

Student Affairs

Staff Development Newsletter

Cal State Fullerton

Volume 4, Issue 1

Spring 2003

STUDENT AFFAIRS STAFF DEVELOPMENT PROGRAM

The nature of student affairs professions and the coordination of student support services justifies the need for staff to be engaged in ongoing personal and professional growth and the continuous development of skills in order to effectively serve students and the university. Increasing demands from students, parents, faculty, and others require student affairs staff to develop greater expertise on students, and to be equipped with relevant skills to deal with present day issues confronting students both on and off campus. Some examples include developing opportunities for student involvement in Community Service to enhance leadership potential and practical learning; handling crises on campus relating to students and educate the campus community about resources and procedures; provide campus-wide programs and services that address alcohol use, abuse and education issues on campus; and improve coordination of technology efforts within the division.

The purpose of the Student Affairs Staff Development Program is to continue providing opportunities for expanding personal and professional skills thereby providing opportunities for professional growth and for gaining new insights in the area of students and student services. Organized staff development activities offer

an excellent opportunity for staff to develop a greater set of skills and knowledge to address the day-to-day challenges and complexity of student affairs and services and meet the ever changing needs of students and the university.

For the purposes of planning and implementing staff development activities and events, the Staff Development Team has organized the following special committees. Please contact any of the members for information or if you have any suggestions or ideas for staff development.

Community Service: Karyn Magno, Bonnie Sullinger, Rochelle Woods, Juanita Razo*

Health and Wellness: Laura Brown, Kathy Moyer, Carolyn Sly, Cass Stringer, Larry Martin*

Literature Group: Larry Martin*

Mentoring New Professionals: Fran Zareh-Smith, Cass Stringer, Juanita Razo

Student Development/½ Day Conference: Deserita Ohtomo, Carolyn Sly, Fran Zareh-Smith, Lay Tuan Tan, Laura Brown*

Newsletter: All members

* *Sub-committee chair*

Staff Development Program Committee

Karen Wall (Chair)
Vice President for
Student Affairs Office

Laura Brown
Associated Students, Inc.

Larry Martin
Dean of Students

Karyn Magno
Dean of Students

Kathy Moyer
Career Planning &
Placement

Deserita Ohtomo
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Carolyn Sly
Student Academic
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Counseling &
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Bonnie Sullinger
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Lay Tuan Tan
International
Education & Exchange

Rochelle Woods
College of Natural
Sciences & Mathematics

Fran Zareh-Smith
University Learning
Center

STUDENT AFFAIRS STAFF DEVELOPMENT SURVEY

During December 2002, the Student Affairs Staff Development Committee administered their annual survey, which listed eight topics of interest to the campus community and provided for additional topics under the category, other. One hundred thirteen staff members responded to the survey as outlined below. Since the surveys provided for multiple responses, the figures below total more than 113.

| | |
|--|----|
| Access Issues/Enrollment Management | 31 |
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| Current Trends in Student Affairs/Issues in Higher Education | 53 |
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| Other | 7 |

The topics listed under other included: crisis management, managing overload, student retention issues, middle management issues, importance of athletics to the university, collaboration efforts with faculty, and services for first generation student populations.

The members of the Student Affairs Staff Development Committee would like to thank all of you who participated in the survey. We will be addressing many of these topics through a variety of activities and presentations during the spring semester, culminating with our annual Half-Day Conference on June 10. The conference will focus on one or more current issues in higher education and the role of Student Affairs in student retention.

COMMUNITY SERVICE PROGRAMS

Community Service Opportunities for Student Affairs Staff

Orientation to Community Service Opportunities, February 21, 12:00 pm to 1:00 pm, LH 804

Come learn about the various community service opportunities offered this semester for Student Affairs staff. The orientation will provide you with an overview of the projects which will include presentations from individuals who have participated in our various community service projects. Volunteering for one of these projects is an excellent way to give back to the community, connect with your Student Affairs colleagues, and impact change in our world.

