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Student Affairs Bi-Weekly Newsletter

Student Affairs

11-14-2016

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University of Arkansas, Fayetteville. Division of Student Affairs

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Citation

University of Arkansas, Fayetteville. Division of Student Affairs. (2016). Student Affairs Bi-Weekly Newsletter, November 14, 2016. *Student Affairs Bi-Weekly Newsletter*. Retrieved from <https://scholarworks.uark.edu/student-affairs-newsletter/15>

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Student Affairs Bi-Weekly Newsletter

11.14.2016

This bi-weekly newsletter is meant to inform you of important events, announcements, acknowledgements and deadlines in the [Division of Student Affairs](#) over the next two weeks.

Look at what we've done with the [Student Affairs Office web page with all of the Social Media accounts](#). If something is missing from your area, please contact Nichole Russell, digital media specialist for Student Affairs, at nr010@uark.edu.

Events:

Monday, Nov. 14:

- OCSS - Commuter Appreciation Day: Off-Campus Student Services will be near the bus stop in Lot 56 with bagels and beverages for commuter students and to raise awareness of our department. Three other Commuter Appreciation Days will take place in the spring.
- UP - Poet: Elizabeth Acevedo, 7:00 p.m. Anne Kittrell Art Gallery

Tuesday, Nov. 15:

- IFC's Education Seminar on Mental Health, 7:00 p.m. Kimpel 102
- RSO - Advisor Development Series: Successful Officer Transitions 11:30 a.m. – 1:30 p.m. (Prepresentation from 12:00 – 1:00 p.m.) JBHT 535
- HOUS - Exploring Spirituality @Home Series. 5:00 – 7:00 p.m. Arkansas Union Theater. A chance for students to learn from the religious and spiritual experiences of other people from within the university and the Fayetteville community. Students will hear from a group of panelists about their spiritual or religious journey and not only learn about different faiths and groups, but also discover a little about their own spiritual exploration. There will also be booths of information about many different religious and spiritual organizations, where students can dive more in-depth into the different groups and ask some of those more specific questions to really gain an understanding of things that they might not be very knowledgeable about. There will be plenty of food for all in attendance during the reception following the panel and the first 30 people will receive a free T-shirt!

Wednesday, Nov. 16:

- UP - Just Wreath It (wreath making event), 7:00 p.m. Connections Lounge
- HOUS - Dance Around the World, 7:00 p.m. Holcombe Hall. All campus is invited to join us at for this annual event. Students will showcase their talent and culture in traditional dance performances and international cuisine will be served, all as part of International Education Week!
- HOUS - Lead Hogs Campus-wide Meeting (topic is Professionalism), 6:00 – 8:00 p.m. AFLS D115

Thursday, Nov. 17:

- Greek Life All-Four-Council Executive Board Installation. 6:00 p.m. Union Ballroom. Please join us to thank our 2016 boards and welcome our 2017 boards.
- UP - TV Drama Series, 7:00 p.m. UP Video Theater

Friday, Nov. 18:

- UP - Battle of the Bands, 9:00 p.m. Union Ballroom

Monday, Nov. 21:

- Diversity Dialogues: Race, 7:30 – 8:30 p.m. Pomfret TV Room

Thursday, Dec. 1:

- ASG – RED Talks: Student Issues

Friday, Dec. 9:

- Fall Semester Dead Day

Monday, Dec. 12 – Friday, Dec. 16:

- Fall Semester Finals Week

Saturday, Dec. 17:

- Fall Commencement

Announcements:**Dining Services:**

- Chartwells is currently performing our bi-annual Customer Satisfaction Survey. It is important to us that all of our campus customers (Students, faculty and staff) to take a few minutes to give us feedback. Here is the link to the survey: <https://www.bvfpulse.com/prod/pulse.site/t/NRG9>

Greek Life

- Panhellenic and National Pan-Hellenic councils will be hosting transition retreats over the next few weeks.
- Kappa Kappa Gamma hosted the international students of Global Greeks at their house for Chicken Finger Friday on November 11.
- IFC Elections were November 9.
- IFC is providing Thanksgiving dinners to 13 families through LifeSource International, by hosting a shopping day with the families on Sunday, November 13.

