

# No Name Newsletter

Division of Student Affairs,  
The University of Akron



## Name This Newsletter!

By Dr. Charles J. Fey

Hello Student Affairs Colleagues!

I want to thank you for another amazing year in Student Affairs. Our accomplishments have been numerous and far-reaching. I sincerely thank each and every one of you for your commitment to The University of Akron and the Division of Student Affairs and for the talent you bring to the workplace every day.

To name a few of our accomplishments this year.....we created and implemented new mission, vision and values statements that better reflect the powerful work we do everyday. We've created a strategic plan for the division and we're working on departmental goals. We've implemented a new administrative program review process highlighting the Council for the Advancement of Standards (CAS) standards and have two departments that have completed the first reviews: Academic Achievement Programs and the Counseling Center, with three others currently completing the CAS reviews.

In addition, we've created a presence for Student Affairs in Summit College and continue to provide leadership to The University of Akron and nationally through our incredible programming efforts in Residence Life and Housing as well as the excellent programs centered on student success and wellness through departments such as the Student Recreation and Wellness Center, Student Life, the Counseling Center, Student Judicial Affairs and others!

Also, several of us are holding leadership positions in our professional associations. I encourage you to seek out your colleagues who participate in leadership positions. For example, I am serving as a Trustee on the American College Personnel Association (ACPA) Educational Foundation and would welcome any questions you may have about that fine organization.

I am proud to present to you the first edition of the new Student Affairs newsletter. This newsletter is meant to help us become even more cohesive as a division by ensuring that all of us learn about the programs and initiatives in other departments, individual staff milestones and accomplishments and generally share with one another all of the amazing work being done in our division.

First things first! We need a name for the newsletter. This is where you come in. Please submit all of your fun and fabulous names for the Student Affairs newsletter. If your name is selected, there is a prize in it for you – a \$20 gift card to Starbucks! Email your suggested name to [NoName-Newsletter@uakron.edu](mailto:NoName-Newsletter@uakron.edu) by July 31!

Best wishes as you plan for another exciting year in the Division of Student Affairs. I am proud to work with each of you and look forward to the excellent work we will do on behalf of students at The University of Akron. Go Zips!!

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## Mission of Student Affairs:

Student Affairs serves, engages, and empowers all students to learn, grow, develop and succeed.



*“Currently, we anticipate an overall increase of about 2% in new students enrolling to begin fall 2009.”*

## Admissions Update by Diane Raybuck

It's going to be another banner year for new student enrollment at UA! Currently, we anticipate an overall increase of about 2% in new students enrolling to begin fall 2009.

Recruitment efforts for 2010, beginning in September, will include:

- More than 500 high school visits, nearly 300 college day and night programs, four on campus fall visit days on October 3 and 30, November 4 and 14, as well as Hispanic Heritage Day, scheduled for Wednesday, September 30.
- UA was selected as the host site for the NE Ohio Articulation program to be held on Friday, September 11, 2009. This professional development program is sponsored by the Ohio Association for College Admissions Counseling (OACAC) and typically attracts more than 400 high school and college counselors.
- Expanded recruitment efforts have been planned for areas outside NE Ohio including, Northwest and Southwest Ohio, Pennsylvania, Chicago, Western New York, New Jersey, Maryland, Washington, D.C., and North-eastern Virginia. Engagement of UA alumni in these areas will also be expanded this year.
- In addition, the Office of Admissions will be hosting the first annual Summit County College Night on Tuesday, October 13, 2009 in the Student Recreation and Wellness Center. Planning for this program was a collaborative effort between UA Admissions and Summit County school counselors to provide a better opportunity for high school students and their families to meet with college representatives from a wide variety of institutions of higher education.

## ZipFit 2009 by Melissa Smith

Beginning in January, 53 teams each comprised of 5 UA employees participated in the *ZipFit* program. Perhaps you or someone you know was one of them! Teams competed to accumulate the most points throughout the spring semester by recording physical activity, journaling fruits and vegetable servings, attending presentations, and decreasing their resting blood pressure. The 265 participants accumulated 5,924 points over 12 weeks! Awards were given for team and individual winners, as well as various participation awards. Several participants are maintaining their physical activity habits as they compete for the “Perseverance Award” by continuing to log their activity over the summer months.

Whether or not you competed in *ZipFit*, now is a great time to incorporate more physical activity into your daily routine. The increased daylight hours lend themselves to many opportunities for recreation, home projects, and yard work – all of which add up for better health! The following tips are based on

The American College of Sports Medicine (ACSM) and American Heart Association (AHA) suggestions for meeting [physical activity guidelines](#) for adults:

- Accumulate moderate-intensity physical activity through 10-minute segments throughout the day. The same health benefits are achieved this way as through continuous activity for 30 minutes.
- Schedule physical activity (i.e., plan a walk during your lunch break or after dinner). Don't let it just “happen,” because most likely, it won't!
- Find physical activity where you work or live. It is not necessary to accumulate physical activity in a fitness facility. However, UA provides ample facilities for physical activity & recreation including the Ocasek Natatorium; the James A. Rhodes Arena walking track; and the [Student Recreation & Wellness Center](#).

