A Message from the AVPSA
by Brenda Whiteside, Associate Vice-President (Student Affairs)

I always start the fall by welcoming everyone back to campus. However, I recognize that most of us have been working diligently all summer to prepare for the new academic year. This summer, a few of our teams faced some extraordinary challenges:

1) The Athletics team had to dig deep to get the Mitchell Centre open Labour Day weekend. I wish you all could have seen the team in the women’s change room Saturday morning at 7am hanging shower curtains. Some even brought their children along to help.

2) Student Housing was faced with the significant challenge of an over-enrolment situation and negotiated the use of the Royal Brock hotel for 200 students. They also had to be creative in finding expanded space for additional students. You can imagine the number of calls, questions and at times complaints the team received. Their continued focus on the student and positive energy throughout this grueling process was an inspiration. The extra students also stretched the Student Life team as they scrambled to ensure their orientation programming accommodated the extra bodies.

In all cases, the Gryphon spirit was evident – caring and respectful staff determined to make a positive difference in the lives of our students. Thanks to all that you do, and best for a great 2016-17 year.
The Professional Development Committee would like to provide readers with deeper insight into the roles and responsibilities of different portfolios at the University of Guelph.

Most recently, we interviewed Robin Begin, Student Affairs Case Director, University of Guelph:

Jessica: In a nutshell, what does your role entail?

Robin: In a nutshell, my role entails supporting students and helping to connect them with appropriate resources on campus. I chair the Student at Risk Team that works together to identify students who may need a more coordinated support plan. I am also responsible for the roll out of training on student mental health across campus. Under new legislation for Sexual Violence, I will be a resource and a point person for survivors of sexual violence. I can explain options and connect a survivor to resources and support on and off campus.

Jessica: What is your favorite part of your portfolio?

Robin: Connecting directly with students. Seeing students reach out for help and their true appreciation of the supports that are provided on campus.

Jessica: What is your least favorite part of your portfolio?

Robin: I am the coordinator under the guidelines for dealing with the death of a student. The death of a student is very tragic. The university does a wonderful job reaching out and providing support to the family and friends of the student.

Jessica: If someone were aspiring to a role like yours, what Professional Development would you recommend?

Robin: Many of my skills and training came through my background in policing. I would recommend learning about and connecting with all the resources available to help students. Students are more likely to reach out to a resource when I can talk about not only what the resource provides but who the people are that work there. Also I would recommend professional development related to behavioural risk and threat assessment.

Jessica: Anything that the Division would benefit from knowing about your role that was not asked?

Robin: I am one piece of an amazing puzzle of people who care about students and want to help students be successful at the University of Guelph.

Jessica: Would you share something about your personal life and finding your Work-Life Balance?

Robin: I’m not sure if I always do the work-life balance well but I’m lucky to have a supportive family. My favourite way to de-stress is to play the piano. I’m not the greatest and no, I do not perform for others. I have a lovely baby grand piano that I love, my dog Barley sits beside me on a couch and I will play and sing to her for hours. It doesn’t matter where she is in the house, as soon as she hears me hit one key on the piano she comes running and lays down on her chair. My family can tell by the music I’m playing what kind of a day I have had.

If I can be of assistance, please do not hesitate to contact me or to suggest that a student contact me.

Robin Begin
Student Affairs Case Director
email: rbegin@uoguelph.ca
phone: 519-824-4120 x53020
Call for Writers

by Yassin Sagnia, Coordinator, Mentorship & Engagement Programs (Student Life)

All members of the Student Affairs Division are invited to submit an article (or more) to the Professional Development Committee to be featured in future issues of The Quarterly.

Submitted articles should have a professional development theme, written for an employee audience, and should be a maximum of 800 words in length.

Submission Details

Submissions can be emailed to the Committee before November 1st, 2016, by emailing Yassin Sagnia: ysagnia@uoguelph.ca

open call for Presentations

by Yassin Sagnia, Coordinator, Mentorship & Engagement Programs (Student Life)

The Professional Development Committee would like to create a reciprocal learning environment where colleague’s present topics of interest or expertise to co-workers.

