

**29TH ANNUAL
RESIDENT
ASSISTANT
CONFERENCE**



**The College at Brockport,
State University of New York
Saturday, November 5th, 2011**

Welcome:

On behalf of the College at Brockport's Office of Residential Life/Learning Communities, we would like to welcome you to the 29th Annual Resident Assistant Conference! The current rapidly evolving social, economic and business environment demands a new form of leadership that can set the right goals, communicate cutting edge ideas, and deliver effective results. The College at Brockport's RA Conference is designed to disseminate information that can be transformational; challenging your mindset to help you perform at the top of your game in the pursuit of becoming a visionary leader in today's society.

Warmest Regards from the 2011 Conference Committee,

Sara Kelly, Coordinator of Residential Education

Carl R. O'Connor, Event Coordinator

Alí González, Registration Coordinator

Katy Bailey, Programming Coordinator

Learning Outcomes:

Conference Participants will be able to:

- Identify multiple levels of diversity, including the ongoing development of their identity, and create an inclusive community.
- Describe ways to promote and educate residents about healthy habits in relation to alcohol/substances, nutrition, stress, fitness, relationships, conflict resolution.
- Create a network of resident assistant peers.
- Identify and apply strategies in the areas of customer service, community building, motivation, leadership, conflict management, ethics, boundaries, etc.
- Explore and analyze current trends and issues that college students face.

Keynote Address

Dr. Mary-Beth Cooper
Senior Vice President for Student Affairs
Rochester Institute of Technology



Dr. Cooper serves as the Senior Vice President of Student Affairs at Rochester Institute of Technology. Before joining RIT in 2001, she was the Dean of Students at the University of Rochester. In her current role, she is the chief student affairs officer for RIT responsible for the delivery of student services and campus life. In addition to her administrative post, Dr. Cooper serves as Distinguished Lecturer in the College of Business at RIT and as an adjunct professor in the Warner School of Education at the University of Rochester.

Dr. Cooper not only invests time on campus, but in the Rochester community as well. She is currently the incoming chair of the Corporate Board of Directors of the YMCA and Co-chairs the Tocqueville Society of the United Way of Rochester. In June 2005, she was named one of Rochester's most influential women by the *Rochester Business Journal*. This honor recognizes the achievements of women who work in the highest ranks of area organizations and make or influence policy decisions.

Dr. Cooper earned an undergraduate degree from the University of Delaware, a master's degree in education from the University of Georgia, a Ph.D. in education administration from Michigan State University, a master's in business administration from the University of Rochester, and a doctorate of management from Case Western Reserve University. She has also completed two leadership certificate programs offered by Harvard University and recently presented a paper at the Oxford Round Table.

Schedule of Events

8:30 am - 9:15 am	Check In / Continental Breakfast Seymour Union, Fireside Lounge
9:15– am 9:30 am	Opening Remarks & Welcome Seymour Union, Fireside Lounge
9:45 am – 10:35 am	Session #1 Seymour Union and Edwards Hall
10:45 am - 11:35 am	Session #2 Seymour Union and Edwards Hall Case Study Competition (Union Rooms 208-209)
11:45am - 1:00 pm	Lunch and Keynote Address Union Ballroom
1:00 pm - 1:30 pm	Poster Board Presentations/Cookie- Coffee Reception Seymour Union, Fireside Lounge
1:40 pm - 2:30 pm	Session #3 Seymour Union and Edwards Hall
2:40 pm - 3:30 pm	Session #4 Seymour Union and Edwards Hall
3:40 pm - 4:00 pm	Closing (Presentation of Case Study Awards, Raffles, Post-Assessment) Edwards Hall, Blue Room

Case Study Competition

For the second consecutive year, the College at Brockport’s Resident Assistant Conference features a *Case Study Competition*. In teams of two, student participants will work their way through a complex hypothetical situation they could potentially face in a higher education setting. Together, they will present their resolution to a panel of judges. Participants are given 6-8 minutes to present their cases, without the use of electronic aids such as PowerPoint. The competition is closed to the general conference, but winners will be announced during the closing session. If you weren’t in on the action this year, we hope you consider participating in 2012!