- Include your family or friends to make it social, fun, and to model healthy living for children.

It can also be helpful to invest in a high quality [pedometer](#) to track your steps and strive to increase them until you average 10,000 a day. A great place to monitor your physical activity is [www.americaonthemove.org](http://www.americaonthemove.org).

To get started, check with your health care provider to make sure you are cleared to begin a physical activity program. You may also want to schedule a physical fitness assessment (PFA) by calling x6599 to find your baseline fitness measures. Every UA community member is eligible to receive a free PFA annually!

## Outstanding Student Affairs Graduate Assistant of the Year—Aaron Geisinger

It is no wonder that Aaron Geisinger was selected as the Student Affairs 2009 Graduate Assistant of the Year. Aaron has worked in Residence Life and Housing for the past two years as the Graduate Assistant for Residence Life Activities and as an Advisor to Residence Hall Council (RHC). When asked about his greatest accomplishment as a GA, he said it would be helping RHC with its programming efforts. RHC recently divided their programming efforts into three areas: new initiatives, renewing old programs and keeping the traditional programs. An example of a new initiative is the Blanket Paluza. This is a program that RHC did that produced 15 blankets that were taken to the Women's Center at Summa Hos-

pital. An RHC program that they renewed was "Around the World." This cultural diversity program was a huge hit with residents. It allowed residents to learn about other cultures all in one week. A traditional program that RHC retained was Students Against Multiple Sclerosis (SAMS) Rock-A-Like. This year SAMS raised a record amount of \$1,700!

Aaron has made himself known by the national (National Association of College and University Residence Halls, NACURH) and regional (Central Atlantic Affiliate of College and University Residence Halls, CAACURH) organizations to which RHC belongs. With Aaron's guidance, RHC was a Regional Nominee for School of the Year, Program of the Year, Student Award for Leadership Training, and the Commitment to Diver-

sity. The RHC bid for Commitment to Diversity was then selected to compete nationally and was then our own RHC was selected as the national winner! Aaron was also selected as CAACURH's Regional and National nominee for Advisor of the Year. Previously this year, Aaron was selected to receive the CAACURH Cougar Pride Pin. This is the highest pin one can receive on the regional level. He received this due to his great pride in The University of Akron and CAACURH.

After his graduation with a MBA this past May, Aaron and his fiancé purchased a house and are counting down the days until their wedding!

Congratulations Aaron!!

## Inside Welcome Weekend

by John Messina and Anne Bruno

Below is a schedule of welcome weekend events. Each year the Student Affairs team takes special opportunity to welcome and celebrate the arrival of our new students to campus. This is not a singular effort, rather a collective outreach to our new student population and returning. Each department is asked to welcome the first year class by extending departmental services, volunteering at events, or sponsoring unique events throughout the weekend. We only have one chance to make a first impression, let this be our best impression!

### Friday, August 21,

7AM- Midnight: Student Union Open  
 8AM- 3PM First Year Resident Student Arrival and Move-in Residential Areas  
 8AM- 7PM Bookstore Open  
 Noon to Midnight- Game Room Open Free Bowling and Billiards for all UA students  
 4PM First Year Student Convocation- Campus Living Room  
 5PM Welcome Cookout- Campus Living Room  
 7PM Men's Soccer- Jackson Field  
 9:09PM: Comedian, Michelle Buteau, EJ Thomas

### Saturday, August 22,

7AM – Midnight Student Union Open  
 10AM- 3PM Returning Student Move-In  
 10AM – 5PM Bookstore Hours  
 Noon – 6:00 Rhythm & Roos – Student Union Game Room  
 Noon – 4PM Roo Town Receptions  
 2PM – 4PM Greek Life Ice Cream Social  
 8PM-11PM: Casino Night, EJ Thomas  
 Come play some of your favorite Casino games as well as take home great novelties including photo dry erase boards, caricatures, wax hand art, photo key chains, and post-cards to home. Have some fun getting into the show by participating in Live Band Karaoke. You'll also have the chance to win lots of prizes throughout the night.

10PM- Movie- Student Union Theatre

### Sunday, August 23

7AM- 11Pm- Student Union Open  
 11am – 5pm Bookstore Open  
 Noon – 5PM Roo Town Receptions  
 3PM – 5PM Roo Fest  
 8 PM- Outdoor Movie- Schrank Field