South Dakota*

Ready to level up your RA experience? Point Break: The RA Challenge is all about building community, fostering teamwork, and having a blast while doing it! In this program, you'll discover creative ways to connect with your residents, unlock exciting opportunities for engagement, and compete in fun challenges designed to bring everyone together. The best part? It's all about finding the balance between action, reward, and a little friendly competition. Join us for a high-energy experience that will leave you inspired and ready to bring your A-game back to your residents!

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

## **Session 2: Saturday, February 1, 2:30pm to 3:10pm**

#### **Supporting Others While Caring for Yourself: Advocating for Mental Health as an RA (SEC 140)**

*Abby Simon / University of Wisconsin-Madison*

As the saying goes, you can't pour from an empty cup. For RAs, this means prioritizing your own well-being so you can effectively support your residents. Of course, this is often easier said than done and finding the right balance can be difficult. In this program, we will explore how to have meaningful conversations with your residents about mental health, create and maintain healthy boundaries, and become an advocate for mental health in your community.

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

### **An RA's Guide to Self Care: How to Take Care of Yourself After an Incident (SEC 158)**

*Elizabeth Due-Rosas, Benard Ogbeche / Winona State University*

As RAs our jobs are to make sure our residents have a great living experience on our campus, and sometimes that includes involving ourselves in incidents. When dealing with residents and incidents, we usually follow up with the residents involved in an incident to make sure they're doing ok, but its easy to forget to make sure to check in on ourselves as RAs. This program will talk about what you can do to take care of yourself as an RA after dealing with an incident no matter how bad it is.

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

### **How to Advocate for Yourself and Others (SEC 217)**

*Madison O'Donnell / University of Wisconsin-River Falls*

As RAs, we are a resource for the residents in our building and we play a role in supporting and advocating for and with them. In this program we will discuss what is advocacy, what does it mean within the RA role, and the different forms it can take.

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

### **Keeping Crafty with CANVA! (SEC 218)**

*Wesley Pryor / Missouri S&T*

"Hop on into this program and get introduced to Canva, a simple browser graphical design tool that makes life as an RA easy, with some hands-on experience! From routine usage designing items like flyers or presentations to more obscure and surprisingly useful applications, discover what this tool can do for you and your institution! For those who already know about Canva, this program will explore some unique use cases for the program you may not have heard of!

(It is recommended to bring a laptop to this, but you can also share with someone who has a laptop in the program!)"

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

### **Identity as Stained Glass: Open-Mindedness and Helping Others to Shine (SEC 220)**

*Erin Thom, Jordan Schrom / College of Saint Benedict*

Get a general understanding on different aspects of identity (Racial vs Ethnic vs National, LGBTQ+ (with that, sex and gender), Ability/Disability, and Class-Based identities), the importance of open-mindedness, and how to promote open-mindedness within yourself and your community. The analogy of stained glass is used to represent how different parts of a persons identity come together to make a unique piece of art, and how putting someone down for their identity "cracks their stained glass"

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

### **Birds, Bees, Buddies, And Booze (SEC 222)**

*Omarian Brantley / Wichita State University*

Every single year, it never fails that RAs on every campus have to have the "Talk" with their freshman residents. In this session we will not only be talking about all the different "talks" you may have to have with your freshman, but how to navigate them and why its important to engage in these conversations. Conversations regarding issues like substance use, mental health, sexual activity, and other heavy topics can be uncomfortable, but in the role we play it is very much needed.

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

### **Creating Community on the Floor (SEC 301)**

*Mariah Ambrose / Wartburg College*

Building a community on the floor is an important part to being able to create a safe space for residents. In this program, you will learn how to bring the program to the residents (literally), give residents the power to personalize their floor, gain strategies on how to keep the floor engaged, all while participating in creative activity."

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

### **Breaking Barriers: Communication Strategies for Roommate Harmony (SEC 303)**

Rachel Williams, He Jian John Wang, Natalie Heredia / *University of Wisconsin-Madison*

I didn't want to cause problems, so I never brought it up"-Resident. Did you know that most roommate conflicts arise from a lack of communication? Misunderstandings, assumptions, unclear boundaries, and fear of confrontation are just a few reasons why issues often go unaddressed. Without open communication, conflicts can escalate until a resident feels compelled to seek help from their Resident Assistant.

