



Developments

A semi-annual publication of the Department of Student Affairs in Higher Education for SPS/SAHE alumni and friends

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Please let us know what you think about Developments. Your feedback and suggestions are welcome and greatly appreciated.

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Welcome, Class of 2021!

The Class of 2021 was warmly welcomed into the SAHE program on August 29, 2019 at the annual Kick-Off program hosted by the SAHE Department and Associates for Student Development (ASD) at the IUP College Lodge and Ski Hut. The first portion of Kick-Off began with the faculty, Dr. John Lowery and Dr. John Mueller providing ways to cope with the adjustment and transition into graduate school. Dr. Amber Racchini, Assistant Professor/Coordinator for Supplemental Instruction and Peer Assistance at IUP, and 2003 SAHE Alumna, talked with the students about making the most of their SAHE experience. She shared motivational words and gave the students some practical advice for their SAHE journey. The students also heard from Dr. Mimi Benjamin, who spoke on, "Surviving SAHE: Utilizing Support and Self-Care to Maximize Your Success."

ASD prepared a meal to follow the faculty portion and together, the Classes of 2020 and 2021, discussed the upcoming semester, graduate studies, and what led them to student affairs and SAHE in particular. Following dinner, the two cohorts participated in ice-breaker activities and a silly questions game to facilitate eventual Cohort Connect matches.

To conclude Kick-Off, Wayne Nichols ('20), ASD President, announced each new SAHE member as they received their SAHE pins, connecting them to a network of more than 950 alumni. They are also now getting settled in and are dedicated to finding their niche in student affairs. Students are creating a sense of community that will help them thrive in the next year and a half.

Chair's Corner

Greetings from Stouffer Hall!

I hope that your semester has been great so far and that you are finding both challenge and support in the work that you are doing. As I write this message to you, Halloween has arrived along with the first really fall-like weather of the season.

Here at SAHE, the fall semester is off to a wonderful start with 23 new students joining us. Our overall enrollment remains solid. I fully recognize that we have you to thank for that success. Again this year, the majority of incoming SAHE students described how SAHE program alumni were an important factor in their decision to apply to the program. We graduated a solid group of students last spring and as you will see from the list of their new positions on page 5 of this issue of *Developments*, they have been incredibly successful.

Several SAHE faculty have received national recognition this year. [Mimi Benjamin](#) has been named a Diamond Honoree by ACPA. She will be recognized in Nashville in the March. We will also be hosting at IUP SAHE Reception at ACPA. We will share the details as soon as we confirm the date, time, and location for the reception. I was also honored to be named one of [NASPA's Pillars of the Profession](#) for 2020. This will be celebrated at the NASPA Conference in Austin.

We have already begun actively recruiting the next cohort of SAHE students and hope that you will continue to refer your best and brightest students to us. Students who are interested in the program should be encouraged to visit the SAHE website for more information or email us with any questions they may have at sahе-admissions@iup.edu. If you would like to refer a student to the SAHE Program, please complete our [IUP SAHE Prospective Student Referral Form](#). We will contact the student by email to share more information about the SAHE Program. We can also send you a SAHE Poster to display in your office; just complete the [IUP SAHE Poster Request Form](#).

If you are able, we encourage you to make a donation to the SAHE Development Fund. The SAHE Development Fund supports the needs of the SAHE program that are not covered by funds from the University (e.g., student support for professional development activities, research support to students, alumni receptions at national conferences, the Outstanding Scholar Award, and the Ronald Lunardini Distinguished Alumni Award). Visit www.iup.edu/giveagift and enter [#4647](#) in the "Other" field to contribute to the [SAHE Development Fund](#).

I hope to see many of you in the spring at NASPA. Please do not hesitate to reach out if I can be of any help to you.

Warmly,



John Wesley Lowery, Ph.D.

Professor and SAHE Department Chair



Dr. John Mueller



Twenty years ago, I moved to Indiana, PA from the upper west side of Manhattan; from 91st and Broadway to S. 4th and Elm St; from Teachers College to IUP. Back then, my goal was to make it through those first five years and the tenure process and then decide what would happen next. Little did I know that twenty years--and 543 SAHE graduates--later, I would still be here. Fall 1999 was a pivotal time in my career, largely because of the people I met. My colleagues--Holley Belch, Linda Hall, and Ron Lunardini--taught me how to establish my identity as a faculty member. IUP student affairs colleagues—Joe Ritchie, Kate Linder, Randi Schneider, and Rita Drapkin—taught me the culture and significance of student affairs practice and partnerships at IUP. And the potential and promise of the nearly 50 SAHE students' during my first year were constant reminders of what an honor it is to be in this profession. 1999 was also when I first met the extraordinary and inspirational Nancy Newkerk as well as the first recipient of the scholarship that bears her name, Jennifer (DuBrava) Hinton ('00). It never ceases to amaze me how quickly a semester goes by (or how quickly 20 years can come and go!).

