

Region I - The Great Northwest

NATIONAL ORIENTATION DIRECTORS ASSOCIATION REGION I

Summer Issue
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Greetings Region I!

Happy summer - Happy orientation season!

I hope this newsletter finds you (and your programs) well...perhaps even gearing up to take some vacation time in the next few months?

This issue of our regional newsletter is packed with a lot of information. First, I wanted to share with you information about the Community College Drive-In Conference at Linn-Benton Community College. It went very well and I think it was a great way for our region to reach out to CC colleagues. Also included in this newsletter is part of a speech given by LBCC student Petr Horak - the regional conference in Eugene had an effect on him and I thought you might all like to hear what he took away from the experience, in his own words.

In addition, we had numerous submissions (thank you!) from people across the region. You'll find stress busters, staff motivation tips, and a regional spotlight on Central Washington in this edition. Also - (drum roll please) - read on to discover the location for the regional conference in 2006!

As always, feel free to contact me with any Regional NODA questions - or any ideas on what you might like to see (or submit) in our newsletter. Enjoy this last bit of summer.

Take care,



Kris Winter
NODA Region I Coordinator
& Interim Director
Oregon State University
Student Orientation and Retention (SOAR)



Highlights from:

The first ever

NODA Region I Community College Drive-In Conference

Linn-Benton Community College was our host (many thanks for Carol Wenzel) for the first ever NODA Region I Community College Drive-In Conference on August 16, 2004.

We had 35 conference attendees from both Oregon and Washington Community Colleges. The day was spent discussing orientation in Community Colleges through small group work and round table discussions. Attendees also had an opportunity to sit in on an actual LBCC orientation session. The group heard from LBCC President Rita Cavin, as well as NODA-elect President Charlie Andrews who flew out from Florida for this event. Our lunch time topics included a showcase of Portland Community College's on-line orientation program by Dennis Bailey-Fougner, and LBCC student Petr Horak's sharing of his experience at last year's regional NODA conference (see excerpt below).

Program evaluations were positive and many of our community college colleagues have now had a chance to experience NODA and connect with each other.



What I gained from the NODA Regional Conference

Written by Petr Horak, Student Ambassador, LBCC. Petr read this speech at our NODA Community College Drive-In Conference.

Being a Student Ambassador has made my time at LBCC very worthwhile. On February 6, 7 and 8th, 2004 the Student Ambassadors from LBCC attended the National Orientation Directors Association Conference at the University of Oregon in Eugene. We were the only community college that participated. At first, we thought that this conference would give us “only” better skills and new ideas for our New Student Orientation. How wrong we were.

Instead, we ended up with much more. Before the NODA conference officially began, we attended a Tolerance Workshop put on by the Multicultural Center and Student Ambassadors from the U of O. This workshop made us question the level of comfort and openness that LBCC offers its student body. The UO spent a lot of time and energy building a campus that is more welcoming to their LGBTQ students. An example of this was the creation of single use restrooms. As some of you may know, those restrooms are available for one student at a time – and can offer a safe and private place. The Student Ambassadors also included the location and purpose of the Queer Center as part of their New Student Orientation campus tour.

Upon our return to our campus, we put together a white paper that included ideas based on the workshop that would work for our own campus. We identified the differences between a community college and university atmosphere. We then tried to tailor our ideas to fit the needs of our students. As a result, we established our own unique outline and presented it to our staff and faculty members. Our white paper on Creating a More Welcoming Campus had three primary goals.

The first one was to propose single use restrooms on our campus. By simply mentioning this idea to our building committee we were able to establish an agreement to build those restrooms in our new building. We also spoke to our Dean of Students, Diane Watson and are waiting for more information regarding the retrofitting of our existing facilities to single use restrooms. These are important because

- They are user friendly for people with small children
- User friendly for people with disabilities
- User friendly for people with special (medical) needs
- User friendly for safety reasons, and
- User friendly for minority students, faculty and staff and/or people with different sexual orientation.

The second goal was to revisit the non-discrimination policy currently in use at LBCC. As it stands, the policy now pertains to “sex”. To be more inclusive we wanted to include “gender” into the written text of the policy. We know that by taking this step, our policy will be more inclusive for all students, faculty, and staff at LBCC.

Lastly, we approached the Academic Affairs Committee to suggest the inclusion of the non-discrimination policy into instructors’ syllabi. This process, although not straightforward ended up with the creation of a special committee to provide some additional options for instructors to include in their syllabi. The Committee is a combination of Academic Affairs members and Student Ambassadors. At this time, we have 4 statements of inclusion with an attached memo explaining the importance of our request. We are scheduled to meet with Academic Affairs this fall to present those statements and memo and ask them in turn to present this idea to the full LBCC faculty. All of these statements were reviewed by our legal staff and Vice-President of LBCC, Mike Holland, and are eligible for inclusion in instructors’ syllabi use.

Here is our favorite statement: The LBCC community is enriched by diversity. Each individual has worth and makes contributions to create that diversity at the college. Everyone has the right to think, learn, and work together in an environment of respect, tolerance, and goodwill.

As an alternative, we encourage our faculty members to make up their own statement.

Part of Student Ambassadors duty is to provide student body with interesting events during the term. Because of the NODA conference I decided to put on the GLSEN (Gay, Lesbian and Straight Educational Network) lunchbox training. GLSEN's main purpose is to fight to end the anti-homosexual bias in United States schools. This training, open to student, faculty and staff was very well attended and successful.

Now, let me take a minute to thank Carol Wenzel for not only bringing us to the NODA conference in Eugene, but actively supporting our goals and encouraging us to follow what we think will make LBCC a better and safer environment for everyone.

Stress Busting Tips...