Volunteer Opportunities to benefit Infants, Children, and Teenagers

Project: *CommUnity Connection: Visiting with Orangewood Home Children and Teenagers*

Date: The first and third Tuesday of each month, 6:00 pm to 8:00 pm

Make a difference in a child's life and have fun as well! If you have an interest in doing crafts and playing games then come be a part of CommUnity Connection at the Orangewood Children's Home. This home serves as an emergency shelter for children who have been neglected or not properly cared for. Just a few hours of your time each month makes a big difference during this stressful time in their lives.

- ◆ On the first Tuesday of each month the Orangewood teens visit our campus to learn about college life and participate in activities with CSUF students, faculty and staff. Activities include bowling in the TSU underground and eating pizza. For many, it is their first experience on a college campus and/or bowling.
- ◆ On the third Tuesday of each month, students, faculty and staff visit with the "little ones" at Orangewood and do crafts followed by an activity.

CommUnity Connection is a program of the CSUF's Volunteer and Service Center.

Volunteer Opportunities to Benefit the Environment

Project: *War on Weeds at Shipley Nature Center, Huntington Beach*

Date: March 1, 9:00 pm-12:00 pm

One of the greatest obstacles to maintaining healthy ecosystems and restoring impaired ecosystems on the nation's public lands is the rapid expansion of obnoxious weeds. These invasive plants can dominate many sites and often cause permanent damage to native plant communities. If cooperative weed management efforts are not dramatically increased we'll lose a lot of natural habitation due to this infestation. Bring your shovels and energy and participate in a 'War on Weeds' Habitat Restoration at Shipley Nature Center in Huntington Beach on Saturday, March 1st. The project will be from 9:00 a.m. until 12:00 p.m. *This opportunity is made available by CSUF's Volunteer and Service Center.*

Project: *Earth Week Beach Cleanup @ Sunset Beach*

Date: April 19, 12:00 pm – 2:00 pm

No matter where it began, human hands and a human face lie behind every piece of garbage that ends up on our beaches. The responsibility for this worldwide problem does not belong solely to shipping companies, fishing fleets, and governments. Ultimately, some individual had to throw that trash overboard, into the street, down the toilet, or into the storm drain. People are the problem, but people are also the solution. Marine debris is one pollution problem that individuals can solve by direct, individual action. Our Earth Week Beach Clean-up is about individual solutions to a global problem. Volunteering at the Beach Clean-up is a great time to enjoy our beaches and the people that care about them. On Saturday, April 19th at Sunset Beach from

COMMUNITY SERVICE PROGRAMS

12:00 until 2:00 pm, make new friends, get some fresh air and help make our beach cleaner and safer. *This opportunity is made available by CSUF's Volunteer and Service Center.*

Volunteer Opportunities to Benefit Homeless or Low Income Families

Project: *Collecting and Preparing Hygiene Kits to be given to local homeless families*

Dates: Collection drive: March 10 through April 11. Preparation: April 11, 12:00 pm to 2:00 pm, LH 804

Over 23,000 people are homeless in Orange County. These people are relying on us to help sustain them through these difficult times. Get involved in this service project addressing some of the needs of our local homeless community. Participants are asked to bring sample size toiletries that they may have at home. They will be collected and prepared into hygiene kits to be given to families utilizing the services of the Orange County Rescue Mission. Our kits will give the recipients basic amenities that they otherwise could not afford. Donations of soap, over-the-counter medications, deodorant, socks, shampoo, feminine hygiene products, toothbrush, toothpaste, washcloths, and basic toiletries (sample size) will assist with everyday needs that we tend to take for granted. **Donated items can be dropped off at the CSUF Volunteer and Service Center located in TSU 2.** *This project is done in partnership with the CSUF Volunteer and Service Center and Leadership and Multicultural Development Programs.*

Project: *Habitat for Humanity*

Dates: TBA

Would you like to connect with other Student Affairs professionals and make a difference in our community together? Here's an opportunity for you to do both at the same time. Student Affairs professionals and Habitat for Humanity will collaborate to help provide affordable housing in

our local community. Help a family own a home by spending a day building a home in our local neighborhood. You don't have to have special skills to participate in this project, you only need a desire to help others and build meaningful associations with your fellow CSUF Student Affairs staff members.