Fast forward to 2019 and it's another beautiful fall here, although I feel like I've missed much of it due to an ongoing respiratory infection that has exhausted me daily and stolen my voice. Between classes, meetings, student appointments, and grading, I have been finishing up some writing projects that I look forward to reaching publication by the end of the year. One is an invited article for the *Journal of College Student Development's* 60th Anniversary Issue titled "A Change is Gonna Come"--Embracing Paradigm Shifts to Dismantle Oppressive Structures". It was a treat to once again write with my dear colleagues and friends, Raechele Pope ('81) and Amy Reynolds. The other piece is an ACPA internal publication titled, *The Practice-to-Theory-to-Practice Model: A 35th Anniversary Re-Introduction*. One of the most rewarding parts of doing this project was having one of the PTP authors, Elizabeth Wells, agree to review the monograph and to write a Foreword to it. It's funny, but it dawned on me (as wrote these last few sentences) that when the word "anniversary" is featured in one's work, it says something about how long one has been in the profession!

As I mark 20 years with SAHE and IUP, it seems to trite to say "here's to the next 20". Quite frankly, I don't think I have 20 years left in me! For now, I'm just grateful for every year I've had and every year yet to come.

Dr. Amber Racchini



This fall marks my 15th year at IUP and my 8th year working as a faculty member in the Department of Developmental Studies! I really enjoy the fall semester as I get to meet incoming students and pilot new programs and initiatives. It is great to feed off the energy from a new cohort and share their enthusiasm as they get acclimated to IUP and Indiana. This fall I am teaching a FYE course for all first-year athletes and working with them makes me really excited to be a CRIMSON HAWK!

I love that my job affords me the opportunity to teach at the graduate level as well. I am also teaching DVST 605 Foundations of Academic Advising for the very first time! This is a new course that is part of the Academic Advising Certificate offered to all graduate students. SAHE students can earn this certificate by taking DVST 605 and completing a Practicum that has an academic advising focus. DVST 605 is being offered online and has been a great experience thus far! I have really enjoyed teaching graduate students from multiple disciplines (Safety Science, Nursing, School Counseling, & SAHE) and I think the students have benefitted from this experience as well. Through

reading their discussion posts, I am reminded of the diverse perspectives that each person brings into the classroom and how rewarding it can be to learn about advising through a new lens.

I continue to serve as the Conference Planning Coordinator for the Association of Colleges for Tutoring and Learning Assistance. I am busy planning our next conference which will be held in April 2020 in Berkeley, CA.

On a personal note, I am in the process of training for the Pittsburgh Marathon in May! I am excited to be a charity runner for the American Cancer Society's DetermiNation team. I wish you all a wonderful fall and winter and hope that you find some time to relax and reenergize during the upcoming weeks! I know that I am looking forward to spending time with my family, reading mystery novels, and decorating our house for the holidays.

Dr. Mimi Benjamin



Based on the weather, our summer seemed to extend a bit into fall, but as I write this in early October, it looks like we're heading in an autumnal direction. I'm ready for it! I often think of former students who used to declare their love for "boots and scarves weather" (you know who you are!), and I'm with them. Fall semester always seems to fly by for me; there's the excitement of the beginning of the year, the great shift into cool days with colorful leaves, and before I know it it's time for the SAHE Practicum Fair and SAHE Thanksgiving! Time flies when you're having fun.

Some of the "fun" I've been having since last spring's edition of this newsletter included my annual trip to Elon University in North Carolina for their Center for Engaged Learning Research Seminar on Residential Learning Communities. I was thrilled to have some IUP colleagues join me there this year and share our work at the conference held in June. While my work with that project is starting to wrap-up, the opportunity to serve as a co-leader of the research seminar for the past three years has afforded me connections with wonderful colleagues and friends as well as new projects I look forward to pursuing. This summer also was my first foray into the world of on-line teaching as I offered Topical Areas in Student Affairs as a distance education course. While I hope the students learned a lot about the topics, I know I learned A LOT about this format of teaching and hope to improve my work in that area. In between those activities, I managed to fit in a few short trips for fun, including visits to New England, the Finger Lakes of New York, and Asheville, NC.

Along with my teaching responsibilities, other things keeping me busy this fall are coordinating IUP's Preparing Future Faculty Certificate Program for graduate students, working with the Living-Learning Executive Team to move forward initiatives at IUP, and wrapping up the second edition of *Maybe I Should. . . : Case Studies on Ethics for Student Affairs Professionals*, which I'm co-editing with my friend/colleague Jody Jessup-Anger from Marquette University. I'm excited that IUP SAHE alums Amber Racchini, Angela Delfine, Michael Botts, and Steven Marks; current SAHE students Paige Matzerath and Stephen Weinmann; and IUP colleague Cathy Dugan will all have cases published in the book, which we anticipate being published in December.

