CCASA Meeting Minutes

Wednesday, November 6 2013, 8:30-10 am, Ventana Room SUMC

Present: Stacey Buchman, Jody Payne, Nicole Kontak, Scott Kirkessner, Meghan McKenney, Sarah Kortessis, Roxie Catts, Jo Silva, Anne Pagel, Mary Beth Foster, Cassandra Hirdes, Russel Potter, Kyle Sharp, Jen Ludwig, Noelle Sallaz

1) Presentation by Dr. Leslie Ralph from CAPS (full Power Point Presentation attached)
2) College and Department Updates
3) Next CCASA meeting February 5th, 2014 8:30-10 AM, Ventana room SUMC

Presentation by Dr. Leslie Ralph from CAPS (full Power Point Presentation attached)

- Stress – when we perceive that demands exceed our resources.
  - Moderate stress can actually improve performance, but too much can wear you out or make you ill.
  - Remember HALTS to ID stress: Hungry, Angry, Lonely, Tired, Sick
- Physical and emotional symptoms can be perceived as sickness, muscle tension, short of breath, or digestive problems
  - So many students go to the health center thinking they are sick but get sent up to CAPS
- Coping- thinking about short-term vs. long-term best interest
  - Focus on right now. What can we do in this moment, many “what if situations”
  - Let go of should. Focusing on what should takes away from what IS
  - Let go of comparison. Can be damaging to compare ourselves
  - Re-evaluate expectations. What is not necessary? What is unrealistic?
  - Slow down, tackle smaller pieces
  - Remember: you are enough. No matter what happens here you are still enough
- Self-Care
  - Eat meals with healthy snacks and drink water!
  - Sleep 7-9 hours. Improves health and stress. A warm shower 2 hours before bed improves sleep
  - Exercise can improve stress and long term memory
  - Meditation
  - Getting sunlight and fresh air
  - Surround yourself with plants or decorate your workshop to improve performance
  - Laugh or smile to improve mood
  - Put on white or ambient noise. Ranymood.com
- “Magic words” for stress: Should/ should not, What if, Perfect, It doesn’t count, Always/ never
- Use affirmations, identify positives and gratitude
  - 3:1 ratio of Positive : negative. There is room for negative thought but it should be overwhelmed by positive thoughts. “Traffic is terrible today but at least I’m in the car and not on the bus, I’ve got good music and good coffee”
• Practice coping – practice makes it easier to call on your coping techniques during a stressful situation
• Healthy way to use social media
  o Use is to connect to others
  o Fill newsfeed with a positive message
• Relaxation
  o Music and aroma therapy to link with emotions and good memories
  o Deep breathing is critical
  o Meditation
    ▪ Main idea “Being witness of your mind and having non-judgmental curiosity”
      Staying anchored to right now, not chasing thoughts down a rabbit hole.
      Symbols of mountains help to focus on the now- they are there as weather and
      events pass by and don’t influence the mountain
• Some tips to help gather students for stress workshops
  o Have the event where the students are
  o Offer food
  o They can feel nervous to go because there is there may be a stigma associated with the
    title of “stress.” Students might not recognize their own stress symptoms so other
    names will reach more people (ex: “test preparation workshop” would appeal to more)
• December 6th- CAPS test anxiety workshop
• Advisor preparedness- be able to recognize the symptoms in students and have resources there
to give to them

Scott Kirkessner—Admissions
• Numbers are up by thousands across the board
• Wildcat promise was upheld, students received acceptance by November 1st
  o Admissions staff “crashed” school assemblies (2 high schools in town) where they
    surprised students with their UA admission in front of everyone

Meghan McKenney—Financial Aid office
• Planning for 2015 aid to get award letters out by January for new students
• Academic progress reports will run after break
• Can now take financial aid documents over email attachments
• Working on fill-in forms online to submit through a portal, possibly done for Fall 2014

Sarah Kortessis—College of Science
• New NSCS Advisor Shawna Matterson
• Marine Science Minor- students can see Sarah Kortessis in EEB for details

Roxie Catts—Advising Resource Center
• ARC website changes
  o Biggest change –front page is catered towards students.
    ▪ If you want to promote anything student-centric on the website contact Roxie
Jo Silva—College of Engineering
   No news to report

Anne Pagel—College of Management
   - BNAD 100: Intro to Business class for all freshman
   - BNAD 200: Class for sophomore year focusing on self-discovery and getting into the workforce. Eller students only.
   - Elite incoming freshman group - leadership and business preparation organization. Both groups do business competitions and learn about business in the US and internationally. These groups are creating a way for the students to get involved in the college where they otherwise wouldn’t have been able to.
     - Piloted one for international students this fall - very successful group of 30 students.

Mary Beth Foster—SALT Center
   - New internship program for SALT students
     - Serving as tech consultants
     - Students can drop in with tech issues like how to navigate D2L and use clickers.
     - Assist with technology in lab classrooms and helps students learn how to use programs like Dragon.
     - Learning apps and study tools for ipads
     - Two interns are working on a coding project, looking at the possibility of creating a SALT app.
     - Created a laptop area in the computer lab to create a more welcoming environment

Cassandra Hirdes—THINK TANK
   - Academic skills tutors out on the mall and
   - extended hours on the Sunday before finals
   - Spring 2014 support – MCB 181 R, 170 C1, 205; CHEM 101 A; PHYS 141, 241, 261; GER 160 C1
   - Probationary students- Mentors for free.
     - Bounce back bundle fee program where they can meet with a learning specialist

Russell Potter—CLAS
   - New online information workshop soon.
   - New interdisciplinary track program - example: a student looking at gender roles of Latin Americas displayed in media. The student did Gender Studies and Media Arts. Hopefully will have paperwork and fliers by Spring.
   - Over 1000 general studies students. Many starting to come in from beginning instead of transferring over late in their degree.
   - Global Studies enrollment is exceeding expectations.
     - Students typically double major in a language.
     - Working with other departments to try and expand the amount of overlap that can occur to make double majors easier to achieve
Kyle Sharp—College of Ag and Life Science

- New student leadership program supported by a small grant.
  - Focuses on career skills and workplace preparation.
  - Students either nominated by department or applied by competitive application process

Jen Ludwig—Academic Success and Achievement

- New start app is live
- For Spring semester- Prodigy has openings for peer mentoring.
  - Can sign up through website.
  - Focusing on helping students to transition cultural identity
- Into second part of the math works pilot

Noelle Sallaz and Stacey Buchman—International Student Services

- International Education week next week- about 40 international events going on around campus through the week. Full calendar listed here: http://global.arizona.edu/iew-events
- “Around the World in 7.5 Minutes” event – speed-presentations where presenters have 7.5 minutes to talk about global topic and audience decides the best presenter
- Launching an international student survey- use and frequency of student services, overall experience, support networks, friends and family.
- Starting this Spring- Buddy program connecting Study Abroad Alumni with incoming international students
- ISS on their way to becoming paperless. Implementing new immigration software
- Any students at-risk for being DQ’ed need to go to the ISS office, at risk of losing their status

Jody Payne—Office of Registrar

- Online graduation application and degree audit process in progress being developed
- Building a new GRO workflow right in UAccess.
  - Will be an additional tab near Academics.
  - System will be smart, will verify students qualifications and courses that can be GROed,
  - Will be programed with dynamically dated courses filing deadline.
  - Should go live January 2014
- New program plan stack workflow

Nicole Kontak—Transfer Student Programs

- Starting next Fall, transfer welcome will be through UAccess instead of Google docs
- January 11th- Spring welcome
- Pathways in progress from every major at Pima