Very special thanks are extended to our guest judges:

Celia Easton, Dean of Residential Living, SUNY Geneseo
 Martin Glieco, Director of Housing, Finger Lakes Community College
 Michele Reed, Student Conduct Coordinator, The College at Brockport

Alyshia Zurlick, Kendra Cadogan, and Sara Kelly, Coordinators, 2011 Case Study Competition

<u>Team Members</u>	<u>Institution</u>
Andrew Gala Jennifer Rommel	Niagara University
Kathy Lovett Jess Kerr	The College at Brockport
Colleen Holcomb Eric Tokos	The College at Brockport
Adam Lake Sara Jackson	Finger Lakes Community College
Natalie Francis Andres Munoz	SUNY Potsdam
Mark DeCook Brandon Wyrosdick	Genesee Community College
Komal Datani Arisa Onda	Genesee Community College
Joan Nobile Kaileigh Domster	Genesee Community College

Poster Board Presentations (1-1:30 PM)

Thank you to all of our presenters!

Please join us after lunch for the following poster presentations, as well as a cookie and coffee reception!

<u>Presenter</u>	<u>Institution</u>	<u>Poster Title</u>
Kathy Lovett	The College at Brockport	RA Relationships
Jessica Newby	The College at Brockport	How to build community in a non-LLC section of your residence hall
Daniel Bradley	Monroe Community College	Building self Confidence
Jacqueline Tang	State University of New York at Geneseo	Rezzie the Rock thinks YOU ROCK: Why and How You Can Recognize
Chris Miralla	Monroe Community College	The Integration of Social Media as it Pertains to the Resident Assistant Position
James Cagle	Monroe Community College	Sustainable Res Halls
Samantha Morse	Monroe Community College	Creating great programs
Caroline Boron	The College at Brockport	Check Your Label
Adrean Hayward and Brandon Plant	The College at Brockport	Forbidden Snacks

Session 1: 9:45 - 10:35 AM

Session Title:	Presenters:	Abstract:	Location:
The paths we walked...	<p style="text-align: center;">Laura Freeburg Resident Director, Monroe Community College</p> <p style="text-align: center;">Monica Singleton, Resident Director Dan Compo, Resident Director Isaiah Tolbert, Resident Director Amy Greer, Assistant Director</p>	So you want to go to work in Residence Life and you're not sure what to do??? As a professional staff at MCC each of us took a separate path to get to where we are now, some of us were RAs, some of us have our Master's degree and some of us started as RDs directly out of undergrad. This panel discussion will relay our paths into the student affairs field.	Seymour Union, Room 119
Make Their Late Night Dreams Come True!	<p style="text-align: center;">Nicholas Wagner Late Night With Ellsworth Student Manager, The College at Brockport</p> <p style="text-align: center;">Christopher Iraggi, Late Night With Ellsworth Student Manager</p>	This program will explain how to have Late Night events that keep students coming back. It will briefly cover how to start an event series and will go more in depth of the details about programming. It will show how Late Night programming can be an important branch in the Res Life tree.	Edwards Hall, Room 106 (Red Room)
Walk the Line: Supervising vs. Advising <i>(For Professional Staff Only)</i>	<p style="text-align: center;">Caroline Whelan Area Coordinator, SUNY Geneseo</p> <p style="text-align: center;">Tiffany Collazo, Residence Director, SUNY Geneseo</p>	One of the things said of Residence Life professionals is that "we wear many hats." We work with RAs and student groups... what's the difference in how we treat them? In this interactive presentation we'll teach some basic tips when supervising staff and some when advising organizations, and how to know when to use each.	Seymour Union, Room 228
Planting the Positivity Seed	<p style="text-align: center;">Allie Willer Resident Assistant, The College of St. Rose</p> <p style="text-align: center;">Tinamarie Stolz, Resident Assistant John MacDonald, Resident Assistant</p>	Your bulletin board is due, your door tags are due, you have a roommate conflict to mediate AND you have a test the next day --how's your mental stability?! We all deal with the challenge of being student leaders, so how do we take the negatives and make them positives? Be rooted in positivity! This session will help you find joy in the hardest parts of the job.	Edwards 104 (Green)
Growing Your Family Tree	<p style="text-align: center;">Megan Loussedes Resident Assistant, The College of St. Rose</p> <p style="text-align: center;">Cynthia Crudale, Resident Assistant Alejandra Lizama, Resident Assistant</p>	When you think of your RA staff, do you think family? This presentation will provide a snapshot of a "Family Tree" from the College of Saint Rose, and participants will gain exciting and creative ways to bond with their staff members and make positive, lifelong relationships through trainings, everyday RA tasks, and social staff gatherings.	Edwards 100 (Blue)
Not All of Us are Extroverts!	<p style="text-align: center;">Michael Yates Assistant Complex Director, University at Buffalo</p>	The Tree of Res Life has many different branches types of branches; extroverts and introverts, sensing and intuition, thinking and feeling. Cut down those common perceptions that everyone is the same by gaining a better	Seymour Union, 220/221