As I look toward the new year, I am planning to attend both ACPA and NASPA, and I hope our paths will cross if you're attending, too!



Mimi spoke about living-learning communities in the November 13th segment of "The Academic Minute." "The Academic Minute" features professors from top institutions around the country, delving into topics from the serious to the light-hearted, keeping listeners abreast of what's new and exciting in the academy. Drawing on *Living-Learning Communities That Work: A Research-Based Model for Design, Delivery and Assessment* by Karen Kurotsuchi Inkelas, Jody Jessup-Anger, Mimi Benjamin, and Matthew R. Wawrzynski, Benjamin shared information about how to make living-learning communities most effective. The episode is available at <https://www.insidehighered.com/audio/2019/11/13/living-learning-communities>.

Mimi, along with colleagues Karen Kurotsuchi Inkelas (University of Virginia) and Jody Jessup-Anger (Marquette University), is featured in the November 14th episode of the podcast "Teaching in Higher Ed." Benjamin, Inkelas and Jessup-Anger shared research about living-learning communities, ways these programs are structured and benefits to students. The podcast is available at <https://teachinginhighered.com/podcast/living-learning-communities-that-work/>.



Where Are They Now?

Marcnoly Anozil— McDaniel College, MD
Area Coordinator

Daniel Bowley— University of Baltimore, MD
Career Specialist

Katie Byers— University of Pittsburgh-Greensburg, PA
Assistant Director of Career Services

Kevin Crawford— University of Nevada, Las Vegas
Admissions Counselor- Undergraduate Admissions

Alex Crenshaw— Wilson College, PA
Assistant Director of Graduate Admissions

Angela Delfine— West Virginia University, WV
Residence Life Coordinator

Ricardo Hamrick— Ohio University
Residence Director

Michael Hanni— Youngstown State University, OH
Coordinator for Student Conduct

Brandyn Holtzinger— The Pennsylvania State University
Residence Life Coordinator

Angelina Jenkins— The Pennsylvania State University
Program Coordinator, BLUEprint

Nina LaCombe— SUNY-Brockport, NY
Admissions Advisor

Robert Leibel— Bucknell University, PA
Community Director

Asanté Littleton— Ohio University
Residence Director

Kaitlyn Martin— Sigma Chi Fraternity, IL
Curriculum Development Coordinator

Anthony Nguyen— Humber College, Canada
Learning Support Coordinator

Danielle Parker— Embry Riddle Aeronautical University, FL
Residence Life Coordinator

Danielle Richardson— University of Pittsburgh, PA
Academic Advisor in the School of Computing and Information

Andre Richet— St. Mary's College of Maryland
Coordinator of Student Engagement

Maggie Ristow— University of Pittsburgh, PA
Academic Coordinator for TRiO Student Support Services

2019 Nancy J. Newkerk Scholarship

In October 2019, the SAHE department announced the recipients of the Nancy J. Newkerk Scholarship for 2019:

Tyler Montgomery and Kristen Shimko.

Since 1999, the Nancy Newkerk Scholarship has been awarded to deserving second-year SAHE graduate students who demonstrate outstanding contributions to college students, student affairs activities, the SAHE Department, and the broader higher education community.

Nancy Newkerk served as dean of women at IUP (then Indiana State Teachers College) from 1957 to 1967 and as associate dean of Admissions at IUP from 1978 until her retirement in 1994. She was awarded the IUP President's Medal of Distinction in 2009.



Newkerk scholarship recipients are selected on the qualities that reflect Ms. Newkerk's own professional career in student affairs: a collaborative colleague, a student-centered practitioner, and a role model for citizenship and civic responsibility.

Montgomery ('20) is a graduate of IUP and holds an assistantship with the College of Education and Communications' Diversity and Inclusion Standing Committee. He also has experience in the IUP Office of the Registrar and at Shippensburg University's Office of Student Conduct. Montgomery brings solid interpersonal skills, creativity and solutions, and strong ethic of benefiting students.

Shimko ('20) is a graduate of Wheeling Jesuit University and works at the University of Pittsburgh, Greensburg, as a graduate resident director. She has experience in student activities at St. Vincent College and new student orientation programs at Murray State University in Kentucky. Shimko is uniformly recognized for her boundless energy, enthusiasm, resourcefulness, and high-quality work.

The Newkerk scholarships were announced at the College of Education and Communications' 2019 Alumni, Faculty, and Student Scholars Reception on October 17, 2019.

2019 Get Involved! Award

Wayne Nichols ('20) was awarded the 2019 *Get Involved! SAHE Student Leadership Award*. This award was created by Councilman Tom Baker (SAHE '05) and his wife, Erin, who encourage students to make a sincere difference in the campus they work on, and to better serve the SAHE community. This is what Wayne's nominator said: "Wayne is a hard-working, dependable, and caring person. With his involvement in the SAHE program, work as an emerging professional, and out of class achievements, he shows passion for the student affairs world. As ASD President for SAHE, Wayne's commitment to creating a balance of professional opportunities and bonding experiences for the SAHE students is admirable."