Volunteer Opportunities to benefit Hospital Patients

Project: *Blankets of Love: Help Provide Blankets for Hospital Patients*

Date: Every Thursday from 12:00 to 1:00 pm, MH 527

Can you crochet or would you like to learn? Here's an opportunity to put your skills to use and provide blankets for hospital patients. The Blankets of Love group meets every Thursday from 12:00 until 1:00 pm in MH 527 (and MH 641 on occasion). Yvonne Felix, staff member in the Science Education Department, coordinates the group and is willing to teach those who aren't experienced at crocheting.

If you are unable to give your time, but would like to help with this project, the group also welcomes donations of gift certificates to Michaels craft shop. The donation will be used to purchase yarn and crochet hooks.

For more information, contact Yvonne Felix at (714) 278-2307.

COMMUNITY SERVICE PROGRAMS

Calendar

February

Ongoing Help Provide Blankets for Hospital Patients, every Thursday , 12:00 pm to 1:00 pm, MH 527
21 Orientation to Community Service Opportunities, 12:00 pm to 1:00 pm, LH 804

March

Ongoing Help Provide Blankets for Hospital Patients, every Thursday, 12:00 pm to 1:00 pm, MH 527
1 War on Weeds @ Shipley Nature Center, Huntington Beach, 9:00 am to 12:00 pm
4 Community Connection: Bowling with Orangewood Home Teenagers, TSU Underground, 6:00 pm to 8:00 pm
10 Hygiene Kit Collection drive begins for Orange County Rescue Mission
18 Community Connection: Activity and Crafts, Orangewood Children's Home, 6:00 pm to 8:00 pm

April

Ongoing Hygiene Kit Collection drive continues
Ongoing Help Provide Blankets for Hospital Patients, every Thursday, 12:00 pm to 1:00 pm, MH 527
1 Community Connection: Bowling with Orangewood Home Teenagers, TSU Underground, 6:00 pm to 8:00 pm
11 Hygiene Packet Assembly for Orange County Rescue Mission, 12:00 pm to 2:00 pm, LH 804
15 Community Connection: Activity and Crafts, Orangewood Children's Home, 6:00 pm to 8:00 pm
19 Earth Week Cleanup at Sunset Beach, 12:00 pm to 2:00 pm
23 University Honors and Scholars Speaker Series Presents, Morris Dees "With Justice for All" at 7:30 pm, TSU Pavilion
TBA Habitat for Humanity

May

Ongoing Help Provide Blankets for Hospital Patients, every Thursday, 12:00 pm to 1:00 pm, MH 527
6 Community Connection: Bowling with Orangewood Home Teenagers, 6:00 pm to 8:00 pm, TSU Underground
TBA Habitat for Humanity

For more information, call or email:

Juanita Razo, ext 4648, jrazo@fullerton.edu
Bonnie Sullinger, ext 7407, bsullinger@fullerton.edu
Rochelle Woods, ext 4158, rwoods@fullerton.edu

DISCOVER CALIFORNIA!



Student Affairs Staff Development Health & Wellness Walking Program Spring 2003

On Monday, February 3rd, sixteen teams started walking along the El Camino Highway in hopes of visiting each of the beautiful California Missions.

Just look out your window, or walk outside and you will see them strolling around campus, clad in tennis shoes, enjoying the beautiful spring weather. Each participant receives 1 mile for every 15 minutes walked, whether it is here or at home, weekday or weekend.