	Lauren Burdick, Graduate Community Assistant	understanding of your own personality types and working better with others.	
Resident Assistant Council	Eric Tokos President of RAC/Senior Resident Assistant, The College at Brockport Jared Morgan, Co-Vice President Colleen Holcomb, Co-Vice President	Collaborate RA's within in the college and with other college campuses. Our goal is to create a strong sense of social and professional development within the staff, the college, and Residential Life as a whole.	Edwards 103 (Gold)
Only You Can Prevent Forest Fires	Mat Avery Residence Director/Apartment and Special Interest Housing Coordinator, Cazenovia College Ala Terentyeva, Head Resident Advisor Melissa Bartolomeo, Resident Advisor Ricky Teal, Resident Advisor Kimmy Norton, Resident Advisor	Park and Forest Rangers keep an eye out for potential sparks, smoke, and are always ready for fires. This is very similar to the RA position when looking to prevent conflicts. This session will look at the importance of the RA to this process, communication techniques, and some early prevention techniques. Whether as an RA or in any leadership role conflict is inevitable but is ideal when made a learning situation.	Edwards 101 (Orange)
Epic Fail!	Eric Hotchkiss Resident Director, SUNY Fredonia	"Epic Fail" is a term we hear consistently and we joke about all the time with our friends. But, what happens when you really do fail? What do you do when you fail that test, fail at a friendship, fail at your job or even have a failure in your life. Come and learn in a highly motivational loud and proud new way about failure and what happens if you do fail. If you are looking for something new and exciting this will not be another "Epic Fail".	Seymour Union, Gallery
Removing The Man Mask: Helping Male Students Display Their True Identity	Michael Cox Residence Coordinator, Rochester Institute of Technology	Males spend an abundant amount of time growing what theorists call the "man mask" so they can adhere to how today's culture depicts what a man should look and act like. This presentation will look at the variety of concepts incorporated into the planting and growth of the "mask," how it is maintained; the consequences of wearing it, and ways that we can assist our males shed their "mask" and display their true self.	Edwards 102 (Indigo)
History of Higher Education: The Birth of Today's Colleges & Universities	Austin Kenyon Hall Director, SUNY Potsdam	Much like the Mighty Redwood, American Colleges and Universities started from a small seedling and over time grew to be the grandiose figures they are today. American Higher Education today functions like a vibrant forest ecosystem bustling with activity. This session will focus on the history of the system of which we are all now a part.	Edwards 105 (Bronze)

Session 2: 10:45 - 11:35 AM

Session Title:	Presenters:	Abstract:	Location:
Trimming the Hedges	<p>Mat Avery Residence Director/Apartment and Special Interest Housing Coordinator, Cazenovia College</p>	Programming can be one of the most difficult parts of the RA position. Brainstorming ideas that are both good and feasible can sometimes seem an impossible task. The focus of this session is to look at programming efficiently rather than on a grand scale. Bigger is not always better, especially when it comes to programming. Trimming programs down to simple but efficient cores is the ultimate goal of this presentation.	<p>Seymour Union, Room 119</p>
Extending the Branches of Collaboration for More Meaningful Projects	<p>Michelle Goode Student Health Advocate, The College at Brockport</p> <p>Damiene Denner Student Health Advocate</p>	Student Health Services is more than just flu shots, sniffles and syphilis. The professional and student staffs on your college campuses are terrific resources to enhance any residence hall program. This session will explore opportunities for collaboration, ideas for creative programming and examples of successful programs.	<p>Edwards Hall, Room 106 (Red Room)</p>
How about AmeriCorps?	<p>Megan Maslach AmeriCorps*VISTA Volunteer</p> <p>Katy Bailey Resident Director, The College at Brockport</p>	So are you confused with what you want to do after graduation or not sure how to use the skills you learn in both school and as an RA? Come and learn about AmeriCorps, a one year volunteer experience committed to the fight against poverty in the United States.	<p>Seymour Union, Room 228</p>
"We may have 99 problems, but being an RA isn't one."	<p>Michael Alston Resident Assistant, The College of St. Rose</p> <p>Mary Uboldi, Resident Assistant Amie Walter, Resident Assistant</p>	Music is the perfect way to express our mental, emotional, and humorous roles as RA's in a positive manner and insightful manner.	<p>Edwards 104 (Green)</p>
Adjusting To Your New Position	<p>April Zwack Resident Assistant, The College of St. Rose</p>	A big challenge to the RA job is the transition from just being a student to being a student who is also a leader. You are now in charge of setting good examples for others. I want to speak about the challenges as well as the process of that transition. Like a tree, you grow and you change to bloom into a better person after this process.	<p>Edwards 100 (Blue)</p>
Social Class On Campus	<p>Kristyn Gieger Graduate Resident Coordinator, Medaille College</p>	Branching out from our class bubble can be a challenge at times. This presentation will allow for participants to view their stereotypes of social class markers and how the media portrays social class. Participants will learn	<p>Seymour Union, 220/221</p>

