LETTER FROM LYN

Nine weeks ago, I initiated the Student Affairs Conversation Challenges. We are now at the midpoint of the semester and halfway through the conversation challenges. It was my hope these challenges would be a fun way to connect with students and, in so doing, support students’ connections with their academics.

I was interested in providing this challenge to our Student Affairs staff as a way to begin dialogues with our students. While we often assist students in our areas of expertise, we do not always have the opportunity to engage them in a conversation. Conversations can transform a simple service transaction into a transformational interaction. Conversations allow us to actively listen, consider different perspectives, provide appropriate resources, and leave knowing more than we knew before.

I so appreciate your willingness to participate in the conversation challenges. It is my hope you have found the time spent interacting with our students (our “why we do what we do”) both enjoyable and valuable. Through the remainder of the semester, our students will be faced with challenges, both in and out of the classroom. Engaging them in conversation creates the perfect opportunity to support them through connecting with, validating, and caring about them.

For you and all you do to support our students and their success, thank you!
I had the opportunity to work with Bobby several years ago when he taught me how to deal poker for a student event. They really do hire people with a diversified skill set at Housing! I am sure Bobby wasn’t just hired for his card dealing ability so I recently sat down with him to learn a bit more about him and his role at Idaho State University. Bobby is the Assistant Director of University Housing. He has worked on campus for nearly 15 years. Bobby started out as a student at Idaho State University and obtained both his undergraduate (B.S., Management) and graduate degrees (M.A., Human Resources Training and Development) from ISU. “~ Heidi Oliver

What do you like to do in your spare time? I really enjoy playing tennis and volleyball and watching sports.

What is your favorite experience at ISU? I would have to say that would be when the Rendezvous opened in the fall of 2007. The concept of Rendezvous was new to our residents, staff, and community. The level of excitement from everyone involved from staff to residents was much different than anything I had participated in before.

Where is your favorite vacation destination? Anywhere there is sand and it is warm.

Who is your leadership inspiration? Melissa Millican without a doubt. She either has the answers or will find out the answers. She is a great source of knowledge and often provides a different perspective on things.

If you could do or be anything for a day what would you choose? Be a professional volleyball player.

What is your favorite residence hall? They all have excellent benefits, depending on what you are looking for. Personally, I have favorites for different reasons. I really like South because that is where I started my professional career. Turner is great because there is a lot of opportunity for R.A. and resident interactions. Finally, Rendezvous provides a different type of exposure for students who can go to class and live all within the same facility.

What is something that people might be surprised to know about you? Well, this isn’t personally about me, but I am extremely proud of my brother and sister who are both professional mixed martial arts (MMA) fighters!

What would you like people to know about you? That I am passionate about helping students and promoting University Housing. I really believe it is such a great benefit to our students. Staff should know that we are always available to help them with interests or concerns and that’s true of students as well. If you or someone you know is interested in housing, we offer tours. It’s a great way to get to know more about us!

DID YOU KNOW

According to the American Council on Education, students who live on campus are more likely to succeed academically than students who live off campus. This includes earning higher grades and being more likely to complete a college degree.

When compared to their peers who live off campus, students who live on campus tend to:

- do better in their studies
- have higher GPAs
- be more engaged in campus activities
- have higher rates of graduation
Counseling and Testing

Upcoming Events
March 27, Noon-1PM: Introduction to Mindful Self Compassion for Student Affairs, Career Center Classroom

Kristin Stewart Yates and Jen Miesch, Trained Teachers of MSC Please bring your lunch and join us for an introduction to some of the concepts and practices of Mindful Self-Compassion (MSC). Counseling & Testing Service will be offering the full 8-week MSC program this summer, free for Student Affairs staff (details to be announced soon, intended for April 30th–June 18th, Tuesday mornings). Mindful Self-Compassion is an empirically supported 8-week training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff, Ph.D. and Christopher Germer, Ph.D., MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care, and understanding. MSC is compassion training rather than psychotherapy. The emphasis is on building emotional resources and not on addressing personal challenges specifically. Positive change can occur as we develop the capacity to be with ourselves in a kinder, more compassionate way. For more information about this offering, please contact Jen (miesjenn@isu.edu) or Kristin (stewkris@isu.edu), 282-2130.

Please RSVP to Robin Nelson, nelsrobi@isu.edu

For more information on the MSC program, please visit:
https://centerformsc.org/learn-msc/
https://self-compassion.org/
https://chrisgermer.com/mindful-self-compassion-msctm/

March 29, 9:00 AM-12:30 PM: Safe Space Training, Garrison 7th floor

Become an ally and learn to foster an inclusive environment that challenges oppression and provides support for LGBTQ+ students. March 29, 9-1230, Garrison 7th Floor. RSVP safespac@isu.edu
HAPPENING IN STUDENT AFFAIRS

Campus Recreation

Highlights

New workout area in Racquetball Court #5- Hoist motion cage, medicine balls, light dumbbell set and two exercise bikes. Also new this Spring: Thursday 6:45pm Yoga in SRC dance room and Sunday 1:45pm Spin/Yoga in SRC Spinning Room

Career Center

Upcoming Event
March 14, 10 AM-1PM: Education Career Fair, Pond Student Union Wood River

The annual Education Career Fair gives students involved in areas of education the opportunity to interview with employers and to explore the different areas of education careers. School districts also hire non-education majors: Nursing, Counseling, Physical Therapy, Psychology, Social Work, Speech Pathology, and IT.

Information on the registered employers can be viewed on Handshake. Students can also make appointments for resume' reviews, mock interviews and other Career Fair help at the Career Center through Handshake or calling 208-282-238