In this program, you'll explore common causes of roommate miscommunication, learn phrases and strategies for one-on-one conversations and room mediations, and engage in hands-on activities to prepare for your next roommate conflict.

First Year RAs, RAs for First Year Students

### **Thanks Fr Th Mmrs: Leaving Your Mark in Residence Life (SEC 304)**

MJ Hennessey / *UW- La Crosse*

As bittersweet as it may be, the reality is that once we graduate many of us won't be returning to a position in ResLife. The unique positions we have as student staff allows us to build many vital and applicable skills for our careers and also leaves us with many great memories. This program is an opportunity for returners to share their stories and the marks they have left on ResLife and for first year RAs to listen and learn from their peers to continue the momentum left to them.

First Year RAs, Returning RAs

### **Connecting with Student Athletes (SEC 306)**

Ella Thompson / *University of Northern Iowa*

Learn some tips and tricks about how to connect with your student athlete residents!

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

### **Advice From an Elder RA: What I have Learned in My 3 Years as a Resident Assistant (SEC 308)**

Izzy Haake / *Kansas State University*

Learn from the firsthand experiences of a third-year RA, who will share both the exhilarating highs and challenging lows of the role. Discover practical strategies for navigating the complexities of RA work, from fostering community to handling difficult situations. Gain valuable insights into self-advocacy and conflict resolution, empowering you to excel as an RA at your own institution.

First Year RAs

### **Courageous Conversations: Discussing contentious topics with mutual respect and understanding (SEC 309)**

Nathan Weiss, Melanie Mendez / *Kansas State University-Salina*

Major world events & social issues can more profoundly impact our residents and peers than we may realize. Sometimes, these events can spark touchy, often aggressive, dialogues when we differ in our views on these topics. In this program, you will learn how to facilitate "Courageous Conversations" with your peers and residents when conflict arises. Courageous Conversations allow for honest, open dialogue on contentious topics where four core tenets, each facilitating an environment of respect and civility, set the standard of dialogue for all participants. First Year RAs, RAs for First Year Students, Advisors, Returning RAs, RAs for Upper Division Students

### **How to put on a game night! (SEC 310)**

James Collett, Chance Henson / *Pittsburg State University*

A fun-filled informative session about how to hold a game night. Play a game of Jeopardy full of tips and tricks for making a successful event.

First Year RAs, Returning RAs

### **Tune In To Student Housing Orgs: RHA & NRHH (SEC 403)**

Carissa French / *Kansas State University*

Looking to engage more residents in your residence halls or apartments? Look no further than introducing a Residence Hall Association (RHA) or National Residence Hall Honorary (NRHH) chapter! We will define each of these organizations, talk about how to implement them on your campus, and discuss how student leadership can help residents (and future RAs!) get in tune with their living communities.

Advisors

### **How To Slay The Awkness-Monster: Fighting Awkwardness in the RA Role (SEC 404)**

Hillary Burken, Amalie Gassman / *The University of Northern Iowa*

Awkward encounters are just part of the job when you're an RA-but wouldn't it be great to handle them like a pro? In this presentation we'll tackle the dreaded "Awkness Monster," that creature that rears its ugly head in every uncomfortable silence, cringey icebreaker, or strange hallway run-in.

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

### **Being You in the RA Role (SEC 406)**

Ashley Uitermarkt / *University of Northern Iowa*

"You are a person first, a student second, and an RA third." Maybe you've heard this before but aren't really sure how to live it out. You are not three separate people! In this session, let's talk about how you can maintain boundaries between aspects of your life while also incorporating all parts of yourself into your job as an RA.

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

### **Spring Clothing and Dorm Drive (SEC 409)**

Claire Galvin / *South Dakota State University*

Residents looking for to discard clothing and dorm supplies are encouraged to donate these items to their front desk. Want to see how to host a large scale program for over 800 residents? Learn at the Spring Clothing and Dorm Drive program!

