

UCCS SAHE E-Newsletter



Congrats, Graduates!

On May 13th, 16 SAHE students will walk across the commencement stage. Congratulations and good luck to our graduates!



Robbie Armstrong
DeShaun Bennett
Caitlin Brandesky
Justin Elways
Ray Fisco
Kim Freitag
Brian Garris
Jacqui Gatlin

Corrie Keener
Alexis King
Naomi Leigh
Sarah Long
Vanessa McWhirt
Michelle Stallings
Mollie Sutherland
Meghan Weiss

Study Abroad with SAHE!

Adventure is the best way to learn! Come study abroad with the SAHE Program!



Where: London, Paris, & Amsterdam

When: March 2017

Cost: \$3,827 (in addition to the tuition cost of LEAD 6000 for students)

Sign Up:

efcst.com/1758777VZ



Q & A with Full-Time UCCS Employees

How has your participation in the SAHE program contributed to your work at UCCS?

Kat Reyes, SAHE '16



The SAHE program has refined my ability to help students. I've learned to be more of a collaborator with a student and allow the student to take more of the lead in their development. It's really easy for me to just run with what a student gives me but that's not the point of serving the student. The point is helping the student grow academically, interpersonally, emotionally, and psychologically through their college journey; so that means being more of a facilitator and walking side-by-side with the student rather than clearing the road for the student. I have learned more about my limitations when helping students which actually allows me to help the student better. Connecting the student to campus resources allows for a more well-rounded approach to seeking help and also demonstrates to the student that not one person will always have the answers. Learning about students' intersecting identities has been extremely eye-opening to me! Students are multi-faceted just as staff and faculty are and paying attention to all of the social identities of a student is crucial to serving them better. I am questioning my own assumptions about students I meet as it is really easy to get into work-mode. It takes more intentionality to produce quality service than just get as many students in and out as possible (I work in advising). The SAHE program has definitely allowed me to explore my career options, my strengths, my weaknesses, and my passions and I'm so thankful for the faculty and peers that I was able to share this season with!

Nereida Macias, SAHE '17

As a result of the SAHE program, I have gained a better understanding of where my students are coming from. The student development theory class in particular has helped me understand what challenges students might be facing when deciding to attend UCCS. It has also helped me manage the expectations of "helicopter" parents. As a first-generation student myself, I struggled with the amount of involvement parents have in the student's decision to attend UCCS. However, SAHE has helped me gain a more sympathetic understanding.



Q & A with Full-Time UCCS Employees

How has your participation in the SAHE program contributed to your work at UCCS?

Mollie Sutherland, SAHE '16

The vast territories we have covered in SAHE have enhanced the program components of the PGA Golf Management Program. I am able to communicate, integrate and support services and resources into our program that reinforce campus efforts. My increased understanding of student development enables me to embrace the entire student, their family and their individual path to a successful future. It is so empowering when programs, students and resources are blended and unified with the students' interest at the forefront!



Sarah Morehead, SAHE '16



The SAHE program has enhanced my holistic approach to reviewing applicants and seeing a student's potential at UCCS. The SAHE program has also improved my direct student engagement to provide additional tools they need to be successful students and members of the community. Although my position at UCCS is primarily administrative, SAHE is still a great program for me so that I can expand my knowledge regarding the needs and desires of students during the entirety of their college path and not only the beginning of their road to UCCS, which is our main focus in Admissions. I feel more equipped to work directly with students on a daily basis as opposed to only being behind the scenes before I started the SAHE program.

Your Practicum Location Matters!

Ray Fisco, SAHE '16

Ray's practicum in the Dean of Students Office at UCCS has led to a full-time position! Congrats Ray!



Walk around UCCS and you will see staff doing better work because of their SAHE education...

Ray Fisco educating students about drug and alcohol use in the Dean of Students office

Mollie Sutherland designing intentional experiences for Golf Management Program students

Ariadna Coffman educating prospective students about the benefits of a UCCS education

Brett Fugate managing and supervising an advising staff

Sandy Ho coordinating foreign language support

Sean Dean utilizing student development theory to inform the practice of math tutors

Sabrina Wienholtz designing leadership programs for students

Kat Reyes and **Brian Mann** providing developmental advising to students

Terainer Brown and **Nic Hostetter** developing pre-collegiate experiences for high school students

Spring into Wellness Challenge 2016

Join the UCCS Graduate Student community in the Spring into Wellness Challenge 2016! Each week will present a new focus on wellness (physical, intellectual, emotional, financial, occupational, spiritual, environmental, social) and you will do your best to incorporate that aspect into your daily lives. You will submit your results once a week via Blackboard. The goal is to promote new wellness-focused behaviors as you pursue your graduate degree and become the best professional you can be!



For more information, please contact Meghan Weiss at myohann@uccs.edu



Student Affairs in Higher Education

UNIVERSITY OF COLORADO
COLORADO SPRINGS



Awards, Recognition, and Congrats!

Vanessa McWhirt, SAHE '16

Congrats to Vanessa McWhirt who accepted a Program Assistant position at the Daniels College of Business at DU!

Sarah Long, SAHE '16

Congrats to Sarah Long, who has been accepted to the *National Journal about Women in Higher Education* Graduate Student and New Professional Board!

Mollie Sutherland, SAHE '16

Congrats to Mollie Sutherland, who was named Outstanding Graduate Student at the CPAC Conference in February!

Ray Fisco, SAHE '16

Congrats to Ray Fisco, who was named Outstanding New Professional at the CPAC Conference in February!



Dr. Patty Witkowsky, Dr. Amy Dinise-Halter (CSU), Sarah Long & Dr. Tamara Yakaboski (UNC)

Congrats to Dr. Patty Witkowsky and Sarah Long, SAHE '16, who won a Significant Research Award for their work with Dr. Amy Dinise-Halter and Dr. Tamara Yakaboski on their research, *Balancing Laundry and Chickering: Creating Supportive Educational Communities for Non-Traditional Women in Student Affairs Master's Degree Programs*.