Housing

- Residence Education will have four candidate on-campus to interview for the open Coordinator for Residence Education positions. The candidates will be interviewing on the following dates: Friday, Nov. 4; Monday, Nov. 7; Thursday, Nov. 10; and Monday, Nov. 14.
- [Confab Higher Ed](#) Conference in Philadelphia, PA, Nov. 13 – 17.

Off Campus Student Services

- Sylvia Scott will present at NASPA IV-W/E conference on Nov. 16 in St. Louis on behalf of the Adult Learners and Students with Children Knowledge Community.
- Off-campus meal plan sales for the spring will begin on Nov. 15 at housing.uark.edu/commutermeals

Pat Walker Health Center

- Mary Alice Serafini asked we share the following with the SA Departments:

6 Ways to Cope with Stress

- UNPLUG - Limit your consumption of media particularly the 24-hour news cycle of social media variety. Stay informed, of course, but instead of constantly scrolling your newsfeed, try one of these other options.
- BE PRESENT – It is important to be aware of and acknowledge our thoughts and feelings. Pay attention with nonjudgmental curiosity and give yourself permission to feel the way you do. Although avoidance and compartmentalizing can be useful, unaddressed intense emotion can also have negative impacts.
- FIND A HEALTHY ESCAPE – Do something engaging or energizing to manage your feelings rather than turn to substances. Get outside. Practice mindfulness. Exercise, Journal. Meditate. Read something light. Make art. Watch a funny movie. Laughter is often a good antidote for stress and anxiety.
- CONNECT – Engage with supportive friends and allies. Talk about it if you need to, but also communicate your boundaries when needed. Not everyone will share your perspective. Avoid or limit conversation that has the potential to get heated. Reach out to a mental health professional such as those at Counseling and Psychological Services (CAPS).
- REFUEL – Get back to basics and focus on restoring yourself. Get enough rest. Eat well. Drink plenty of fluids but limit your alcohol and caffeine intake. Move daily.
- DO SOMETHING – Channel what you are feeling into positive meaningful activity. Get informed and be proactive around issues that matter to you. Find ways to engage with your community through volunteering and advocacy.

Counseling and Psychological Services – Pat Walker Health Center – (479)575-5276

Student Activities:

- The 2017 Dr. Martin Luther King Jr. Vigil, will be held in the Arkansas Union Verizon Ballroom on Monday 1/16/2016.

- Hog Out the Vote (HOTV) –In addition to registering over 500 voters, the HOTV task force provided shuttle rides to voting centers for 25 students on Election Day.

Acknowledgments:

Arkansas Union:

- The Arkansas Union is proud to announce that it is the recipient of the 2016 Bernard Pitts Role of the College Union Award from the Association of College Unions International. The award, given annually, recognizes an institution that has planned and implemented an outstanding program that embodies the role of the college union. The award was given to the Arkansas Union for its Union Day Block Party program, which involved a great deal of planning by the committee, and resulted in a well-attended and very well-liked event on the Union Mall.
- The Union Day planning committee members were Chase Smith, Jody Cochran, Nina Ephremidze, and Rob Stagni. The committee thanks everyone who participated and volunteered their time to enhance the student experience at the Arkansas Union.

Greek Life:

- Congratulations to the newly elected 2017 Panhellenic Executive Board.
 - President- Danica Ridgeway
 - Vice President- Emma Allen
 - Vice President of Recruitment- Alex Little
 - Vice President of Judicial Affairs and Risk Management- Harley Phelps
 - Vice President of Public Relations- Layne Winn
 - Vice President of Scholarship and Educational Programs- Hailey Cook
 - Vice President of Philanthropy and Community Service- Bre Dulaney
 - Director of Recruitment Counselors- Lizzy Estes.

If you have any comments or suggestions please email Scott Flanagan, executive director of communications for Student Affairs, a