First Year RAs

## **Session 3: Saturday, February 1, 3:50pm to 4:30pm**

### **Take a Breath: How to Self Care as an RA (SEC 140)**

Naima Pyrali / *WashU*

RAs have a lot on their plate and this program recognizes that. We will go over how to set boundaries with residents and to ensure a balance between being an RA and a student. This program will teach the importance of self-care and ways to ensure your needs are being met so you can be the best RA possible. We will end with some breathing exercises that can help you feel refreshed and calm at all times!

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

### **Thriving, Not Just Surviving: Mastering Balance & Beating Burnout for RA's with Graham Hutchcroft (SEC 158)**

Graham Hutchcroft / *The University of Iowa*

Being refreshed and ready to help those you serve as an R.A. is one of the most important aspects of the role. But how can you be ready for those who look to you for advice if you don't even have your own life under control? That's where lifestyle balancing comes into play; being able to understand all the key aspects of your life, from your education to spending time with friends, it all comes into play for where and how you spend your limited time every day. Factoring in time for yourself is one of the most important ways to prevent burnout, so why not learn some tips on how to efficiently complete what you need to and make more time for yourself!

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

### **Teamwork in Action: Navigating Challenges and Building Unity (SEC 217)**

Catie Head, Ben Eckhoff / *University of Northern Iowa*



While not everyone always gets along, it is crucial in Residence Life roles to collaborate effectively and efficiently as a team. This program will cover various strategies for managing and maintaining good relationships with people you may find difficult to get along with and emphasize the significance of teamwork and presenting a united front.  
First Year RAs,Returning RAs

### **Residential Hall Mural Preservation (SEC 218)**

*Amanda Visger, Riley Beazley / University of Wisconsin La Crosse*

Passionate Participation in Preservation: A Project in the Making - In this program, you will learn the importance of previous passionate students' contributions to resident halls with the intentions to preserve the artwork before much needed renovations cover decades of history. Through contributions of current RAs, Hall Directors, and the preservation of 2 dedicated RAs, this presentation will showcase the importance of preserving artwork history within resident halls.

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

### **Am I white-washed? (SEC 220)**

*Fredy Vazquez / UNO Scott Campus*

Many POC students feel the need to conform when attending college so that they can "fit in" better. At the same time, however, they can't conform too much without being called "white-washed" or "not brown enough." This program aims to bring awareness to POC students' internal struggles, from feeling like they are living two different lives to establishing their own identity and finding that balance within themselves.

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

### **Harmonizing Connections: Using Threads to Engage Diverse Residents (SEC 222)**

*Kaitlin Gleiforst, Risab Bhandari, Alex Basi / Webster University*

Discover how to keep the rhythm going with residents who aren't naturally chatty, tune in to the unique needs of neurodivergent students, and strike the right chord when connecting with international residents. Leave with practical tools to create a harmonious, inclusive community where every voice matters. Let's turn small talk into a symphony!

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

### **Dorm Wars ~ Creating Community Through Rivalry! (SEC 301)**

*Rebecca Downs, Jaime Lowitz, Lindsay Barwick / University of Wisconsin - La Crosse*

Dorm Wars is a high-energy, campus-wide competition that builds community and ignites school spirit! Students compete in a series of high-stakes events, like dodgeball, trivia, and Mario Kart to earn points and prizes, all in pursuit of the Dorm Wars Champion title! Join us at this session to learn how to initiate, design, and host this unforgettable event! We will also share with you all of UWL's tools, tips, and tricks for making this program thrive, including a full guidebook to everything Dorm Wars!

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

### **Thriving not Surviving - Roommate Mediation (SEC 303)**

*Kylee Marzullo, Anthony Arizmendi / Cornell College*

When roommates aren't getting along no one is happy, from the students, to the RA's, to the higher ups. People tend to shrug off roommate mediations but they are a huge deal. With this program you will get some insights into tips and tricks on how to make the process smoother and more effective, for both yourself and the other parties.