Attendees receive valuable knowledge, updates, or skills. While presenters, develop presentation and public speaking skills.

All members of the Student Affairs Division are invited to present on topics of interest or expertise. Presentations should have a professional development theme, be designed for an employee audience, and be less than 60 minutes in length.

Submission Details

Submissions can be emailed to the Committee before November 1st, 2016, by emailing Yassin Sagnia: ysagnia@uoguelph.ca

Submission should include the following:

- Title of presentation
- Name and title of presenter
- A presentation summary (200 word limit)
- Identify the style of the presentation
Keep your Balance this Fall

by Lindzie O’Reilly, Registered Dietitian (Student Wellness Services)

Gone are the days of a line-free Bullring, or of being able to pop out for a couple of errands on your lunch hour without losing your parking spot. The stark contrast between summer semester and fall catches me by surprise every year. The rush of students that arrive on campus brings excitement and energy. While that excitement can be infectious, it’s easy to run out of energy when things pick up. In order to achieve our mission of providing quality programs and services to students, we need to take care of ourselves first. Try these tips and tricks to keep your energy levels up all semester long.

1. Pack easy to grab snack options

When your schedule ramps up, it may no longer be an option to pop out and buy lunch on campus. Instead, try bringing things that you can easily snack on during the day. If you have the space, consider bringing a few things at the beginning of the week that will last you all week long.

2. Schedule in time for snacks

You may have the best of intentions by bringing snacks to campus, but when the busyness of fall hits, it’s amazing how fast the time can fly by. Suddenly it’s 3pm and you’re wondering why you feel like a nap and a coffee. Rapid drops in energy and cravings for sugar and caffeine are your body’s way of telling you that you’ve gone too long without food. Try adding reminders to your calendar so that you can catch yourself before you get to the point of feeling starving and desperate. Are there certain meetings where it might be okay to have a snack in the meeting? A smoothie in a travel mug can be a great discrete option.

3. Eat your snacks in pairs

Carbohydrates from starchy veggies, fruit and grains digest to sugar and give us the quick energy that we need. Protein from dairy, meat, nuts, seeds, eggs and beans give us energy that lasts. Grabbing a muffin or a piece of fruit (both are sources of carbohydrates) will give you energy, but it won’t last long. Grabbing a handful of nuts or some cheese (both are sources of protein) will fill you up, but blood sugar levels and energy will remain low. For optimal energy levels, concentration and focus, aim to include both carbohydrates and protein with snacks. Try these options:

- Fruit + yogurt
- Crackers + hummus or cheese
- Trail mix with fruit and nuts
- Plain instant oatmeal with nuts and cinnamon
- ½ a sandwich with peanut butter or meat and cheese
- Smoothie with milk, yogurt and fruit
- Crackers + tuna

4. Get up and move

Exercise does not need to be intense or structured - it can be any movement. Can you go for a 10-minute walk at lunch or on a break? Can you walk to visit a co-worker once per day instead of sending an email? Moving your body helps improve focus and fight fatigue.

Give thought to how fall semesters have gone for you in the past. Based on the above tips, try setting one or two goals for things you’d like to try doing differently. Taking the time to fuel yourself during the day will help you stay focused, keep your immune system strong, and keep you excited for the great services you provide to students.
Department Updates

Athletics
The Athletics Department started off the Fall 2016 semester with the opening of the New Guelph Gryphons Athletic Centre. After months of construction the 22,000 square foot Fitness Centre, new Multipurpose Studios and new change rooms opened to the public at 8 am on Saturday September 3rd. It was an amazing day! Many parts of the building are still under construction with the new Entrance, Lobby, Student Lounge, Rock Climbing Wall and Event Centre slated to be open January 2017. To book your tour of the new building or to sign up for a special workshop, please see the Learning and Development Calendar through Human Resources. Link: https://www.uoguelph.ca/learningmatters/eventreg/
In addition to the excitement of new facilities opening — the Athletics department announced a new partnership with OSBA (Ontario Scholastic Basketball Association) and welcomed Guelph Minor Volleyball and Soccer to the Jr. Gryphons family. The 2016-17 season is well underway for the Gryphons, with a total of eight varsity teams having already opened up regular season play. A trio of Gryphon teams remain undefeated (men's & women's rugby as well as women's soccer) while all eight varsity teams currently in action boast winning records.