Wayne is currently a second-year student who received his Bachelor of Science degrees in Psychology and Criminal Justice from Towson University. His assistantship is with Fraternity and Sorority Life in the Multicultural Center for Student Leadership and Engagement. He served as a summer practicum student for IUP's New Student Orientation and is finishing his fall practicum at IUP's Office of Student Conduct. His nominator noted that "Wayne utilizes his classroom knowledge and work practices to assist students in their leadership roles and student life. It is more than just meeting with students; he is fostering a learning environment for students to make them the best version of themselves. Between the balance of classroom work and assistantship work, Wayne does not falter and demonstrates his commitment by taking on additional tasks such as being an IUP Conduct Board member. He embraces challenges to better our IUP community." (Pictured from left to right: Councilman Tom Baker, Wayne Nichols, and Ang Jenkins, the 2018 *Get Involved!* Winner)

Student Accomplishments & Presentations

Presenters and presentations at the University of Pittsburgh at Greensburg (UPG) Annual Regional Leadership Conference:

Sarah Bernhardt ('20) presented "Toy Box Leadership."

Tori Campbell ('21) presented on "Tricky Transitions."

Sarah Hallman ('20) conducted a presentation titled, "What is Conflict Resolution and How Do I Do It?"

Kevin Hartenstein ('21) coordinated the conference as part of his assistantship, and in doing so, also presented "Developing Trust: A Foundation for Success."

Emily Ostrowski ('20) presented twice at the conference. Her presentations were "Living in the FISH Bowl: The Impact of Being a Leader" and "Building your Leadership Toolkit: Teambuilders that Don't Suck."

Mary Rose Pedron ('20) presented "Memes & Mindfulness: Addressing Digital Empathy & Coping Mechanisms."

Annika Philippe-Auguste ('21) had the pleasure of presenting "You Belong Here: Unmasking Imposter Syndrome."

Brandon Rager ('20) and **Molly Verostick ('21)** co-presented on "Supporting Civically Engaged Students Through the Lens of Student Leadership."

Renee Raymond ('20) had the opportunity of presenting "To Be Recognized and Get Recognized."

Julie Senyk ('21) conducted a presentation titled, "Organization Success & Assessments."

Chandler Stafford ('21) presented "Using StrengthsQuest to Build Skills for College and Beyond."

Kristen Shimko ('20) presented "Your Digital Footprint."

Danielle Smith ('21) and **Stephen Weinmann ('20)** co-presented "How Would You Handle It? Perks and Struggles of Being on Staff/Executive Board" at the UPG Conference.

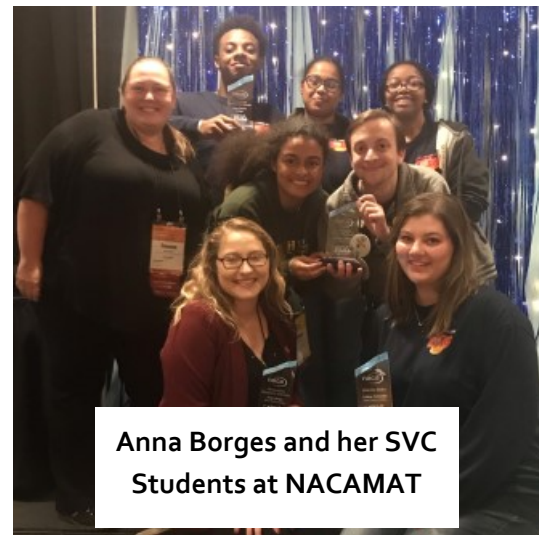
Additional Accomplishments:

Anna Borges ('20) took students to NACA Mid-Atlantic (MAT) Regional Conference in Buffalo, NY in October, where she presented with Victoria Dean ('18) and served as a graduate intern. Saint Vincent College won awards for Outstanding Program Board of the Year and Outstanding Social Program. Anna won the 2020 Outstanding Graduate Assistant Award. She also took students to the University of Pittsburgh at Greensburg (UPG) Regional Leadership Conference.

Emily Ostrowski ('20) and **Paige Matzerath ('20)** also served as graduate interns for NACAMAT (see p. 14).



SAHE Presenters (with alums Albert Thiel and Andre Richet) at the UPG Leadership Conference



Anna Borges and her SVC Students at NACAMAT

NASPA Pillar of the Profession



Dr. John Wesley Lowery was named a “Pillar of the Profession” for 2020 by NASPA: Student Affairs Administrators in Higher Education.

The NASPA Foundation’s Pillar of the Profession Award honors members of the association who have provided significant service to NASPA through their leadership, have created a lasting impact on their institution, and who have demonstrated sustained, lifetime professional distinction in the field of student affairs and/or higher education.