Each team's progress will be recorded on a map and a brief history of each mission will be distributed as they reach their various destinations. The top two teams will receive ASI Rec Sports fitness passes good for the fall 2003 semester (a \$45 value!).

Team A Vicki Collier & Kelly England
Team B Judy Billedeaux & Jessica Schutte
Team C Roseanna Ruiz & Ann Sciortino
Team D Andrea Cowser & Beyonca Smith
Team E Bonnie Sullinger & Dolly Naura
Team F Laura Brown & Nancee Buck
Team G Kathy Moyer & Lea Beth Lewis
Team H Marsha Farwick & Clancy Dreany
Team I Maria Donor & Vangie Bravo
Team J Andi Sims & Veronica Herrera
Team K Patricia Richardson & Amy Mattern
Team L Susana Fierro & Alex Rosales
Team M Leslie Chang & Vickey Takeuchi
Team N Steve Udell & Vaughn Fahie
Team O Ann Ho & Lea Jarnagin
Team P Sherry Stevens & Sue Passalacqua
Team Q Alicia Espinoza & Marisa Hernandez

Come join the fun! Register your team with Laura Brown today!
x7060 or labrown@fullerton.edu
Remember, it's never too late to exercise!

HEALTH and WELLNESS PROGRAMS

Counseling and Psychological Services Calendar of Events Spring 2003

National Health and Wellness Week: March 3rd - 7th

Understanding Anxiety and Depression

Tuesday, March 4th, 11:00 am - 1:00 pm, SHCC 146
Presented by Cass Stringer, MFT

This workshop will provide an overview of the most common problems facing university students today as well as a look at the most successful treatments.

Find Your Path to Happiness

Wednesday, March 5th, 11:00 a.m. - 1:00 pm, SHCC-East
Presented by Cass Stringer, MFT

Join us to explore lessons we've learned from psychology about the art of happiness.

"I've Got A New Attitude" - Stress Management

Wednesday, March 5th, 12:00 - 1:00 pm, SHCC 113
Wednesday, May 7th, 12:00 - 1:00 pm, SHCC 113
Presented by Sherry Bene' Stevens, MFT

Stressed out? Stress can negatively affect our bodies, our minds, and our attitudes unless we possess the motivation and skills to positively deal with it. Join us to learn how to manage stress in your daily life and to change your attitude.

Guided Imagery - A Powerful Mind-Body Connection

Tuesday, March 11th, 11:00 am.- 12:00 pm, SHCC-East
Wednesday, April 9th, 12:00 - 1:00 pm, SHCC-East
Wednesday, May 14th, 12:00 - 1:00 pm, SHCC-East
Presented by Sherry Bene' Stevens, MFT

"Hold an image of the life you want, and that image will become fact ..." -Norman Vincent Peale
What you focus your mind on matters! The thoughts that you generate inside your head

have a powerful effect on your outer life. Learn to use relaxation and imagery to gain confidence and to feel more in control of your life. Feeling in control is associated with higher optimism. *This is an experiential workshop.*

Self Esteem: "It's Inside of You"

Tuesday, March 25th, 12:00 - 1:00 pm, SHCC-East
Wednesday, April 23rd, 12:00 - 1:00 pm, SHCC-East
Presented by Sherry Bene' Stevens, MFT

"No one makes you feel inferior without your permission ..." -Eleanor Roosevelt
Self-Esteem - What is it? Where does it come from? How do you get it? Do you believe in yourself and your ability to cope with challenges life has to offer? Every person has something that's special they can offer. You are a unique blend of your family, your culture, your education, and your passions in life.

Does Someone You Know Have a Drinking Problem?

Tuesday, April 22nd, 12:00 - 1:00 pm, SHCC East
Presented by Cass Stringer, MFT

Alcohol is CSUF's #1 drug problem. Learn the difference between use and abuse, what puts someone at risk for developing a drug problem and other helpful facts about alcohol.