Child Care & Learning Centre
The Child Care and Learning Centre is gearing up for another busy, yet exciting fall. We welcome research studies that will continue to be conducted in the centre with our children and their families. We are also excited about our new-hired position of Pedagogical Lead – a position that will include keeping staff motivated and inspired in the field of ongoing learning and documentation, as well as assisting with the implementation of new approaches. This is all to support best practice and quality care, positioning the CCLC as a leader in Early Childhood Care and Education. We are continuously proud of the expertise in child development and learning that we provide to children and their parents/families. If you would like to enroll your child at the CCLC, please visit our website at https://www.uoguelph.ca/childcare/ to learn more and fill out a waitlist application.

Co-operative Education & Career Services
As the fall approaches, so does the beginning of campus recruiting for our upcoming graduates. In addition to our career advising team and peer helpers who are working diligently to prepare students for a successful job search process, we have several other events targeted to the Class of 2017 and other senior students. One of these events is the upcoming Ask the Pros Panel, where HR reps provide tips to students on how to navigate the recruitment cycle, stand out, and get hired. We also have many opportunities for our students to network with employers such as the Partners for Employment Career Fair with over 200 employers attending, Employer Information Sessions and a new event called the Tech Meet and Greet that brought employers together with senior computing students. September is also the month when the co-op recruiting process begins for our January co-op work-terms. If your department has any future short-term needs or special hiring requirements, we encourage you to consider hiring a Guelph co-op student!

Office of Student Affairs
The Office was pleased to coordinate the year-end celebration at the Bullring in April. At this event, the Student Affairs Staff Recognition Award, named in honour of Marilyn Langlois was given. Dr. Forrest Caldwell, Physician, Medical Consultant within Student Wellness Services, was named the 2015-2016 award recipient. Forrest has worked full-time in Student Health Services since 1999. Forrest is well known for epitomizing professionalism and going above and beyond to support students, staff, faculty, and community partners, while exhibiting excellence in service, job knowledge, teamwork, and community partnerships. In the spirit of so many Student Affairs practitioners, Forrest consistently goes above and beyond for students/patients in need, while continuously committing to professional development in the best interest of those serviced. Credited by his colleagues as being the backbone of the medical clinic, Forrest brings a calm, confident leadership style to everything he does, and is always approachable and dependable.
**Student Housing Services**

The month of August was busy as Student Housing Services prepared for students to arrive. Approximately 300 student and full time staff participated in training preparing them for their various roles. Labour Day weekend we officially welcomed nearly 5000 first and upper year students to residence. Move-In day was deemed a huge success by both parents and students. Due to a high demand for residence, SHS created Biology House, located within the Best Western, Biology House has also been met with considerable enthusiasm for its accommodations and staffing. This summer all residence rooms were equipped with WiFi. Current and prospective students can now access SHS staff virtually 24 hours/day. The online chat is staff by the Residence Admissions team during regular business hours and by the Residence Desk Staff after hours and weekends. Even though the year is just getting started, we are thrilled to see the progress our students and staff have made so far and are looking forward to a great 8 months!