Lowery will be honored at the national NASPA conference in Austin, Texas, in March 2020. More information about the award is available on the NASPA Foundation website.

ACPA Diamond Honoree



Dr. Mimi Benjamin, was named a member of the Diamond Honoree Class of 2020 by ACPA: College Student Educators International.

The ACPA Diamond Honoree program, established in 1999, recognizes dedicated student affairs faculty, administrators, and practitioners who demonstrate an outstanding and sustained commitment to higher education through scholarship, teaching, service, and/or professional practice.

Benjamin will be honored at the national ACPA convention in Nashville, Tennessee, in March 2020. More information about the award is available on the ACPA Foundation website.



Coming Soon...



IUP SAHE/SPS

celebrates its

50th Anniversary

during the 2021-2022

academic year!

Details coming soon.

The SAHE department congratulates the following alumni on their continued advancement in their careers

Bob Gatti ('78)— Retired June 30, 2019

Meredith Kaye-Tierney ('97)— Selden Middle School, Centereach, NY; Guidance Counselor

Brian Schwarz ('99)— University of Connecticut School of Engineering; Director of Experiential Engineering Education Initiatives and Director of International Engineering Program.

Lynn Burke ('05)— Villanova University, PA; Major Gift Office in the College of Engineering, effective January 2020

Kristin Eicholtz ('05)— DeSales University, PA; Executive Director of the Career Development Center

Marsha (McQuate) Bonn ('06)— Shippensburg University, PA; Student Affairs, Director of Recreation and Wellness

Edward Cruz ('06)— Tulane University, LA; NTC Career Services, Assistant Dean and Executive Director, effective January 2020

Sandra Alef ('07)— University of Detroit-Mercy, MI; Associate Director for Residence Life

Caitlin (Bauer) Engel ('07)— Robert Morris University, PA; Enrollment Management Division, Associate Director of Admissions

Katie Buehner ('09)— Frostburg State University, MD; Residence Life, Assistant Director of Residence Life for Facilities and Operations

Chad Jurica ('09)— University of Pittsburgh, PA; Disability Resources & Services, Disability Specialist

Michele Peterson ('09)— Sigma Alpha Mu Fraternity, IN; Assistant Executive Director (June 2019 promotion)

Erin Schutt ('09)— Delaware Technical Community College, DE; Student Affairs, Program Manager of Student Life

Margaret Hammond ('10)— Penn State University- University Park, PA; College of Engineering, Director of Engineering Advising Innovation and Assessment

Vanessa Pearson ('10)— Lafayette College, PA; Campus Life, Director of Student Involvement

Katie (Adams) Colyer ('11)— Sustainability Manager at Philabundance (since June 2019). Note: This is a nonprofit role outside of Higher Education

Adam Prescott ('11)— University of Wisconsin- Madison; UWPD Police Officer

Martin Sagendorf ('11)— American University, Washington D.C.; Housing and Residence Life, Associate Director of Assignments and Communications

Alexandra Waltemeyer ('11)— University of Pittsburgh, PA; Alumni Relations, Director of Campus Constituent Relations

Daniel Percopo ('12)— University of New Haven, CT; Director of Residential Operations

Amanda Zacur ('12)— Cleveland State University, Ohio; Senior Admissions Counselor, Transfer

Mariette (Bien-Aime) Ayala ('13)— University of Massachusetts-Boston; Assistant Director of Academic Initiatives and Student Support

Diane Eshelman ('13)— Carnegie Mellon University, PA; Division of Student Affairs, Assistant Director of First-Year Orientation & Family Engagement

Natty (Burford) Burfield ('14)— Massachusetts College of Liberal Arts; Student Development, Assistant Director of Student Activities

Jenna Konyak ('14)— Hobart and William Smith Colleges, NY; Residential Education, Associate Director for Housing and OneCard Operations

Briana (Newstrom) McGowan ('14)— Carnegie Mellon University, PA; University Advancement, Donor Relations Specialist

Jesse Phillips ('14)— Gettysburg College, PA; Assistant Director in the Center for Global Education

Zachary Saeva ('14)— Nazareth College, Rochester, NY; Promoted to Assistant Director of Career Operations at the Center for Life's Work

Michael Botts ('15)— Bowling Green State University, Ohio; Office of the Dean of Students, Assistant Dean of Students and Deputy Title IX Coordinator

Amanda (Loeffler) Farkus ('17)— Pennsylvania Highlands Community College; Assistant Director of Blair Center

Meghan Delsite Coleman ('18)— Pennsylvania College of Technology, PA; Residence Life, Coordinator of Residence Life

Jhané Cummings ('18)— Towson University, MD; Coordinator for New Student and Family Programs

Tara Roach ('18)— Union County College, NJ; Office of College Life- Student Services Specialist

Alumni Updates

Accomplishments/ Accolades

Bob Gatti ('78)— Upon retirement, the Board of Trustees awarded him Emeritus status. He also gave the Commencement Address for the Class of 2019.

