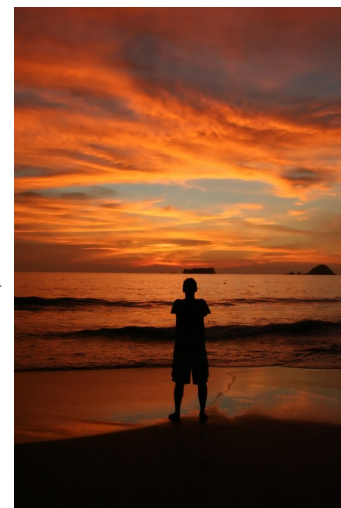


## Wherever You Go, Be There

Greetings, SDCPA members!

Isn't it great to get back into academic and co-curricular activities in the fall? I never tire of it. The energy and excitement of college students is ever inspiring. And in our field there is always something new to learn. This fall, I am learning more about mindfulness and would like to share a few ideas with you. Most student affairs professionals are incredibly hard workers, problem solvers, and multi-taskers. A mindful approach would encourage us to pause in our daily routines long enough to truly experience the present moment. Doing so allows us to be more effective in that moment, more connected to our students and colleagues, and less pressured by our never-ending lists of responsibilities.



Jon Kabat-Zin (1994), describes mindfulness this way: "What is required is a willingness to look deeply at one's present moments, no matter what they hold, in a spirit of generosity, kindness toward oneself, and openness toward what might be possible" (p. xx). He and other writers on this topic suggest simply stopping and becoming aware of our breathing a few times each day. In that moment, just breathe and be. By interrupting the "what's next" pace of our days, we can more profoundly encounter and respond to the needs of our students and our institutions.

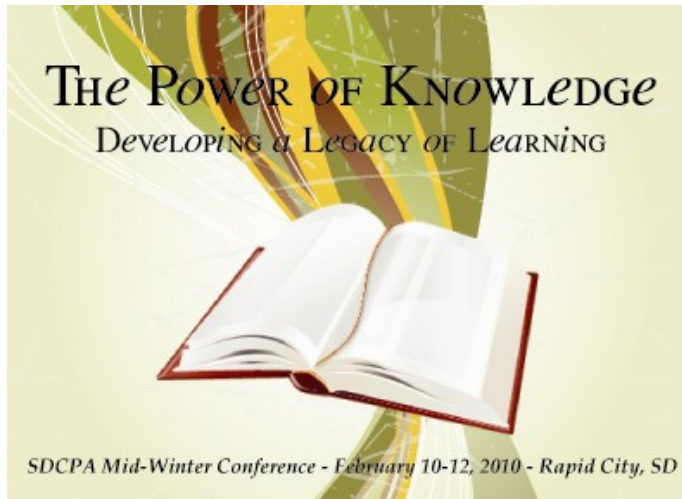
According to Thomas Bien (2006, p. xv), "the most important thing we have to offer is our true presence and our deep listening." How often, when we meet with students, do we allow ourselves to truly focus on their concerns, to delay advising or directing long enough to consider what it might be like to be a student with a learning disability or a student of color on a predominantly White campus? How carefully do we listen to each other when a human connection is needed more than anything else? How well do we nurture our own needs to live happily, well, and in balance?

Several years ago, my department had the tremendous experience of delivering the master's degree in counseling to a cohort group of students on the Rosebud Reservation. In studying various theories of counseling, one woman observed, "I have learned that Carl Rogers believed that people need respect, genuineness, and unconditional positive regard. Carl Rogers is a Lakota grandmother; I am Carl Rogers." In that moment of insight, this woman demonstrated the radical self-acceptance and acknowledgement of the truth of her experience that are hallmarks of a mindful approach.

As we seek to become more mindful, students may notice and benefit. Students, too, lead pressured, fragmented, uncertain lives. Thich Nhat Hanh (1991) noted that "We are very good at preparing to live, but not very good at living . . . . We have difficulty remembering that we are alive in the present moment, the only moment there is for us to be alive" (p. 5).

I urge you to find opportunities to reflect, breathe, and be with your students and colleagues this year in creative and mindful ways. Peace.

Ruth Harper, SDCPA President



## SDCPA Mid-Winter Conference

February 10 – 12, 2010

Radisson Hotel in Rapid City

“The Power of Knowledge: Developing a Legacy of Learning.”

### Professional Development Opportunities Available through SDCPA

The mission of SDCPA is “To provide continued leadership in addressing issues and trends in higher education and professional education programs to promote student development and learning.” We do this by offering many professional development opportunities for members, including networking forums, leadership opportunities, affordable professional development programs for staff and students, and a vehicle to address higher education issues. Some upcoming opportunities for professional development are described below.