		through interactive discussion about how to promote a living learning environment where students can feel comfortable talking about class identifications and the stereotypes that come with these stigmas.	
Leadership Styles with Dr. Seuss	Kristen Tobey Assistant Director of Residential Education, Hobart and William Smith Colleges	Do you identify with the Sneetches, the Hortons, the Lorax, or Sam I Am? Whether you are chairing a committee, serving as an officer, being an active member of an organization, or serving as a Resident Assistant, you are a leader. This session will help you identify your leadership strengths in order to maximize your potential! "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." Dr. Seuss	Edwards 103 (Gold)
Don't Burn any Branches: How Technology can Prevent Burnout	Jonathan Steffen Community Assistant, University of Buffalo Michael Yates, Assistant Complex Director	The Tree of Res Life has evolved for the digital age. New technology can help prevent returning RAs from burnout and lighten their workload. By new digital mediums such as Facebook, Google Apps, SurveyMonkey, and Scanlife, RAs can streamline organization, make programming and advertising effortless and prevent their Branch on the Tree of Res Life from burning.	Edwards 101 (Orange)
Caps for Sale: A Tale of an RA, Some Monkeys and Their Monkey Business	Rachel Knight Resident Assistant, The College of Saint Rose	A play on a children's book relating to all the different roles and responsibilities RA's have... the many "caps" we wear, if you will. We all balance our large stack of caps in our own way, but how many are we really wearing, and where do they fit?	Seymour Union, Gallery
Be the Ringmaster of Your College Experience	Jacqueline Tang Senior Resident Assistant, State University of New York at Geneseo Michael Venturiello, Senior Resident Assistant	Come one, come all to the balancing act of your life! Sometimes your life seems like a circus, right? In this discussion-based workshop, you will learn how to become the ringmaster of the acts in YOUR show. After drawing parallels between your daily life and a three-ring circus, you will leave with a fresh view on how to juggle your life! Remember, the ringmaster makes the difference between a chaotic spectacle and an unforgettable performance.	Edwards 102 (Indigo)
Building Community and the RA: Branching Out to Bring Our Residents In	Isaiah Tolbert Resident Director, Monroe Community College Dan Compo, Resident Director	Building a sense of community on your floor and in the residence hall is very similar to growing a tree. It takes water, time, care and establishing roots to make sure everything and everyone grows together. In this interactive session, you will learn how to cultivate your community, how to get residents involved, and how you can become an all-star RArborist on your staff.	Edwards 105 (Bronze)

Session 3: 1:40 – 2:30 PM

Session Title:	Presenters:	Abstract:	Location:
Nurturing your Team: Tips For The New Supervisor <i>(For Professional Staff Only)</i>	Rich Sigal Resident Director, The College at Brockport	Being a good supervisor can come with many challenges especially if you are supervising professional or paraprofessional staff for the first time or are working with a staff you did not have the opportunity to hire yourself. This session will introduce some theories on supervision as well as offer some tips and suggestions through a roundtable discussion.	Seymour Union, Room 119
The RA Position: Walking the Balance Beam	Josh Coyne Resident Coordinator, Daemen College Charlene Kasinski, Resident Coordinator	Do you find yourself overwhelmed by your involvement in campus life? This interactive session will give you the tools to walk the sometimes difficult balance beam. We will look at the "roots" of the RA position, campus involvement and how to properly "branch out" for healthy balancing solutions. Let us help you climb to the top!	Edwards Hall, Room 106 (Red Room)
Preparing for the Professional Life	Patrick Kotary Resident Coordinator, Daemen College Brian Goepfrich, Resident Assistant	Preparing for the "real world" or the college professional world takes skill. The resident assistant position has many great attributes that should be brought to life on a Resume and in an interview. This presentation will be an interactive lecture; it will focus on networking skills, the interview process, professional dress selection, and Resume writing tips.	Edwards 104 (Green)
RA Quiz Bowl	Sarah Georger Coordinator, Living Learning Communities, The College at Brockport Brian Crawford, Resident Assistant, The College at Brockport	Most RAs are required to do educational programming. The only problem is students don't seem to want it! Whether you are stuck for ideas or a more effective delivery method, this session will show you one interpretation of interactive, fun educational programming. Participants will play the RA Quiz Bowl and then spend time discussing how it can be translated to their floors and educational needs.	Edwards 100 (Blue)
Reaching out with Relevancy	Christine Quattro Resident Assistant, State University of New York at Oswego	If you have ever had a hard time coming up with ideas for programs or making good ideas do-able, this is the presentation for you. It is a focus on how to come up with relevant, exciting, and interesting programs that you and your residents will want to be a part of. When it comes to programming, this presentation will show you that anything goes, if you know how to do it right.	Seymour Union, 220/221
Program (Re)Leaf	Austin Kenyon Hall Director, SUNY Potsdam Olajiwon McCadney, Hall Director Noah Wilson, Hall Director	Looking for some (Re)Leaf from the programming blues? Then bring a Partner and be prepared to battle it out with other RAs to be the best two leaves on the branch! Like photosynthesis, you'll be turning seemingly random ingredients into food to feed your programming for next semester. Whoever can carve out their niche in the forest of RAs will	Edwards 103 (Gold)