Meredith Kaye-Tierney ('97)— Doctorate of Education in May 2009

Brian Schwarz ('99)— Presented at the Global Internship Conference in Auckland, New Zealand on the International Engineering Program that he expanded over the last 4 years.

Peter Trentacoste ('00)— Was selected and served as a faculty member for the ACUHO-I National Housing Training Institute - June 2019

Katie Buehner ('09)— MACUHO Excellence in Operations Award 2019

Zach Clark ('09)— Celebrated his 10-Year Anniversary with the IUP Student Cooperative Association

Chad Jurica ('09)— Received the Diversity and Inclusion Certificate, which is a certificate program designed to reinforce the University's core values of diversity and inclusion through a series of interactive workshops. Also, through the Office of the Provost at University of Pittsburgh, Chad co-presented a workshop on Helping Advisors Help Students Navigate Disability Resources & Services (DRS). The workshop provided insights into how advisors and mentors can assist students with disabilities.

Margaret Hammond ('10)— Presented (at NACADA Conference): Nevertheless, She Persisted: Applying Feminist Pedagogy to Academic Advising to Support Undergraduate Women Students in STEM

Mariette (Bien-Aime) Ayala ('13)— Received PhD from the Urban Education, Leadership, and Policy program at University of Massachusetts, Boston

Justin Brown ('13)— 2019 Alumni Recognition Award; Selections are those who have made significant contributions to the community and University that go beyond recognized job responsibilities

Jesse Phillips ('14)— Elected Secretary of the PACIE (PA Council for International Education) Board

Madi Crist ('17)— Presented at NACADA Annual Conference (Louisville, KY) and National Learning Community Conference (Indianapolis, IN) Fall 2019

Kelsey Thompson ('17)— Pennsylvania Association of Colleges and Employers (PennACE) Keystone Award

Victoria Dean ('18)— NACA Mid Atlantic Outstanding New Professional Award. Victoria also presented twice at the NACAMAT Conference: From #SAGrad to #SAPro Roundtable & It's a Mystery...Trip (presented with **Anna Borges ('20)** and Deanna Wicks



Personal

Katie (Adams) Colyer ('11)— Brady Colyer '11 and Kate (Adams) Colyer '11 welcomed their first child, Nicolas James, in March 2019

Kyle MacDonald ('11)— Kyle MacDonald ('11) and Andrew Parlato were married on September 27, 2019 at the Bostonian Hotel in Boston, MA

Mariette (Bien-Aime) Ayala ('13)— In addition to earning her PhD, Mariette also purchased a beautiful home

Jenna Konyak ('14)— Jenna is excited to announce her new position that has allowed her to further her career but also be closer to her family. Further, she started the EdD program at Northeastern University in Boston, MA this past January. Jenna says, "What a ride this year has been!"

Briana (Newstrom) McGowan ('14)— Briana and Sean McGowan (SAHE '14) are expecting their first child in December 2019

Zachary Saeva ('14)— Zac recently married his wife, Jennaca, on May 24, 2019. Jennaca is a Sign Language Interpreter for Rochester Institute of Technology (RIT). They also purchased their first home together this year.

Melissa (Gaskill) Hunter ('16)— Melissa and her husband are expecting their first child in January 2020

Call for Nominations

The SAHE department is now accepting nominations for the **Ron Lunardini Distinguished Alumni Award**. This award is presented to an alumni of the SAHE department who has been a student affairs professional for at least five years and whose practice reflects the standards and values of the SAHE department. Details on the nomination criteria and process are available on the SAHE website below.

Nominations are due by February 3, 2020 and the announcement of the recipient will be made prior to the NASPA and ACPA conventions. Please consider nominating one of your SAHE colleagues and/or mentors who is deserving of this recognition. If you're considering nominating someone and/or have any questions, feel free to contact John Mueller at jmueller@iup.edu. Please visit our website for more information:

<https://www.iup.edu/sahe/about/distinguished-alumni-award/>



The IUP logo has changed (back) again!

The Marketing and Communications Division at IUP said, "Don't call it a rebranding. Call it a reaffirmation." You might recognize the logo as it was first introduced as the "classic IUP logo" in the mid-1980s. The Division noted that "The IUP brand is more than what you see on the surface. Every visual change is motivated by our goals and our research into internal and external perceptions of IUP." They spent several months conducting brand research to arrive at the marketing strategies implemented this summer. Our SAHE logo will be updated within the year to reflect these institutional changes. Be on the look-out! Read more about the changes [here](#).

HARRIET Behind the Scenes with an Alumnus

The movie "Harriet" opened on November 1 and chronicles the extraordinary story of one of America's greatest heroes, Harriet Tubman, and her escape from slavery. It's a tale of courage, ingenuity, inspiration, and tenacity that freed hundreds of slaves and changed the course of history. **Henry Lewis ('14)**, Student Services Administrator at Virginia Commonwealth University, made his film debut in the movie! Henry is seated in the center of this movie still from the studio.

