

Division of Student Life

April 2016

A Message from Dean Carolyn H. Livingston

Dear Colleagues,
Happy April!



This month, many of our departments are hiring next year's student workers who will serve as prefects, Career Center associates, New Student Week leaders, and residential assistants, among others. Research has shown that these positions make a difference in student success and retention.

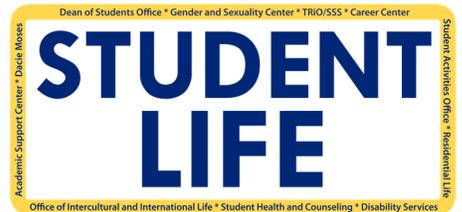
Last week I read "Enhancing Student Success by Treating Student Jobs as Real Jobs," a Noel-Levitz white paper that points out that more than three-quarters of incoming college students plan to work while taking classes. For many students, on-campus employment is an effective way to become engaged in student life and increase their sense of institutional belonging. For others, on-campus employment is a perfect way to balance the demands of a rigorous academic schedule with the need to earn money for necessities.

This paper also asserts that on-campus employment strengthens a student's total learning experience. A positive work experience can provide a student with valuable job skills as well as the motivation to continue to perform at the highest level after Carleton. On-campus jobs certainly help students interface with the public, understand the value of teamwork and different models of leadership, and develop time management and computer skills.

One of the beauties of Carleton is our commitment to student employment. Each day we get to learn and grow from some pretty spectacular students in the Division.

Spring is almost here!

Carolyn



CARLETON COLLEGE

Volume 1 Issue 5

What's Coming Up

A brief selection of Student Life events...

- Comedian Jenny Yang—4/12 at 6 p.m. in Great Hall
- Live at Sayles featuring Lydia Liza—4/14 at noon in Sayles Great Space
- TRIO Sophomore Retreat—4/15-16
- Community Conversations:
 - 4/18 at 2 p.m.
 - 4/19 at 1 p.m.
 - 4/20 at 4:30 p.m.
 - 4/21 at 3:30 p.m.
 - 4/22 at 3:30 p.m.
- Chili Night—4/20 at 6 p.m. in AGH Mtg. Room
- TRIO Senior Faculty Appreciation Luncheon—4/28 during common time in Weitz 236
- International Festival—4/30 from 12-2 p.m. in Great Hall/Sayles Hill
- Brunches at Dacie Moses House—every Sunday from 10 a.m.-12 p.m.

Staff Highlight—Keri Asp

Keri has worked at Carleton almost two and a half years, having come to Carleton as the Assistant Director of TRIO/Student Support Services. This past fall she moved to the Career Center, where she serves as the Program Director of Career Counseling. Prior to coming to Carleton, Keri did several clinical training experiences in college/university counseling centers as part of her counseling psychology graduate schooling. She says, "While I enjoyed providing psychological services (individual/group counseling, outreach programming) to assist students struggling with mental health issues, I was particularly drawn to the different roles in which Student Life staff from other departments interacted with students in their efforts to provide holistic and developmental support to students."



In her Career Center role, Keri enjoys the opportunity to assist students one-to-one with their career exploration by helping them understand themselves and the world of work better, so they can make informed educational and career decisions in the present and in the future. "I also really enjoy working alongside my colleagues in the Career Center," she adds. "Collectively, they're very hard working, student focused, and strengths based in their approach to working with students."

Keri is a huge Minnesota sports fan (for better or for worse—often the latter, unfortunately) and a sports fanatic in general. "I keep busy with fantasy football in the fall and winter months," she explains. "In the spring, I turn my attention to March Madness. Once college basketball wraps up, I enjoy cheering on the Minnesota Twins during the summer months." When she's not cheering on sports, she likes to stay active by walking her dog, hiking, doing yoga, and running.



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Department Updates

Academic Support Center: Here's what our data show about winter-term usage: Prefects held 354 sessions, with a total of 381 different students attending. The Writing Center saw 226 different students during more than 600 appointments. Writers came to work on a variety of projects: essays (66%), applications/personal statements (16%), comps projects (9%), and the writing portfolio (3%).

Alcohol & Other Drug Prevention: At the end of April/early May, the Carleton Coalition on Alcohol and Marijuana (CCAM) will share with the campus community the twelve strategies selected (and approved by the state) to target six prioritized variables regarding alcohol and marijuana use on campus: 1) perceptions of drinking as part of campus culture, 2) perceived risk of harm from alcohol, 3) perceived risk of consequences for breaking alcohol policies, 4) use of alcohol to relax/relieve stress, 5) perceived risk of harm from marijuana, and 6) perceived risk of consequences for breaking campus marijuana policies. These strategies will begin implementation in September.