**SDCPA Mid-winter Conference:** The SDCPA mid-winter conference is an annual event that brings together higher education professionals throughout the state. Whether you work with academic success, career development, residential life, or another area of higher education, you are bound to make connections with colleagues and gather valuable information at the mid-winter conference.

Mark your calendars for February 10 – 12, 2010 and plan to join us at the Radisson Hotel in Rapid City, where we will celebrate “The Power of Knowledge: Developing a Legacy of Learning.”

**Student Leadership Conference:** Each year, SDCPA hosts a student leadership conference through which students enrolled at institutions of higher education in South Dakota have the opportunity to learn more about leadership and to participate in leadership training activities. The student leadership conference meets our mission to promote student development, but also allows us to connect with and support budding student affairs professionals.

This year, the student leadership conference will be held in the spring at Dakota Wesleyan University, dates to be announced.

*Updates for both the mid-winter conference and student leadership conference will be posted on the SDCPA website at <http://mysdcpa.org/Upcoming%20Events.htm> soon.*

**Publications:** SDCPA publishes SDCPA Connections, a professional newsletter, three times each year. SDCPA members are welcome to submit articles for publication. This is a great opportunity for seasoned professionals to share their knowledge and expertise with others in the field and for new professionals and graduate students to gain professional writing experience. Submission guidelines are posted at [http://mysdcpa.org/SDCPA%2520Connections%2520Newsletter%2520Submission%2520Guidelines\[1\].htm](http://mysdcpa.org/SDCPA%2520Connections%2520Newsletter%2520Submission%2520Guidelines[1].htm).

For more information about professional development opportunities available through SDCPA, please contact Jody Owen, Professional Development Committee Chair, at [Jody.Owen@sdstate.edu](mailto:Jody.Owen@sdstate.edu).

## Campus Happenings...

### Mitchell Technical Institute

Mitchell Technical Institute has announced its largest ever enrollment. The official enrollment for the 2009 fall semester is 1002, far surpassing the previous record of 906 set in 2000. Even more impressive than the 33% total enrollment boost is the increase in first-year students. MTI has 44% more students in first-year programs than last year. That is partially attributable to the addition of the popular new Wind Turbine Technology program, but all programs at MTI have seen an increase in first-year numbers.

In addition to the regular on-campus instruction, MTI has started programs in Huron and Yankton, and has increased outreach efforts with dual enrollment initiatives in high schools. MTI, in partnership with the South Dakota Department of Labor, the Huron Community Campus (HCC) of Huron, and the Regional Training Education Center (RTEC) of Yankton, has started the James Valley Displaced Worker Initiative. This joint project brings credit-based instruction from MTI to address the needs of current displaced, unemployed and underemployed workers seeking career retraining in the Yankton and Huron areas.

A \$6 million expansion project is complete at our new campus located along I-90. Our new **Energy Training Center** houses Power Line Construction & Maintenance, Propane & Natural Gas Technologies, and MTI's newest program, Wind Turbine Technology. **The expansion at the Technology Center** is home to Computer Systems Technology, Office Technology Specialist, Automation Controls/SCADA, and Accounting/Business Management, in addition to Telecommunications and Satellite Communications which have been located in the facility since 2003.

MTI now has two campuses. The Admissions and Financial Aid offices are located at our "new" South Campus just off I-90. The other administrative offices such as Student Services, Career Services, Registrar, Bookstore, Business Office, etc. remain on the North Campus.

Two new faces have joined the Admissions team at Mitchell Tech. This summer, Hilary Vining joined MTI as the Enrollment Services Specialist which is an administrative support position. Most recently we welcomed Dave Utz as an Admissions Representative. A familiar face is missing from MTI... Tim Edwards left MTI after 16+ years in the Admissions Office to begin a new career. We wish Tim the best.

### Dakota Wesleyan University

The DWU LearnStrong classes (freshman experience) will use MySite as the platform for the personal electronic portfolios this fall. The assessment committee has developed a template, and students will be able to load artifacts and customize their portfolios using MySite's tools. All Dakota Wesleyan students will graduate with a professional electronic portfolio.

The focus of Residence Life this year, under the leadership of Adam Jones, Director of Residential Life, is using restorative justice in the residence halls and initial reports indicate much success.

Dayton Hall, the freshman dorm, underwent extensive HVAC renovations this summer and also now has wireless network access throughout the hall.