Healing and Balance

Thursday, April 24th, 1:00 - 2:00 pm, SHCC-East
Presented by Sherry Bene' Stevens, MFT

Deadlines, pressures, commitments - It's hard to stay out of the "crisis zone." Learn how to be more pro-active in your life planning and to make functional vs. dysfunctional choices to create balance, happiness, and harmony in your life.

Risky Relationships: Sex and Alcohol

Wednesday, April 30th, 12:00 - 1:00 pm, SHCC-East
Presented by Cass Stringer, MFT

One or both persons have used alcohol in over 90% of all campus rapes. Educate and protect

HEALTH and WELLNESS PROGRAMS

yourself: Learn the risks of mixing alcohol and relationships.

National Anxiety Screening Day

Co-Sponsored with Disabled Student Services

Wednesday, May 7th, 1:00 - 2:30 pm, SHCC-East

Wednesday, May 7th, 2:30 - 4:00 pm, SHCC-East

Presented by Cass Stringer, MFT and Doug Liverpool, MFT

Participants will receive educational materials, watch a video, take an anxiety assessment and have a confidential meeting with a licensed therapist.

Amount of sleep, heart disease linked

Study: Too little sleep – or too much – may raise risk

ASSOCIATED PRESS

CHICAGO, Jan. 27 – Too little sleep – or too much – may raise the risk of developing heart disease, according to a study of nearly 72,000 nurses. Women who averaged five hours or less of sleep a night were 39 percent more likely to develop heart disease than women who got eight hours. Those sleeping six hours a night had an 18 percent higher risk of developing blocked arteries than the eight-hour sleepers. And nine or more hours of shut-eye was associated with a 37 percent higher risk of heart disease.

RESEARCHERS COULD not explain the last finding but suggested those women might have slept more because of underlying illnesses.

“People should start thinking of adequate sleep not as a luxury but more as a component of a healthy lifestyle,” said Dr. Najib Ayas, a sleep disorders specialist who was at Harvard-affiliated Brigham and Women’s Hospital in Boston when he led the study.

The researchers suggested that getting enough sleep may be nearly as important to heart health as eating right and exercising. And they pointed out a recent poll that found that about one in three Americans has long-term sleep deprivation.

The study was published in Monday’s Archives of Internal Medicine. The researchers could not say for certain whether the findings apply to men, too. But other research strongly suggests so.

Previous studies of men and women found short-term sleep deprivation can raise blood pressure and levels of the stress hormone cortisol, lower glucose tolerance and lead to variations in heart rate – all precursors of heart disease.

Phyllis Zee, director of the sleep disorders center at Northwestern Memorial Hospital, said the findings show that doctors should be asking their patients about sleep habits. And if those patients are losing sleep by choice, “they may want to rethink their priorities,” Zee said.

Researchers examined 10 years of data on 71,617 participants in Harvard’s Nurses’ Health Study, which tracked female nurses for a variety of studies. The women were ages 45 to 65 and had no sign of heart disease at the outset in 1986. Over 10 years, 934 of the women had nonfatal heart attacks or died of heart disease.

The study relied on the nurses’ recollection of their sleep patterns rather than directly measuring their sleep.

The researchers were also from the Harvard School of Public Health and Harvard Medical School, all in Boston.

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HEALTH and WELLNESS PROGRAMS

The Science Behind Healthy Weight Loss

Control the amount of calories you eat, and fill your plate with lean protein-rich foods, fruits, vegetables and whole grains.

Fad diets, such as those that severely restrict carbohydrates while plying you with protein and animal fats, may well work for a while, but it doesn't take much snooping to figure out why: They're low in calories. And lowering calories will lead to weight loss, no matter the quality of the diet. But is this a diet that's built to last?