When asked to comment on this remarkable experience, Henry said, "To say I am honored to have had the opportunity to be a part of a major motion picture highlighting the heroic and passionate Harriet Tubman is an understatement. I portrayed the role of an anti-slavery society worker in Pennsylvania in the film Harriet, where I was featured twice during the protagonist's journey to free hundreds of enslaved people. This film is a must-see, as it illuminates some of what we learned about Harriet Tubman growing up and educates us on various other aspects of her life. She was a strong, caring, driven, hard-working, and resilient American hero and this honor is well overdue."



Why I Left Residence Life

By: Lynn Burke ('05)

I want to talk a bit about retention. Not the retention we are all used to related to enrollment or beds in residence halls, but the question of how many of us stay in the field of student affairs for our entire careers?

Let me first say this isn't an opinion piece meant to criticize student affairs. Quite the contrary. I have the utmost respect for the commitment and selflessness of those of you reading this and I am grateful for my time in Residence Life. But as a profession, we need to do better: treat each other better, treat ourselves better, and have more transparent conversations about our field.

I won't bore you with my resume, but I left residence life in 2011 for a career in advancement and I am currently the Director of the Annual Fund at an independent school in Philadelphia. I haven't left education, and I do see myself returning to the higher education setting in advancement.

None of what I am about to say is a surprise and I hope many of you can find your own truth in some of these examples on why I left and offer some solutions on how we can look inward on improving the quality of life in our field.

- Work-life balance is something we like to say is important but it doesn't always translate from theory to practice. I once had a colleague tell me a great way to not feel overwhelmed was to start your day at 7am before interruptions and meetings begin. Working a longer day every day shouldn't be the answer to effectively treading water in your job. Someone leaves and instead of replacing them, you take on more because you've proven yourself competent, and inch closer to burnout.
- We take care of students but who takes care of us? As an adult it's healthy to seek a therapist and move through both positive and challenging life changes. But if your job causes you trauma, you need to ask if it is worth it. I'm not a trained psychologist, I'm not an EMT, I don't deserve to be treated poorly by parents who have never held their students accountable and are shocked when a college tries to uphold standards. The expectations of on-call professionals are overwhelming at best, and traumatic at worst.
- You should be paid more. Pretty much every single one of you reading this isn't being paid enough. Extra things are piled on that are couched as "good experience" and "resume builders," but I fully believe it's a way to exploit employees and not pay them for the extras. And if you're in residence life like I was, free housing is held over your head as such a benefit you should be grateful for, it's tough to advocate for a raise.

I used to believe in part that to be effective in residence life, you need to consider it a lifestyle and not a job. I now know that it is a mistake I choose my job over other things. I have students who became friends after graduation, I have lasting relationships with former colleagues, but I honestly know I didn't make the best personal choices because I felt the need to work 10 hour plus days and be "accessible" at unrealistic times so I would be viewed favorably.

I've found in my career being transparent has gotten me far. No one is going to make a change for you, but you can bring to light difficulties. But with bigger systemic issues, it takes everyone being aware and advocating for change. All good ideas also cost money and the reality is not all colleges and universities can invest in improving the lives of student affairs professionals.

We need committed, professional people to do the best work for students on our campuses, but if we don't take care of ourselves, students and professionals suffer. But it's okay to leave and find something better. There's no shame in figuring out how to transfer your skills to other areas of education or to the private sector. I'd like to see a program at NASPA or ACPA led by expatriates- not exclusively about the difficulties we face(d) in our field, but a program about how to leave and not feel guilt or failure, or how to advocate for yourself to set a greater balance in your role. You can find meaning in other fields and still be proud of your time in student affairs.



My NODA Experience at Murray State University

By: Kristen Shimko ('20)

During the Summer of 2019 I had the opportunity to serve as the NODA (Association for Orientation, Retention, and Transition) Intern within the Office of Recruitment at Murray State University in Kentucky. For me, this summer-long program allowed me to step outside of my comfort zone, working at a mid-sized institution that was over ten hours away from where I called home.

One of the most impactful roles I had through my internship was to fully be in charge of one orientation session towards the end of my experience. This gave me the chance to speak in front of many new students and their families. Also, it allowed me to serve as the main contact for the Summer O Counselors, teaching me a lot about communication on the day of a major program. Along with gaining experience at the Summer O sessions, I had the opportunity to help plan and execute extended orientation programs such as Racer 101 and Outdoors 101. Through these programs, I was able to build stronger relationships with the student leaders and incoming first-year students at Murray State University.

Ultimately, my experience at Murray State University during the summer of 2019 was one of the best opportunities of my life, and I could not have imagined spending my summer anywhere else. I am extremely grateful to have had this opportunity to grow as a student affairs professional.