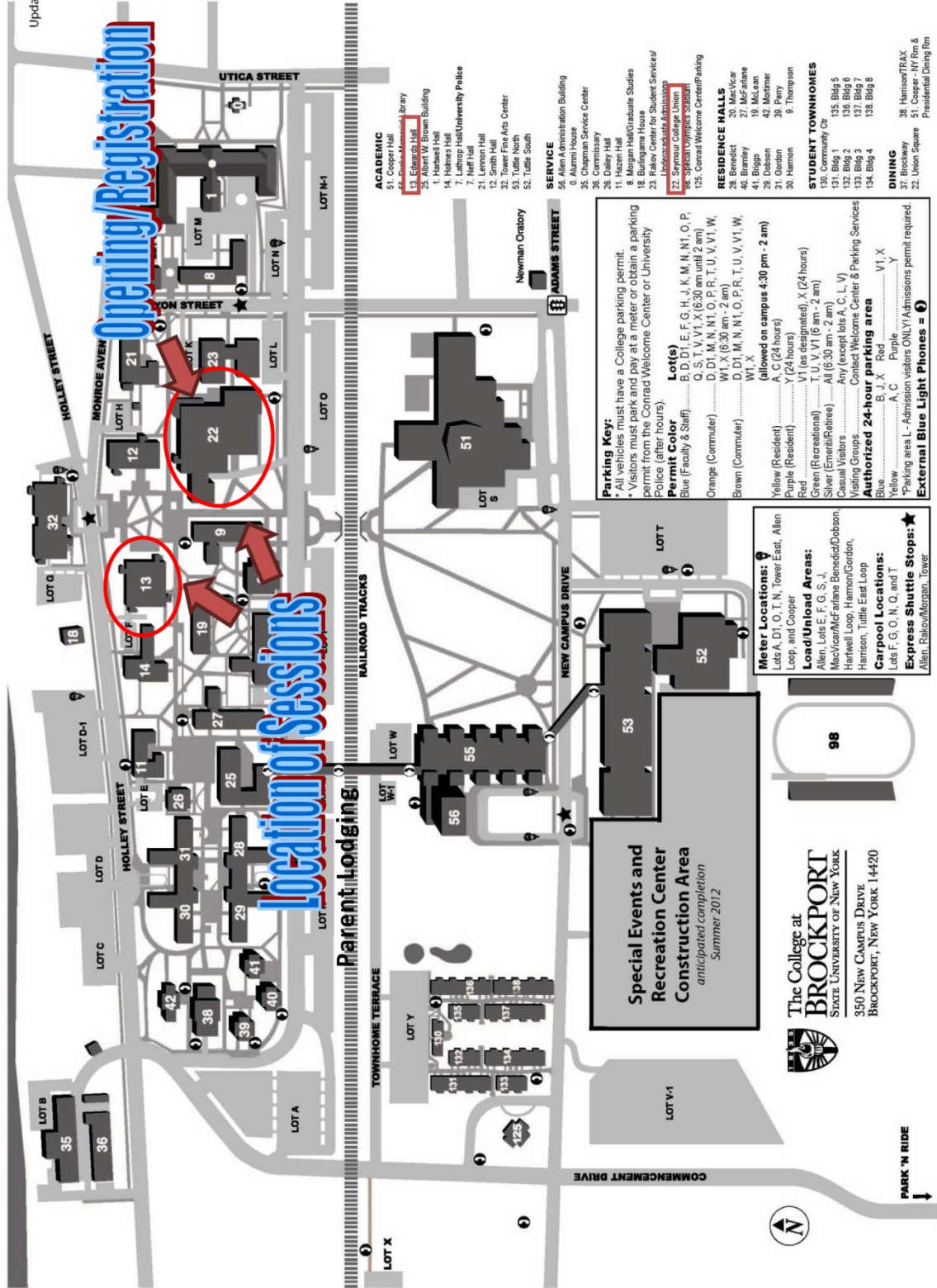
		win this survival of the fittest competition. Prizes included for the winners!	
The Roots of Res Life – Keeping RAs Strong and Healthy	Laura Freeburg, Resident Director Aubree McClellan, Resident Assistant	Resident Assistants are the Roots our departments stand on. They are the first line of defense and are the first resource most students approach. We repeatedly remind RAs about resources for their residents to reach out to... but we often forget about RAs wellbeing. This session will create an open forum for RAs to discuss burnout and stress management. With strong and healthy RAs on each of our floors we can better help residents.	Edwards 101 (Orange)
Deaf, Deaf World	Monique Harris Resident Advisor, Rochester Institute of Technology Lori Karker, Resident Advisor Ashley Meyer, Residence Coordinator Dan Greer, Residence Coordinator	Deaf, Deaf World allows for individuals to experience what life is like for a Deaf person going through communication challenges every day. This active experience will have participants enter a room where only sign language is used and their individual goal is to earn or collect points to win a prize. It will truly be an "eye-opening", "hands-on" experience!	Seymour Union, Gallery
Dealing with Sexual Assault: An Art, Not a Science	Monique Rew Resident Director, The College at Brockport Sandra Vazquez, Mental Health Counselor	Dealing with Sexual Assault can be complex. That's why it's an "Art" not a Science." Come to this session to get some basics on how to deal with Sexual Assault if and when it happens in