DWU's Student Life department moved this summer. Formerly in Prather Hall on the edge of campus, the SL offices are now in the campus center and the students appreciate the easier access to staff.

Students are planning to make upgrades to the campus center's Village so it can be used for events like open mic night. Students also requested that the MTVU TVs in the food court be removed so that monitors can be installed on which student senate will dictate programming (TV, campus announcements, simulcasting from campus events, etc.).

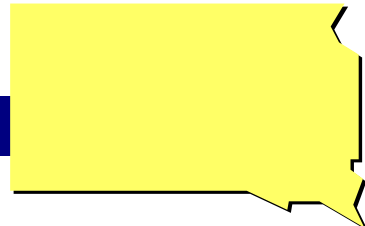
On the academic front, DWU has a new Bachelor of Fine Arts (BFA) program spearheaded by Dan Miller, Assistant Professor of Theatre.

### National American University

The National American University Rapid City Campus is celebrating the success of our Veterinary Technology program. The graduates who took the *National Association of Veterinary Technicians in America certification exam in June had a 100% pass rate!*

NAU's Rapid City campus recently added a Tourism and Hospitality Management program, and the first classes will be offered this winter.

## ...From Across the State



**SDCPA Executive Board**

**Immediate Past President**

Mandy Parpart  
Assistant Student Activities Director, RD & New  
Student Orientation  
Dakota State University  
605-256-5244  
mandy.parpart@dsu.edu

**President**

Ruth Harper  
Professor  
South Dakota State University  
605-688-4364  
Ruth.Harper@sdstate.edu

**President Elect**

Jody Owen  
Academic Success Programs / Tutoring Coordinator  
South Dakota State University  
605-688-4155  
Jody.Owen@sdstate.edu

**Treasurer**

Grant Uecker  
Financial Aid Coordinator  
Mitchell Technical Institute  
605-995-3025  
grant.uecker@mitchelltech.edu

**Secretary / Newsletter**

Tina Hartley  
Assistant Director, TRiO Student Support Services  
Dakota Wesleyan University  
605-995-2797  
tihartle@dwu.edu

**Public University Representatives**

Dr. Marie Lohsandt  
Director of Career Services  
Dakota State University

Mike Keegan  
Coordinator, Student Activities and Leadership Center  
South Dakota School of Mines & Technology

**Private University Representatives**

Britt Lorenz  
Coordinator of Campus Activities  
Presentation College

Peggy Schlechter  
Dean of Student Success  
National American University

**Technical / 2-Year Institution Representatives**

Janel Oberlander  
Dean of Student Services  
Western Dakota Technical Institute

Melanie Krauter  
Special Services Coordinator  
Western Dakota Technical Institute

**At-large Representatives**

Mike Isaacson  
Director of Residence Life  
Black Hills State University

Billie Streufert  
Director, Career & Learning Accessibility Services  
University of Sioux Falls



## Announcements

Bob Courtney, after 21 years of service to the students of Northern State University and 33 years of service to the students of South Dakota, has retired from his position as Director of Student Development and Residence Life effective September 21<sup>st</sup>. Bob will continue on in a part-time capacity as Coordinator of Special Projects.

### Best Wishes!

The Campuses Community Wellness Coalition (CCWC) comprises four colleges in Rapid City: He Sapa Center of Oglala Lakota College, National American University, South Dakota School of Mines and Technology and Western Dakota Tech.

We are researching environmental problems in our communities and possible actions we can take. For example, research indicates that drink specials (such as "Ladies Night Free") offered by bars, attract customers and that customers drink more than usual. There are some towns/states that have ordinances that don't allow these specials or signage on the outside of their establishments. Most states have some kind of dram law that makes a hospitality establishment liable if they serve an intoxicated customer who leaves (the establishment) and does harm.

Our current bartending classes teach students not to serve to an intoxicated person, but what does that really mean? Can we develop more helpful guidelines for alcohol servers?

Please let us know any examples of problems in your area, as well as any actions. Send your ideas to us and let us know if you would be willing to serve on a task force to work on these issues.

Thanks.  
Mary Jo Farrington maryjo.farrington@sdsmt.edu  
Project Director, CCWC 605-394-2416

Presentation College in Aberdeen is in the beginning stages of developing a behavioral intervention team (BIT). We have completed our general information-gathering phase, and we would like to visit with other schools that have operational teams to get their expertise. If you have such a team on your campus now, would you consider sharing your information with a small group from Presentation College? Please contact me at [Doris.Stusiak@presentation.edu](mailto:Doris.Stusiak@presentation.edu).