The NODA Experience: My Summer in Texas

By: Sarah Bernhardt ('20)

This summer, I had the privilege of serving as a NODA Intern for New Maverick Orientation and Transition Programs at the University of Texas at Arlington (UTA). Not only did this experience provide me with the opportunity to live in a new state for three months, it also gave me my first supervisory role as an emerging professional. Working at the fifth most diverse institution in the nation allowed me to interact with many individuals from all backgrounds, appreciate intersectionality and individuality, and brainstorm more inclusive practices and strategies that I can implement as a professional.

This internship provided me with so many learning experiences, especially ones that challenged me and ultimately helped me in my growth as an emerging professional. I learned the importance of work-life balance and how vital self-care is in the field. I also had the pleasure of working with two colleagues from other higher education programs, institutions, and states. The student orientation leaders were a phenomenal group of students to supervise, who, along with my colleagues and the professional staff, presented me with so many learning opportunities. Overall, UTA was an integral part of my student affairs journey and I look forward to using all that I gained in my career moving forward.



SAHE at NACAMAT

Three second-year students in the program served as graduate interns at this year's NACA (National Association for Campus Activities) Mid-Atlantic Regional Conference: Anna Borges, Paige Matzerath, and Emily Ostrowski (pictured below to the right). Paige noted that, "This was my first NACA conference and it was truly an experience I will never forget. I was immersed in a functional area that I have little knowledge about and was reminded about my love for the arts while being surrounded by showcases. It was overwhelmingly joyful how many people I was able to connect with, especially IUP alumni. I am grateful that I was welcomed into this amazing community and supported by IUP alumni to take advantage of this incredible opportunity." All three served as graduate interns in the following roles: Anna Borges— Educational Sessions; Paige Matzerath— Volunteer Center; Emily Ostrowski— Block Booking. SAHE Alumni and students also represented at the conference and are pictured below with Anna, Paige, and Emily: Erin Yokum ('05), Andee Fisher ('12), Victoria Dean ('18), Andre Richet ('19), Kristen Shimko ('20), and Danielle Smith ('21).



The **SAHE Development Fund** – Supports the needs of the SAHE program that are not covered by funds from the University (e.g., student support for professional development activities, research support to students, Outstanding Scholar Award, Outstanding SAHE Alumni award). (**Acct # 4647**)

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Associates for Student Development (ASD)

The 2019-2020 Associates for Student Development (ASD) Executive Board has been busy at work continuing the SAHE annual events and programs as well as some new exciting ideas! To start off the semester, we began with our annual potluck at SAHE Kickoff where we welcomed our 23 new first-year students and began the Cohort Connect process. We were so excited to be able to match each first-year student with a second-year mentor. Our second-year students who participated in the Alumni Connect program just received their mentors and are energized for that process to begin! This semester we said goodbye to Mimi as our advisor and thanked her for all she has done for our organization. Thank you again, Mimi! We welcome Dr. Tom Segar, Vice President of Student Affairs at IUP, as our new advisor. He has taken the role with amazing ideas and support for us and we look forward to continuing our relationship with him. ASD hosted several "Lunch and Learns" this semester: Q&A with Dr. Segar, learning about NODA, ACUHO-I, NASPA, ACPA, and Loan Forgiveness program with SAHE Alumni Amy Sawdey ('17)! We also had a Chipotle fundraiser that raised over \$90 for the organization.

Looking forward, we are excited to host SAHE Thanksgiving with our food drive competition between the two cohorts. At Thanksgiving we will also announce the new ASD Executive Board from the upcoming election process. For the rest of the semester, we look forward to having the SAHE Holiday party, as well as welcoming the new executive board to plan future events such as the 100 Days Celebration, Visitation, and SAHE Banquet. We are excited to offer our apparel fundraiser again soon, so if you are interested in any SAHE apparel, look out for information to come on our social media pages!

It has been a pleasure to serve as the ASD President this past year and I thank my executive board and advisors for all the hard work that they put in and great events and programs that have come out of our term. We are very excited to welcome the new executive board elected from the first-year cohort and all the great work they will do! Thank you to all our alumni for their support as well.

Facebook: IUP Associates for Student Development-ASD

Instagram: @iupsahe.asd

Wayne Nichols, ASD President 2019



The 2019 (Outgoing) ASD Executive Board

ASD Executive Board		
Position	Current	New
President	Wayne Nichols	Annika Philippe-Auguste
Vice President of Administration & Finance	Sarah Bernhardt	Sam Adkins
Vice President of Programming	Mary Rose Pedron	Lilly Woltman
Vice President of Communications	Paige Matzerath	Gina Mulh
Vice President of Professional Development	Sarah Hallman	Kevin Hartenstein

Some of the contributions for ASD's annual food drive. This year, donations went to a food pantry which was started in honor of a current student's family member.



Stay Connected to SAHE:  @iupsahe  @iupsahe  @IUPSAHE