your Residence Hall or Campus Community, some background on the policies and laws that guide how we approach the issue, tips of how to help someone who was the victim of Sexual Assault and how to educate your residents about how to prevent it.	Edwards 102 (Indigo)
Different Branches, Same Tree	Mat Avery Resident Director/Apartment and Special Interest Housing Coordinator, Cazenovia College Noah Wilson, Residence Hall Director, State University of New York at Potsdam Kevin Speer, Residence Hall Director, State University of New York at Oswego	When climbing the tree of the Higher Education profession there are a number of branches that can reach to the top. In this session we will discuss different paths and explain the similarities of why they work. The format will be a roundtable discussion lead by three Brockport Alum who took different paths to reach the same end. This is a great session for those interested in the field and looking to pursue Higher Ed professionally.	Seymour Union, Room B116
Conflict Mediation: Now and in the Future	Laura Luettger Residence Hall Director, SUNY Cortland Cara Cholewczynski, Resident Assistant Paul Binkewicz, Resident Assistant	Chances are in your past and in your future you will have conflicts with family members, coworkers, and friends. Since school is preparation for adulthood and the workforce, some conflict resolution skills we have now will translate to when we are adults. Conflicts between RAs would translate in conflicts in the workplace. Conflicts amongst friends would be the same as conflicts with friends as adults.	Seymour Union, Room 208