As we all go into the busy Orientation season (as if there is ever a season that is not busy!) below you will find a list of stress busters to help you get through.

- 1) Turn a long office hallway into a bowling alley or a large craps table. Nothing beats stress like throwing an oversized pair of dice down the hallway while shouting "Mama needs a new pair of shoes!"
- 2) Have theme Friday – the possibilities are endless – funny hat day, punk rock day, Hawaiian Day – the sky's the limit!
- 3) Pop copious amount of bubble wrap!
- 4) Listen to relaxing music, or ask a coworker to borrow a CD they have that you have never listened to before. You never know, you might find something you like.
- 5) Exercise. Go for a walk, jog, bike. Join a yoga class or a dance class. Just get active!
- 6) Organize a Grazing Day once a month. Ask everyone in the office to bring in their favorite food and share together.
- 7) Have a cup of tea.
- 8) Write a letter to an old friend.
- 9) Watch mindless reality TV (Can you believe that Omarosa lied on national television!?!?!?)
- 10) Make a list like this – it is incredibly therapeutic!

By: Norma Rodenburg, Transitions Program Manager, University of Alberta and the U of A Crew.

Motivating your staff...

Teachers think that working with students who have spring fever is hard, imagine trying to keep a staff motivated throughout an entire beautiful summer! Motivating a student staff is not usually hard at the beginning when they are excited for a new experience and to work with their co-workers, but as the days get more and more gorgeous and the job becomes more repetitious that energy tends to fade away.

Our staff found that weekly staff meetings that included on the agenda more than just work stuff helped keep us all in tune with each other's lives. We always start our meeting with a "What sucks?" for everyone to vent about their frustrations and get it off their chest so they can be in tune with the rest of the group for the meeting. The answers vary from being inside to money issues to school work but because they have had the chance to get it off their chest they are more focused on the business at hand.

We close the meetings with "What rocks?" so that we end on a good note and everyone is in a good mood to start work for the week. This is also fun as the staff grows closer to one another and they get excited for the good happenings in each other's lives.

About midsummer last year, we had our "storming" stage as a staff. The coordinators decided that something had to be done in order to make it peacefully through the end of the summer. They had the staff write everything that was annoying them or that was just aggravating in their lives down on a square of toilet paper. We then took turns sharing some of our responses. The staff then took a group trip to the bathroom to "flush away their problems". This worked really well as it made the staff realize that everyone has issues, both personal and professional, and that they don't belong in the office as it upsets the entire group.

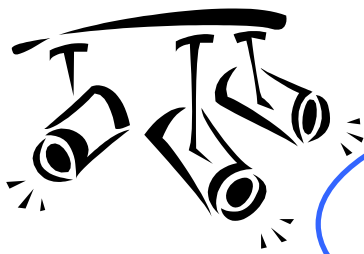
Another tactic we used to keep up the energy and motivation among our staff was random staff retreats on down days in the summer. Once we took a trip to a lake and went paddle boating, another time we just had a taco dinner. This helped us relax, unwind and enjoy the company of our co-workers.

Our staff sunshine committee was also responsible for randomly encouraging the staff with small presents throughout the summer. The gifts ranged from Icebreaker mints for an excellent job leading a group icebreaker to Extra gum for going the extra mile to just an encouraging card. Just when the staff would start feeling a little unmotivated there would be something in their mailboxes to help.

Each staff is a different group of personalities and will require different forms of motivation. A good start for a staff is having the initial bonding period before they have to start having orientations to lead. A beginning of the summer overnight retreat is the method that we use to get to know one another personally. This is important to the students as most of them not only want to have a great experience professionally, but they also want to have a good summer personally and develop lasting friendships.

We are excited to embrace our new staff this year. We also know that the tactics that worked for the student staff last year may not work this year or that we might have to change it up a little. But we take this challenge with a smile because at the end of the summer we will have eight new friends.

By: Alysha Gobble, Student, Logistics Coordinator, University of Alaska Anchorage



Region I Spotlight on.... Central Washington University

What's new at CWU?

Plans are well underway for another successful **Discover!** New Student Orientation for freshmen and transfer students. Last year 97% of the freshmen and 55% of transfer students attended the program. Though attendance is not mandatory, we expect the same level of participation this year.

While our program receives a 99% satisfaction rate from parents and students, we continually assess ways to improve it. An area that is under continual review is the parental involvement component. In recent years we developed a parent track that offers two, parent-only sessions that address the transitional issues they and their student face. We also increased parents' opportunity to interact with faculty and staff by implementing a campus Q & A, a faculty-led session on succeeding academically at Central, and a parent reception at the President's home. In response to favorable feedback from our parent in transition sessions, this year we are developing a transition session for students that will address some of the same topics from the parent sessions, in addition to topics revolving around responsible freedom both in and out of the classroom.

Another exciting, new avenue we are exploring is a systematic approach to parent involvement that begins at **Discover!** and continues throughout the year. Research into creating a Parent Council has begun and is in its early stages. Parents will be surveyed at **Discover!** to gather feedback regarding needs, interest, and involvement. The general goal of the Parent Council is to create a collaborative relationship and a formal channel of communication between parents and the university to better serve students. Implementation of the Parent Council is targeted for summer 2005. We welcome insight from those in the Region who have implemented a Parent Council, so please feel free to contact us.

By: Dawn Melton, Associate Director, University Housing and New Student Programs, Central Washington University

Mark your calendars! Upcoming NODA conferences:

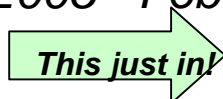
National Conference:

2004- Oct. 29-Nov.1 in Chicago, IL



Regional Conferences:

2005 - Feb. 18-20 in Spokane, Washington USA



2006 - Edmonton, Alberta Canada

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