Career Center: We have been extremely busy with recruiting and programming. We had a very busy but fun spring break. Students had the opportunity to attend various leadership trips, such as the Scholars Program (medicine and non-profit) and the Blue Knight Leadership Gettysburg Program. We are looking forward to spring term!

Dacie Moses: We are welcoming spring, which means we begin to work in the gardens this week. We are looking for perennials, rhubarb, etc., if anyone is thinning out plants and needs a home for them. We continue to host brunch on Sundays from 10 a.m.-12 p.m., and Bluegrass Jam on the second and fourth Friday of each month. We are looking for our next year's house residents and our senior recipient of the Dacie Moses Award (whom you also can nominate!). We are happy to have neighbors with the GSC's move!

Disability Services: We are preparing for major office reconfigurations. The search process has begun for a Director of Disability Services, with a hopeful start date of July 1.

Gender & Sexuality Center (GSC): March was filled with boxes, packing, and saying goodbye to Scoville, which had been the home to the GSC for more than a decade. Over spring break, we moved into our new location in Clader House.

Intercultural & International Life (OILL): We have completed our move to from Scoville to Laird Hall. We hope you were able to visit us during our open house! We are excited about our new space and look forward to continuing to provide essential services to students and the community. After a successful winter term, we are geared up for a busy spring term.



OILL Office—Student Lounge

Residential Life: We are very busy with new RA selection! We are currently interviewing hopeful RA candidates and plan to offer positions by mid- to late April. After a successful launch of our online room draw system last year, we are reviewing occupancy and room designations to get everything set up for fall 2016 room draw.

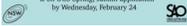
Want to Welcome the Class of 2020?

Consider applying to be a **NEW STUDENT WEEK LEADER!**



Apply online:
go.carleton.edu/activities

Applications due:
Monday, April 18
*if on OCS Spring, submit application by Wednesday, February 24



Student Activities Office (SAO): We had a low-key March with the end of winter term, but looking forward to the rest of the year has kept us busy. The office assisted several student organizations in coordinating spring break trips, including a camping trip to New Mexico with CANOE and a dance competition in Boston with the West Coast Swing Club. We anticipate a busy spring term, which includes student staff selection, campus-wide events like Spring Concert, and planning for New Student Week.

Student Health & Counseling (SHAC): Almost 35% of students on campus during winter 2016 had at least one appointment at SHAC. We saw 488 students for 849 medical appointments, and 253 students attended 765 counseling appointments. Of those students, 68 medical slots were first-time visits, and 68 counseling sessions were initial intakes. The total number of students utilizing SHAC appointments was 624, so there were only 117 students who utilized both medical and counseling at least once during the term. On a percentage-per-provider basis, these numbers are consistent with what we've seen in previous winter terms.

TRIO: We are now fully staffed! We are excited about having a complete team and offering our students some consistency as we build relationships. During spring term we will have an open house for all faculty and staff at the TRIO House.

Peer Leader Spotlight—Brandon Marks

Keri Asp, Career Center

A highlight of working as a Peer Leader has always been forming connections with members of the incoming Carleton class, and TRIO/SSS is no exception. First-year students arrive at Carleton for New Student Week with so much excitement and promise that I've always felt revitalized by the energy that they bring. As an upperclass student, I get to share my experience as a Carleton student with members of the freshmen class and, more importantly, offer them support in whatever way I can. I had several peer mentors when I was a first-year student, and it's difficult for me to imagine how different my Carleton experience would have been if not for their guidance.



As a TRIO/SSS Peer Leader, I find myself primarily in the roles of a peer mentor and one of the more representative faces of TRIO/SSS on campus. Some of my responsibilities include advocating for TRIO-related socioeconomic issues at Carleton, developing and facilitating Class Act group discussions, and mentoring a group of six to eight TRIO freshmen.

Inspired by the work that I've done as a TRIO/SSS Peer Leader, I've decided to apply to work as a College Coach for College Possible before looking into graduate school. The core of the position is to support students as they transition from high school into college. This, combined with on-campus event planning and linking students with on-campus support services, is a responsibility that I've had as a Peer Leader at Carleton, so moving to work with College Possible post-Carleton always felt like a natural transition to make.

Peer Leader Positions: Springboard to Careers

Chavonna Savage-Clowney, Career Center



“Students at Carleton challenge themselves, have strong leadership potential, and enjoy helping others. These characteristics strengthen and solidify even more once you become a Peer Leader. Being a Peer Leader had a very positive on my future.”- Thor Laack-Veede

Thor Laack-Veede is currently working as a Technical Services Representative (TS) at Epic Systems in Verona, Wisconsin. TS representatives are responsible for troubleshooting issues and performing system maintenance for organizations that are live on Epic. Thor focuses on Epic's Surgical Application, which has unique benefits, like assisting nurses with documentation directly in an operating room. He has also traveled to several states, most of which he had never visited before, to provide more in-depth technical support. In this role, he has gained skills in project management. He is supporting one organization in California and another in Massachusetts on database management and effective communication.