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

### **Passion meets Purpose: Designing Programs That Fulfill You and Your Community (SEC 304)**

*Yanci Aschwege / South Dakota State University*

"Tired of asking your floor groupchat for program ideas? It's time to stop relying on others and start creating programs that YOU will enjoy too.

Learn how to transform your hobbies and passions into engaging programs for your community. We will discuss strategies for increased participation, effective advertising, and lasting impact. We all have passions? Why not share them with your residents."

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

### **Tales of a Transfer Student (SEC 306)**

Faith Zaroni / *University of Northern Iowa*

Once upon a time, a brave student set out on a new adventure-leaving behind the familiar halls of their previous school and stepping into the unknown world of a new campus. The journey was filled with excitement, uncertainty, and plenty of "how do I even do this?" moments.

Join us for Tales of a Transfer Student, where we'll guide you through the ups, downs, and plot twists of your student's journey. While talking about tips, tricks, and support you can give!

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

### **A (much needed) Pep Talk (SEC 308)**

Grace Smathers / *Northland College*

Being an RA isn't always easy. There are long nights, tough situations, and some days can make us question if the free room is really worth it. After a long first semester, third year RA Grace will share a few stories about persevering through challenges, leaning on your team, building relationships with residents, and remind you why you're doing this job (aside from the housing perks) with a much needed pep talk.

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

### **Anxietea and Serenitea (SEC 309)**

Ellary Jacoby, Liam Mathistad / *South Dakota State University*

College will be the best part of your lift but also extremely draining. In this program you will learn how to educate people on the signs of mental health decline in themselves and others, and teach ways to help others and themselves. Learn strategies for helping your fellow RAs, residents, and making DIY stress balls.

First Year RAs

### **Presentation Night (SEC 310)**

Elise Seba / *South Dakota State University*

Learn how to use Microsoft programs in a stress free environment! In this program you will learn how to use Microsoft programs to create better presentations for your classes and interviews. Help your residents create fun PowerPoints to learn the ins and outs of PowerPoint. Please bring a computer to practice!

RAs for First Year Students

### **The Amazing RAcE (SEC 403)**

Lauren Wilson, Michaela Lecki / *Wichita State University*

Are you looking for ways to spice up your RA training? Are your student staff tired of sitting through presentations from each office? Did your university do a building shuffle and your campus partners are in all new offices? Then come join the Amazing RAcE and learn how to create a fun activity to get your staff up and moving while interacting with various campus partners.

Advisors

### **Breaking the stigma of being an RA (SEC 404)**

Cameron Simon, Emma Miller / *Winona State University*

Oftentimes, students have a preconceived notion about RAs and the kind of people they are. It's easy for students who believe that RAs just care about getting them in trouble and aren't very fun and social people because of their jobs. Our goal is to break that stigma by talking about what some of those stereotypes are, how we have seen this in our role as RAs, and how RAs can use their personal interests to connect and engage with their residents.

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

### **Mediations: Setting Your Students (and You) Up for Success (SEC 406)**

Nick Greenway, Donnie Rice, Allyson Carter / *Kansas City Art Institute*

Mastering the learning curve of how to talk through conflict can seem like an insurmountable challenge to many students. Luckily, RAs are here to help! Please join Donnie and Allyson from the Kansas City Art Institute as they discuss how mediations have become a cornerstone of the KCAI RA experience, and how it has helped them transform the chaotic energy of an all-freshmen residence hall into a place of clear communication, boundaries, and understanding.

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

### **Stretch your limits: Yoga & Building Inner Strength and Community as an RA Ruby Engel / University of Minnesota Duluth (SEC 409)**

Ruby Engel / *University of Minnesota Duluth*

Just as a yoga practice stretches and strengthens the body, the role of a Resident Advisor stretches and strengthens personal and communal bonds on campus. This interactive session will have guided yoga, and learning how self-awareness and resilience are key qualities that empower RAs in their unique positions. You will discuss how to tap into your inner strengths and align them with your career aspirations, all while growing a supportive living environment for your residents.