Session 4: 2:40 – 3:30 PM

Session Title:	Presenters:	Abstract:	Location:
Branching out into Student Affairs	<p style="text-align: center;">Tarra Ognissanti Area Coordinator of Residence Life, Hilbert College</p> <p style="text-align: center;">Adam Griffith Coordinator of Themed Living and Campus Programming, Canisius College</p>	Are you wondering about where to go next? If you have ever thought about going into student affairs as a profession or are unsure of your future, come learn about what a career in student affairs can offer. We will discuss how to prepare yourself to be a professional during your undergrad and on.	Seymour Union, Room 119
Be a Branch, Not a Nut	<p style="text-align: center;">Donald Bigelow Resident Director, The College at Brockport</p> <p style="text-align: center;">Carolyn Baker Resident Director, The College at Brockport</p>	A branch can use humor to support its staff. While a nut, though funny, can be inappropriate and fall away. Join us as we combine research with pop culture media such as 30 Rock, Family Guy and The Office to explore appropriate workplace humor.	Edwards Hall, Room 106 (Red Room)
Finding Your Balance on the Branches of Res Life	<p style="text-align: center;">Kendra Cadogan Resident Director, The College at Brockport</p> <p style="text-align: center;">Sheila Oakden, Residential Life Intern, The College at Brockport</p> <p style="text-align: center;">Nekita Whyte, Resident Director, The College at Brockport</p>	College is the best of times and it is the worst of times. You have to excel academically, explore career interests, be engaged in your community, form new relationships, make time for friends and family, and find time to sleep too. Add your responsibilities as a Resident Assistant to the mix, and the possibility of achieving any balance between work and life suddenly sounds like the stuff of which legends are made. But don't give up! This session will provide you with the tools you need to maximize your time, minimize your stress, and begin to create a healthy work-life balance that will prevent you from becoming burned-out in your student and Resident Assistant roles.	Seymour Union, Room 228
"Branching Away:" An RA's Guide to Summer Residence Life Opportunities Across the Country.	<p>Peter Fiannaca Area Coordinator, Hobart and William Smith Colleges</p>	Mowing lawns, babysitting, scouring Craigslist... There are better ways to spend your Summer working! Want to prepare for graduate school, or even a career in student affairs? Just looking to enhance your resume with legitimate leadership experiences? Then you should be "Branching Away" into some seriously awesome leadership roles at a camp or academic program near... or very far away from you!	Edwards 104 (Green)
The FISH! Philosophy	<p style="text-align: center;">Alyshia Zurlick Resident Director, The College at Brockport</p> <p style="text-align: center;">Kevin Duerr, The College at Brockport</p>	There's a reason why FISH! is the best-selling business video in history. In just 20 minutes, it provides a model of how alive people can be at work, gives you tools to build a similar culture and ideas to sustain it. It gets people talking — in a way they never thought possible — about what is possible during the major part of our lives we spend on the job. Tens of thousands	Edwards 100 (Blue)

		of organizations around the world are using FISH! to spark improvements in leadership, teamwork, customer service, retention, accountability, creativity and quality. People watch FISH! because it's fun. They put its important message into practice because it's fundamental to satisfying work and delighted customers.	
Well-Being and the RA Position	<p>Celia Easton Dean of Residential Living, SUNY Geneseo</p> <p>Niko Brown, Assistant Residence Director Maris Finn, Assistant Residence Director Sawyer Green, Assistant Residence Director Luke Haffen, Assistant Residence Director Marisa Shuman, Assistant Residence Director</p>	Focusing on "well-being" is focusing on the positive rather than reacting to the negative. This session introduces you to the basic concepts of applied "well-being" described by Dr. Martin Seligman in his book, Flourish. Seligman suggests that people can improve their lives by focusing on positive emotion, increasing engagement, building relationships, finding meaning, and noting accomplishment. In entertaining, audience-engaging, dramatic presentations, senior-level RAs apply Seligman's principles to areas of their work, including conflict mediation, roommate distress, RA staff teamwork, and the surprises that can pop up on rounds.	Seymour Union, 220/221
Think Positive!	<p>Ashley Randall Hall Director, Baldwin-Wallace College</p> <p>Colleen Holcomb, Resident Assistant, The College at Brockport</p>	Did you know that there is a relationship between being an optimist and having a longer life expectancy? Positivity is a vital part of the Resident Assistant position and can have lasting impacts on staff and resident interactions. This interactive session will allow participants to evaluate their current life outlook and recommend strategies to add rings to an RA's tree trunk of life!	Seymour Union, Room B116
Your Tree of Life: Strategies for Finding Personal and Professional Balance <i>(For Professional Staff Only)</i>	<p>Dan Greer Residence Coordinator, Rochester Institute of Technology</p> <p>Amy Greer, Assistant Director, Monroe Community College</p>	This presentation is for Res Life professionals who have been ignoring their personal Tree of Life. The presenters will share strategies they have used to set boundaries with staff, plan financially for the future, and find balance between their personal and professional lives.	Edwards 101 (Orange)
Duty Pruning	<p>Brianna Sepulveda Resident Assistant, The College at Brockport</p>	Res Life tree branches always crisscross, and duty has been known to dominate other livelier limbs. Duty Pruning will cover why duty can feel like a rotten branch and teach you how to put life back into it. So if duty has you stumped, be sure to swing by!	Seymour Union, Gallery
The Science of Building a Community	<p>Jacqueline Tang Senior Resident Assistant, State University of New York at Geneseo</p> <p>Adam Schnackenberg, Senior Resident Assistant</p>	We know that apples fall from trees because of gravity, that a person gets thrown forward after an abrupt stop because of momentum. This program addresses different aspects of building a strong community through the lens of scientific concepts that we have learned about from a young age, that we have seen in action, and that we experience in day-to-day life.	Edwards 102 (Indigo)

