

# UCCS SAHE E-Newsletter



## UCCS

Student Affairs  
in Higher Education

UNIVERSITY OF COLORADO  
COLORADO SPRINGS

Spring 2015

## Congratulations SAHE Class of 2015 Graduates!

We are extremely proud to announce the graduation of 12 of our SAHE cohort members! Congratulations and best of luck in your future endeavors!



★ Terainer Brown

★ Christie Carrier\*

★ Ariadna Coffman\*

★ Sean Dean

★ Sly Fulgencio

★ Lucie Holloway



★ Kelsey Murray

★ Nate Raugutt

★ Katie Shepherd

★ Kolby Stallings

★ Miechia Taylor

★ Shelly Townley

\* Indicates Fall 2014 Graduation

# Welcome to the UCCS SAHE Family, New Cohort Members!



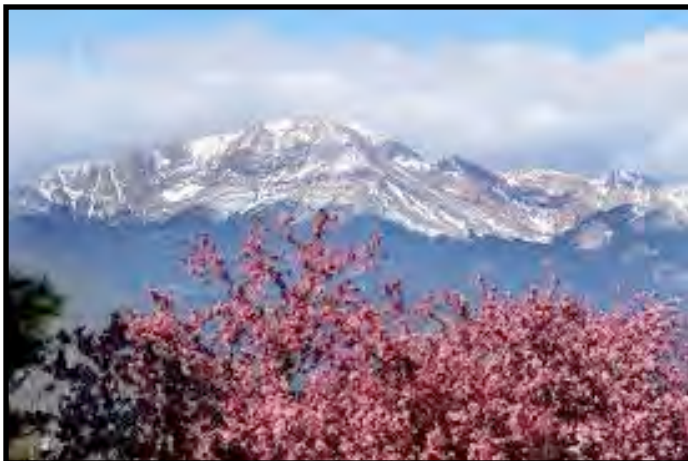
We have a record number of applicants this year to our Fall 2015 cohort, and are excited to announce that 27 students have already accepted admission! This is the first year that we are offering our hybrid cohort option, and incoming students who are employed full time are looking forward to the new format.

Students are coming from all over the country- Idaho, New York, Illinois, Wisconsin, Michigan, Texas, Florida, California, Baltimore, Kansas, Pennsylvania, New Hampshire, Iowa, Minnesota, and of course Colorado- to take part in the program, and we couldn't be more excited to welcome them to campus!

Jessica Bracey  
Molly Cammell  
Lisa Cohe  
Alejandro De Jesus  
Cory Drucker  
Chelsea Fearon  
Jessica Fletcher  
Brenna Ford  
Quatisha Franklin  
Ashley Holzer  
Bilal Kamal  
Zachary Lebsock  
Kalia Lee  
Anthony Lucci



Melanie McLaren  
Michelle Motley  
Steven Parker  
Katherine Placzek  
Nichole Ridenour  
Jessica Ritter  
Cade Sanger  
Noelle San Souci  
Katherine Talley  
Anthony Trujillo  
Christine Wiabel  
Joseph Ziegler





## Upcoming Opportunities and Events:

Association of College and University Housing Officers-International (ACUHO-I): Saturday, June 27<sup>th</sup>-Tuesday, June 30<sup>th</sup>, 2015 in Orlando, FL

Colorado Career Development Association (CCDA) to attend the National Career Development Association annual conference in Denver from June 30<sup>th</sup> - July 2<sup>nd</sup>.

Rocky Mountain Association of Collegiate Registrars and Admissions Officers (RMACRAO): Wednesday, July 15<sup>th</sup>-Friday, July 17<sup>th</sup>, 2015 in Colorado Springs, CO

NIRSA: Leaders in Collegiate Recreation Region V (Colorado/Wyoming state workshop): Wednesday, September 30<sup>th</sup>-Friday, October 2<sup>nd</sup> in TBA



## Faculty Spotlight: Dr. Sylvia Martinez



Dr. Sylvia Martinez is an Associate Professor and Chair of the Department of Leadership, Research, and Foundations at the University of Colorado Colorado Springs. Her educational and professional background is in the history of P-20

education. She received her Ph.D. in Educational Leadership and Policy Studies from the University of Kansas, her M.S. in Student Affairs in Higher Education from Colorado State University, and her B.A. in Economics from Washington State University. Sylvia's research centers on the educational attainment and schooling experiences of Mexican descent youth in the mid-20<sup>th</sup> century, higher education student success, and the principal-counselor pre-service professional relationship. She teaches foundations, research, and supervised practice courses in the Educational Leadership MA Programs and the Leadership, Research, and Policy Ph.D. Program.