**Student Life**

After another successful Orientation Week, Student Life would like to thank all our campus partners that help to make it a positive experience for incoming students. The "I am a Gryphon" video, released as a part of the "I am a Gryphon campaign", was premiered at the Pep Rally during Orientation Week, and can be watched on the guelphstudentlife YouTube channel. The Centre for New Students department within Student Life, has officially changed its name to the Student Transition Office, to better highlight the services it provides for students. Over the past year, Student Life worked to streamline promotion and communication of the department and the services we provide to better address student needs. This branding shift includes a new logo, website and placing programs and services under four key pillars: information, guidance, community, and experience. Student Life will continue to roll out materials and promo based on this new branding over the year.

**Student Wellness Services**

The Centre for Students with Disabilities was established in 1991 and supported 115 students. The Centre supports students with disabilities in 10 different disability areas including, Attention Deficit/Hyperactivity Disorder, Specific Learning Disorders, hearing impairments, vision impairments, physical and mobility impairments, permanent medical conditions, mental health, Autism Spectrum Disorder, temporary disabilities and Acquired brain injuries. In May 2014, the Centre for Students with Disabilities changed its name to Student Accessibility Services (SAS). SAS provides supports and accommodations for students in all university programs and at all levels of study. SAS Advisors are specialists, which allow students to meet with an expert in their area of disability. Now, 25 years later, SAS supports over 2000 students, runs a successful summer transition program, oversees a number of specialized support groups, and provides a wide range of assistive technology in with reading, writing and organization through our technology lab, including alternate format textbooks and campus wide licence to Kurzweil. In addition, to classroom and exam accommodations, SAS offers various orientations, provides LD screening, mental health support and two disability specific credit courses through the Psychology department.

**The Division of Student Affairs**

A focus this year in the Division will be on professional development and training. We recognize that student issues are increasingly complex. The student body is becoming more culturally diverse and issues of inclusion and social justice permeate just about every aspect of our society. We are often interacting with students who are dealing with complex issues. As we release the NCHA data over the fall semester, we will recognize our continued need to address issues such as sexual violence, mental health, and unhealthy lifestyle choices – both from a prevention and support perspective. We are all passionate in supporting students through their academic journey but, if you are like me, feel we need an expanded toolkit. I encourage you to take advantage of the training and brown bag sessions as they roll out. As we extend our learning, we will collectively be better prepared to support our students.
Moving up, out, in, or on...

Athletics
- Mark Walton - New Head Coach Women’s Basketball

Child Care & learning Centre
- Kimberly Squires, has accepted a new position, within the Child Care Centre, as Pedagogical Leader
- Emerald Galeote has moved into a Primary Teaching Roll, in the Preschool Program
- Ashley Job has moved into a Primary Teaching Roll, in the Preschool Program
- Joy Leschiutta-Rothwell will be teaching the FRHD*3200 Practicum this year

Co-operative Education & Career Services
- Karolina Rachtan will join us as a Career Advisor (focus on accessibility) leaving Student Financial Services
- Kate McRoberts has been hired (from U of T Scarborough) as Co-op Coordinator, Computing
- Sherry Petty has moved to a full-time role in Human Resources and replaced by Callie Remigis, Employer Services Coordinator
- Nicola Edwards, Career Advisor

Office of Student Affairs
- Robin Begin’s role has changed from the Manger, Students At Risk, to Student Affairs Case Director

Student Housing Services
- Lindsay Winger has accepted a position a Manager, Administration and Communication with Campus Community Police
- Brennan Reiners has joined SHS as the new Business Operations Manager
- Peter Routledge has joined SHS as the new Manager, Information Systems
- Sarah Bradley, Stewart Traill and Jasmin Dalton have all joined SHS as Residence Managers
- Tuba Chishti, Amy Bolton, Prabhjot Vig, Tonia Brooks, Nida Uz-Zaman, Sean Park and Daniel Brisebois have joined SHS as Assistant Residence Life Managers in South Residence and Biology House
- Brian Gorman has accepted a position with Parking Services and Transportation Planning
- Brenda Foster and Joan Dunbar, Desk Service Coordinators, have retired