The ongoing challenge is to keep calories under control while enjoying satisfying portions of healthy foods. For that, you can't get around the importance of a diet that's:

- Low in fat
- Adequate in protein
- Rich in high-fiber complex carbohydrates

We'd all love to believe that the latest fad is the one that's going to miraculously remove those unwanted 20 pounds for good. But we're better served by relying on proven choices than pie in the sky. Our best allies are low-calorie foods that are naturally filling: lean protein, low-fat dairy or soy foods, whole grains, and plenty of fruits and vegetables. All skimp on fat, and all are swimming in water and fiber, which stimulate "satiety signals" - they make you feel satisfied without adding calories.

The Lowdown on Fat, Protein, Carbs and Water

Fat

Gram for gram, fat has more than twice the calories of protein or carbohydrates. Excess calories from fat end up as body fat far more easily than excess calories from carbohydrates or protein. Your body has to work to convert carbohydrates or protein to body fat, which takes energy - that

is, it burns calories. But dietary fat turns into body fat with very little calorie loss. That's why it's important to cut calories from fat.

Protein

Eating lots of protein isn't a recipe for losing more weight, though getting enough protein is important. When you cut calories to lose weight, your goal is to lose body fat, not lean body mass (muscle). Taking in enough protein helps you maintain lean body mass. Protein is also more "satiating" than fat or carbohydrates, so it helps you feel full on fewer calories.

Carbohydrates

No, pasta isn't uniquely fattening. Neither are potatoes, rice or bread. It's true that many overweight people have difficulty metabolizing large amounts of carbohydrates, but that's an effect of their physiology, not a cause. The cause of obesity is too many calories and not enough exercise. Focus on carbohydrate quality: Refined snacks and sweets made with white flour and sugar are highly caloric, while fiber-rich whole grains, fruits and vegetables are much more filling, with fewer calories.

Water

Let the water flow freely in a weight-loss diet. Besides drinking lots of it, eat plenty of foods that are naturally rich in water, such as fruits, vegetables and low-fat milk. Pair them up with poultry, fish and beans - all low-calorie foods that provide plenty of bulk.

Keep a place in your diet for water-rich dishes like soups, stews, casseroles, pasta with plenty of vegetables, and fruit-based desserts. Water helps you control calories by diluting the calories in a portion of food. When you add water-rich blueberries to your breakfast cereal, or water-rich eggplant to your lasagna, you add food volume and weight, but hardly any calories.

HEALTH and WELLNESS PROGRAMS

Estimating Calorie Needs

The average, moderately active person needs about 15 calories per pound to maintain weight. For instance, to maintain a weight of 150 pounds, you need about 2,250 calories a day. However, this is just a rough estimate. Your true caloric needs are more closely linked to the amount of fat and lean tissue you carry. A well-muscled 150-pound wrestler burns more calories than a 150-pound couch potato, even on days when the athlete decides to kick back and grapple with the remote control.

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If you have an article you would like to contribute to the Student Affairs Staff Development Newsletter, please contact Karen Wall in the Office of the Vice President for Student Affairs, LH-206 ext. 4865

ASI Rec Sports Drop-in Fitness Classes

ASI Rec Sports Drop-in fitness classes allow members to develop and expand skills related to the latest group exercise trends. Available at various times throughout the day, these classes provide a complete workout for both the novice and experienced individual. All classes adhere to the rudiments of proper technique and choreography associated with contemporary exercise programs. The possession of a Rec Sports fitness pass, as well as a Rec Sports membership card, is required. Please call (714) 278-3978 for more information.

Spring 2003 Schedule

Guts, Butts & Thighs

MWF; 12:10 pm; PE-228

Freestyle Aerobics

MW; 5:30 pm; PE-232

Yoga

TWR; 5:45 pm; PE-228

Cardio Boot Camp

TR; 12:10 pm; PE-230

Hip Hop

TR; 5:30 pm; PE-232

Kung Fu

Sat; 10:00 am; PE-228

Circuit Training

M; 2:00 pm; Fitness Lab