## SAHE Spring Into Wellness Challenge 2015



The SAHE program sponsored a Wellness Challenge for students to encourage mental, physical, and emotional health in the 8 weeks after Spring Break. Each week presented a new focus on wellness (physical, intellectual, emotional, financial, occupational, spiritual, environmental, social) that students were able to incorporate into their daily lives. The goal was to promote new wellness-focused behaviors as students pursue

master's degrees and become the best professionals they can be!

The challenges included: drinking 1/2 your body weight in water, tracking weekly spending, eating 3 different colored vegetables every day, 30 minutes of daily activity, conducting informational interviews, avoiding processed food, meditation, and being environmentally conscience.

# STUDENT PROFILE



## Student Affairs Association

We are excited to announce the 2015-2016 Officers for the UCCS Student Affairs Association! Three officers were elected by the soon-to-be second year cohort, and two positions will be filled by incoming first year cohort members in August.

**PRESIDENT:** Michelle Stallings

**TREASURER:** Roneisha Frazier

**SECRETARY:** Brian Garris




## Brian Garris, SAHE '16

My name is Brian Garris, and I am currently in my first year of study in the SAHE program. I was born in Denver but raised in a small town in Nebraska. For my undergrad, I attended the University of Nebraska where I obtained a Bachelor of Art's degree in business with an emphasis in economics. Currently I work in MOSAIC and the LGBT Resource Center here at UCCS.

This past semester I had the opportunity to visit two national conferences. In February, I attended the National LGBT Taskforce Creating Change Conference in Denver, where I was able to network with many individuals currently working in LGBT-activism related fields and gain insight into what changes are occurring in the area. In March, I also had the opportunity to attend the NASPA National Conference in New Orleans. It was a great experience in learning about current research conducted in Student Affairs, and it was inspiring to meet professionals from all career levels. My experience at NASPA provided me further knowledge and tools in the field of Student Affairs, connections for practicum options, and insight into the presenting process/ planning. Plus, thanks to the Knowledge Community socials, I had the opportunity to form friendships with graduate students and professionals across the country who are interested in the same career paths as I. I look forward to returning next year, and highly recommend everyone to attend a national conference.

## Alumni News, Happenings and Advice


### Paul Wood



When I started the SAHE program I was a new professional working for Residence Life and Housing at UCCS. As soon as I started the program I was able to connect what I was doing in class to what I was doing in my job. I thought because I worked in housing as an undergrad that I would be able to make the transition with ease. That was not the case, but because I was


in the SAHE program I was able to take what I was learning in class and use it in my job. Going through the SAHE program helped me better understand students and allowed me to really excel while working for housing at UCCS. I recently left housing and accepted a job as the Student Services Coordinator for UC Denver. This is an exciting position because it lets me work with students in a completely different way than I did with housing. One piece of advice that I would give to current students in the SAHE class is to make your practicum count. Don't pigeonhole yourself into one area of student affairs. Get as much experience as possible and really cast a wide net so you can find what you are passionate about.

### Dawn Souza



I am the Director of Student Life at PPCC. I've been in this position for 8 years but have been in Student Life for 20 years. I think it is important for students to try different areas of Student Services before they settle into a position. It is such a broad area, you never know what area is going to fit you until you experience the different areas of Student Services.

### Charmaine Brown



My name is Charmaine Brown and I am currently the Associate Directory of University Scholarships here at CU Denver Financial Aid & Scholarships Office. I think the biggest benefit in the SAHE program was being able to make relevant and meaningful connections at UCCS that allowed for me to gain a wide variety of exposure to compliment the coursework that we were learning. It was great to build a support system not only with my cohort, but with working professionals in the field as well. It made the transition to move from the UCCS environment to other institutions of higher education. I have been lucky to work with some of those same people as I have continued along in my professional career here in Denver! 😊