<p>What's Your Channel</p>	<p>Zachary Saeva Resident Assistant, The College at Brockport</p>	<p>This HIGHLY interactive presentation will discuss how the media and other factors skew an individual's self-perception. Many first year residents strive for social acceptance and are more susceptible to negative influences. As Resident Assistants and members of a college community, becoming aware of these stigmas is detrimental in creating a positive environment.</p>	<p>Edwards 105 (Bronze)</p>
<p>Cyber Bullying</p>	<p>Monica Singleton Resident Director, Monroe Community College Shaqlia Johnson, Resident Assistant</p>	<p>Peer pressure is a driving force when we are young. Although we may not be the ones who start rumors, we may help them along by sharing in on gossip or forwarding an insulting email. Cyber bullying is completely avoidable. If you want cyber bullying to stop, come to this presentation to learn more on the actions you can take as an RA.</p>	<p>Seymour Union, Room 209</p>



Opening/Registration

Location of Sessions

Parent Lodging

Special Events and Recreation Center Construction Area
 anticipated completion Summer 2012

The College at
BROCKPORT
 STATE UNIVERSITY OF NEW YORK
 350 NEW CAMPUS DRIVE
 BROCKPORT, NEW YORK 14420



Meter Locations:
 Lots A, D1, O, T, N, Tower East, Allen Loop, and Cooper

Load/Unload Areas:
 Allen, Lots E, F, G, S, J
 Mac/Vest/McFarlane/Benedict/Dobson/Hartwell Loop, Harmon/Gordon, Harrison, Tuttle East Loop

Carpool Locations:
 Lots F, G, O, N, Q, and T

Express Shuttle Stops:
 Allen, Rakow/Morgan, Tower

Parking Key:
 * All vehicles must have a College parking permit.
 * Visitors must park and pay at a meter or obtain a parking permit from the Conrad Welcome Center or University Police (after hours).

Permit Color
 Blue (Faculty & Staff) B, D, D1, E, F, G, H, J, K, M, N, O, P, Q, S, T, V, V1, X (6:30 am until 2 am)
 Orange (Commuter) D, D1, M, N, O, P, R, T, U, V, V1, W, W1, X (6:30 am - 2 am)
 Brown (Commuter) D, D1, M, N, O, P, R, T, U, V, V1, W, W1, X
 Yellow (Resident) A, C (24 hours)
 Purple (Resident) Y (24 hours)
 Red V1 (as designated), X (24 hours)
 Green (Recreational) T, U, V, V1 (6 am - 2 am)
 Silver (Emeriti/Retiree) All (6:30 am - 2 am)
 Casual Visitors Any (except lots A, C, L, V)
 Visiting Groups Contact Welcome Center & Parking Services

Authorized 24-hour parking area
 Yellow A, C
 Blue B, J, X
 Purple V1, X

External Blue Light Phones = ☎
 *Parking area L - Admission visitors ONLY! Admissions permit required.

- ACADEMIC**
 51. Cooper Hall
 13. Chubb Library
 25. Robert W. Brown Building
 1. Harwood Hall
 14. Holmes Hall
 7. LaFroop Hall/University Police
 7. Neff Hall
 21. Lemon Hall
 2. Smith Field
 32. State Arts Center
 53. Tuttle North
 52. Tuttle South
- SERVICE**
 56. Allen Administration Building
 9. Alumni House
 6. Registrar
 38. Concessions
 28. Dairy Hall
 11. Hazen Hall
 8. Morgan Hall/Graduate Studies
 18. Burlington House
 23. Rakow Center for Student Services/
 22. Senior College Library
 125. Conrad Welcome Center/Parking
- RESIDENCE HALLS**
 28. Benedict
 20. MacVicar
 41. Blaney
 19. McFarlane
 29. Dobson
 42. Mortimer
 31. Gordon
 39. Perry
 30. Harmon
 6. Thompson
- STUDENT TOWNHOMES**
 136. Community Ctr
 135. Bldg 5
 138. Bldg 6
 133. Bldg 2
 137. Bldg 7
 134. Bldg 4
- DINING**
 38. Harmon/FRAX
 51. Spaulding
 22. Union Square
 Presidential Dining Rm