First Year RAs,Returning RAs

## **Session 4: Saturday, February 1, 4:50pm to 5:30pm**

### **On the Front Line: Supporting Students' Mental Health from the RA Role/ Ben Grandstaff Truman State University (SEC 140)**

Ben Grandstaff / *Truman State University*

As RAs we're on a mission to support our students! In this program, you'll learn effective strategies for mental health support (and your own well-being), discover best practices from experts, and participate in activities designed to create an attentive and supportive community. By attending this session, you'll gain valuable insights and tools to bring back to your institution, but more importantly your own house community!

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

### **Wickedly Balanced: Holding Space for Yourself as an RA (SEC 158)**

Adam Heimdahl, Elise Picken / *Winona State University*

Being an RA means balancing the needs of your residents with your own well-being. In this program, you'll wickedly learn to master time management, prioritize responsibilities, and create a balanced schedule that includes self-care. We'll cover setting boundaries, maintaining mental and physical health, and staying energized to ensure you defy gravity in this role. By the end of the session, you'll walk away with practical tools to manage your time and responsibilities while holding space for your own needs.

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

### **RA Life Under the Microscope: Cultivating Professionalism (SEC 217)**

Krista Baker / *Truman State University*

Step into the lab as we put RA life under the microscope and cultivate the ultimate professionalism culture! In this session, we'll analyze the essential "compounds" of success, and learn how to mix them into a foolproof protocol for any situation. You'll experiment with strategies to handle tough moments with grace and precision. Whether

you're a first-year RA or a seasoned pro, this session will have you growing your skills faster than bacteria on agar!  
First Year RAs,Returning RAs

### **Kindergarteners and College Kids: Comparing Communities of Chaos (SEC 218)**

Abby Albright / *University of Wisconsin-Stevens Point*

Learn how to navigate your residential communities like you would a kindergarten classroom! We will be discussing Maslow's Hierarchy of Needs, Restorative Justice Practices, and Universal Design to create inclusive and fun communities with an opportunity to brainstorm creative ways to implement it on your campus.

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

### **HELP: IM GOING TO CRASHOUT!!! (SEC 220)**

Walker Gullicksen, Haven Zimmerman / *University of Nebraska at Kearney*

In this modern world, college students are pushed to do more and more. We are expected to do all we can to build up our resumes and to boast our public image. However, for RAs, the role and responsibility that the resident assistant position entails can put a lot on the plate of an already busy student. In this program we discuss strategies and habits RAs can employ to keep their head above water; keeping us away from that dreaded "crashout". This program will be from the perspective of a student athlete RA as well as an RA who is highly involved in student organizations. With us at your side, you won't have the crash out of the century.

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

### **Accessibility in program planning (SEC 222)**

Rex Weyers / *University of River Falls Wisconsin*

Accessible in Program Planning: how to create fun events that everyone can enjoy

Just an elevator doesn't make an event accessible. In this program you will learn about the importance of making an event accessible from posters to the clean up. See a new perspective on how others live their life and how you being thoughtful could change your events for good.

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

### **The Spider-Verse: Weaving Connections Through Floor Mapping (SEC 301)**

Victoria Busse, Haley Eggers / *Missouri University of Science and Technology*

The Spider-Verse: Weaving Connections Through Floor Mapping Victoria Busse and Haley Eggers / Missouri University of Science and Technology.

Just like Spider-Man weaves his web to connect with others, floor mapping helps create strong bonds within a community. In this program, you will learn the importance of how mapping out your floor can help you build connections with your residents. Learn effective strategies for fostering relationships, create a floor map that encourages engagement, and participate in interactive activities that bring your map to life in your dorm!

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

### **Leveling Up Community: How Dungeons & Dragons Can Help Upper Division Students Find Their Party (SEC 303)**

Noah Jarosz / *University of Minnesota Duluth*

Building community among upper division students can feel like trying to assemble a party of adventurers-everyone's got their own quest, and finding common ground can be a challenge. But what if you could bring people together in a way that's fun, engaging, and a little bit magical? Enter Dungeons & Dragons. In this session, I'll go over why I believe it is often difficult to engage upper division students, why Dungeons and Dragons is a powerful tool for fostering community, and an overview of how to run your own Dungeons and Dragons event. Ready to embark on an epic quest of your own?