Student Life
- Anita Hayes, Gbolahan (GB) Olarewaju, Jes Smith, Jessica Carter & Monica Munaretto have moved on to other ventures outside of the University
- Robert Routledge, former acting manager of the Centre for New Students (now the Student Transition Office), is now the manager of the Student Transition Office
- Jenna Easter, former Program Assistant is now the coordinator of Student Life Programs & Communications

Student Wellness Services
- Kelli Corrigan joined Student Health Services
- Laura Law joined Student Accessibility Services as an Advisor
- Stacie Kelly joined Student Accessibility Services as a Resource Support
- Victoria Bonanno joined Student Accessibility Services as an Advisor
- Dr. Forest Caldwell has step down from this Medical Consultant role within Student Health Services
- Dr. Dorothy Bakker has stepped into the new role of Medical Lead for Health Services
Always time for a laugh...

“I just realized the ‘e’ in ‘email’ must stand for eternal.”

THE FIRST, AND LAST, “TAKE-YOUR-CAT-TO-WORK” DAY.
Research Corner: Decision Making

Decisions are at the heart of success, and at times there are critical moments when they can be difficult, perplexing and nerve racking. Examining the process of decision-making can help develop more sound decision making skills and help an individual take into account complexity, risk, and outcomes, such as the impact of decisions on people, the community and the organization. The human brain uses two processes that enable people to cope with the complexities that they face: pattern recognition and emotional tagging. Both pattern recognition and emotional tagging help people make excellent decisions most of the time; however, in certain conditions they can also mislead an individual.

Find out more for yourself:


Project Serve Reading Week Team Leader Recruitment - Apply Before October 3rd

In February 2017, over 80 students will spend their Reading Weeks volunteering and learning about social justice themes as participants in Project Serve Reading Week (PSRW). Locations and themes include Guelph (Sexual Health Education), Vancouver (Inner City Communities), Mississippi (Civil Rights, Race, and Poverty), and Nawash (contemporary Aboriginal communities). Team and Student Leaders lead these experiences.

All University staff, faculty, and graduate students are eligible to apply for the PSRW Team Leader roles. Team Leaders are responsible for organizing pre-departure training, facilitating critical reflection throughout the experience, and implementing policies to support participant health, safety, and learning. Team Leaders must be familiar with anti-oppression and social justice frameworks. Particular knowledge of the trip theme is preferred but not required. For more information, go to studentlife.uoguelph.ca/cegc and follow the links for “Leading with Project Serve,” or email cassie.wever@uoguelph.ca. Applications are due October 3rd 2016 at 8:00 am.
Learning & Development Programs for Fall 2016, Winter & Spring 2017 are now available for your registration.

Please check out the full set of programs available to staff and faculty on the Event Calendar or download our Learning & Development Guide to Programs and Services.

In the Guide, we have organized the offerings into sections and provided links to make navigation and printing sections much easier. Look for the addition of symbols that indicate if a program is new this year or is “homegrown”. The new symbol indicates that it is the first time we are offering it and the homegrown symbol indicates that a staff member of the University of Guelph has donated their time to share their skills and knowledge to benefit others. New programs this year include Understanding the University Environment (one of the Management Essentials online courses), UofG HR L&D Athletics Partnership programs, Team Building for leaders and for staff, Best practice on Social Media, Mental Health Training sessions, RBC Royal Bank Employee Financial Wellness Lunch and Learn Sessions.

An exciting initiative we launched September 2014 is the NEW @ the U program - University of Guelph's customized New Employee Welcome (NEW) program! Check out the NEW @ the U section of the guide, and browse the Human Resources website section dedicated to the NEW @ the U program.

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Win a FREE Massage!

Provided courtesy of our colleagues in the Health & Performance Centre

For your chance to win a free 30-minute massage email st_affs@uoguelph.ca before 4:30 p.m. on Monday, October 31, 2016

Write “Free Massage” as the subject and be sure to include your name and department contact information in the body of the email.

The winner will receive an email the first week of November.