Being a peer leader at the Career Center gave him unique opportunities that have been readily applicable to life outside of Carleton. Throughout training as a peer leader in the Career Center, the importance of a professional presence after Carleton was emphasized. By learning and carrying that message to students who visited the Career Center, his professional maturity increased, which has set him apart from many of the recent college graduates who have started their careers at Epic. Because of how he was taught to carry himself in the workplace, he often surprises people when he tells them that he has only been at Epic for eight months. The personality assessments have stuck with him as well, making it easier for him to target areas for improvement for his professional growth.

Meet the New CSA Officers!

Ana Sontag, Student Activities Office



Spring officially marks the start of the year-long term for the three new Carleton Student Association (CSA) officers. The newly elected officers include President Tiffany Thet '17, Vice President Abha Laddha '17, and Treasurer Jeremy Keane '17. Tiffany will provide general oversight of CSA Senate, meet regularly with campus administrators,

and join College Council. Abha will provide support for student organizations and chair both the CSA Governance Committee and Budget Committee. Jeremy will develop the CSA budget, oversee student organization budgets, and chair the CSA Student Projects Committee. If you see these three leaders around campus, please share your congratulations and well wishes.

A big thank you should also be sent to the outgoing CSA officers, including President Marielle Foster '16, Vice President Nayely Martinez '16, and Treasurer Ben Strauss '16. This group has put in countless hours over the last year in support of the Carleton student body and deserve many thanks.

Apply to be a PEER LEADER

Math Skills Center Tutor - Academic Support Center
Writing Consultant - Academic Support Center
Student Career Assistant (SCA) - Career Center
Fellow - Center for Community & Civic Engagement
Program Director - Center for Community & Civic Engagement
Chaplain's Associate - Office of the Chaplain
GSC Associate (GSCA) - Gender & Sexuality Center
OILL Peer Leader (OPL) - Office of Intercultural & International Life
Resident Assistant (RA) - Residential Life
Student Wellness Advocate (SWA) - Residential Life
Student Activities Programming Board (SAPB) - Student Activities
New Student Week (NSW) Program Assistant - Student Activities
New Student Week (NSW) Leader - Student Activities
Peer Leader - TRIO/Student Support Services (SSS)

For more information & application details
go.carleton.edu/peerleaders

Spring Break Trips

Chavonna Savage-Clowney, Career Center

Gettysburg Leadership Program for Sophomores

Thirteen sophomores travelled to Gettysburg, PA, over spring break with Kim Betz and Brian Murphy from the Career Center for a three-day leadership program led by Carleton alum and leadership coach Jeff Appelquist '80. Jeff has developed three different programs that use history to teach leadership lessons by studying historical events, from the battlefields of Gettysburg and the Little Big Horn to the great challenges of the Lewis and Clark Expedition. To open the program on Day 1, Jeff presented students with six key dimensions of leadership, along with a broad overview of the main events leading up to and including the Battle of Gettysburg. On Day 2, the group spent the entire day visiting both the Union and the Confederate sides of the battlefield. Jeff gave the students background information for the decisions that were made at each site, and then discussions and debates ensued that revealed the gravity of these decisions, the complexity and difficulty that the people making the decisions faced, and the ultimate consequences of these decisions. Finally, after the historical events were thought through and debated, Jeff presented examples of how these lessons could be applied in the present-day world, whether in the workplace or any of the various activities and programs that students are involved in here on campus. Day 3 activities provided students with the opportunity to think about and integrate what they had learned into their own leadership style. Two of those activities involved creating a "Leadership Action Plan" and writing an "Essence of Leadership Statement." All in all, the Gettysburg Leadership Program for sophomores provided the participating Carleton students with an experiential learning program that demonstrated how valuable the lessons of history can be for anyone who seeks to develop their leadership potential.



Scholars Program

The Career Center coordinated two Twin Cities Scholars Programs during spring break – one focused on careers in medicine and the other on careers in non-profits. The first day took place on campus with featured alumni who provided an overview of these career fields. The next day(s) included tours at Mayo Medical School & the University of Minnesota Medical School, as well as non-profit organizations, including Genesys Works, College Possible, the Hmong American Farmers Association, Neighborhoods Organizing for Change and TakeAction MN. Students also had an opportunity to network with Twin Cities alumni at Sociable Cider Werks.