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

### **Engagement Wrapped: You've Got Aux on Resident Connection (SEC 304)**

Giselle Rottier / *University of Wisconsin - Stevens Point*

What's on your playlist of engagement strategies, and who's tuning in? It's time to rewind and reflect on engagement strategies from last semester in order to drum up more participation in your residence hall community. In this program, you will learn the key elements to engaging with hard to reach residents, will have the opportunity to take the stage and share about your own engagement strategies, and band together with your teammates for an interactive trivia game. Are you jazzed yet? Let's ROCK resident engagement together!  
First Year RAs,RAs for First Year Students,Returning RAs,RAs for Upper Division Students

### **Connecting with International Students (SEC 306)**

Ethan Walthall / *University of Northern Iowa*

Connecting with international students can be extremely rewarding, not only for you but also for your international residents. However, it can also be very daunting and you may not know where to start. In this program, you will learn just how easy it can be, and also participate in an activity to help place you in your international student's shoes.

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

### **The Recipe for a Delightful Community (SEC 308)**

Bradley Crider, Caydence Schmidt / *Pittsburg State University*

This presentation will mix together the ingredients that cook up a delightful community. By using a recipe approach, this presentation is sure to help any RA that is struggling to form a community or wants to make their community stronger. You will learn how to use a variety of "flavors" that residents bring to the kitchen to cook up a cohesive and "tasty" community!

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

### **Higher Education / Student Affairs Panel (SEC 309)**

Hosted by Kylie Rink / *University of Northern Iowa*

### **From Generations to Connections: RAs Navigating Students' Diverse Upbringings (SEC 310)**

Kalyn Haslam / *University of Iowa*

In today's increasingly diverse student body, it's essential to recognize how generational differences shape students' experiences and interactions. This session will explore how students raised by parents from multiple generations can have unique perspectives, challenges, and needs. RAs will gain valuable insights into:

- The impact of generational diversity on student behavior, values, and communication styles.
- How to adapt your approach to meet the needs of students from different family dynamics.
- Strategies to foster trust and build strong connections with students whose experiences may differ from your own.

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

### **How to plan a campus wide event as a student worker (SEC 403)**

Casper / *UWRF*

This presentation will guide student workers through planning a successful campus-wide event, from brainstorming and creating a theme to budgeting, organizing logistics, and coordinating with campus partners. Participants will gain practical skills in communication, project management, and team coordination to ensure a smooth event day. Advisors,Returning RAs,RAs for Upper Division Students,Someone Else

### **Leading with Humanity: Approaching Policy Enforcement with Empathy (SEC 404)**

Brady Faltys / *University of Nebraska at Omaha (Scott Campus)*

As an RA, enforcing policies is about more than just ensuring compliance, it's about connecting with residents as people. In this presentation, we'll explore how to balance authority with empathy by using approachable communication strategies, like softening your tone or physically lowering your position during conversations. These techniques can de-escalate tense situations, build trust, and strengthen community relationships while still

upholding campus policies. Join us to reflect on the power of empathy and learn how to create a positive, human-centered approach to policy enforcement.

Returning RAs

**Together We Thrive: Campus Partners (SEC 406)**

Julia Christenson / *College of Saint Benedict*

RAs can do it on their own, but they don't have to! Working with Campus Partners is a great way to help your residents get to know your campus, but it's also a great way to build your own communication and networking skills. In this program, you will learn how to start working with other groups on campus to maximize your programs and to help your residence and how to be a good campus partner.

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

**How Diverse Is Your Universe? (SEC 409)**

Amiya Jackson, Miya Grover / *Missouri Western State University*

During this program, you will collectively see how diverse are the people around you. You will have a chance to connect with similarities and differences. During this workshop we will also discuss RA burnout and how to maintain mental health while being an RA. This workshop will also discuss how to connect with your residents (incoming & returning students).

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

# **SAVE THE DATE!**

**35<sup>th</sup> Annual UNI RA Conference**

**January 30–February 1, 2026**

**Hope to see you all there!**

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