The Student Affairs Professional Development Committee is a cross-departmental team, which was assembled to establish opportunities for members of the Division to interact, collaborate, and celebrate. The Professional Development Newsletter has been designed and implemented by the Professional Development Committee with the intention to encourage each employee within the Division (Student Affairs) to continue to develop as a person, scholar, and citizen.

More Inside.
Staff Recognition Award Recipient for 2016-2017

Annually, nominations are invited for the Student Affairs Staff Recognition Award, named in honour of Marilyn Langlois. The purpose of the award is to recognize individuals working in Student Affairs who provide exceptional service to students, faculty, staff and others in the community.

Daniel Poulin, Coordinator, Experiential Learning Programs within Student Life, was named the 2016-2017 award recipient!

Daniel Poulin, Coordinator of Experiential Learning Programs in Student Life, was named the 2016-2017 award recipient. Daniel has worked in Student Life in numerous roles since 2008. In his current role coordinating the Peer Helper Program, Daniel is well known for his dedication in supporting students and colleagues, and his consistent drive to go above and beyond expectations. A direct quote from his nomination package states “Daniel’s positive attitude, commitment to life-long learning, innovative design, strong leadership, and teamwork capacity makes him a highly-valued colleague and educator.” His nomination package also spoke strongly to his commitment to supporting Mental Health and Sexual Violence training and programming on campus. It is difficult to highlight all of Daniel’s contributions to this campus and the broader community in this bulletin. Please join the Student Affairs Professional Development Committee in congratulating Daniel Poulin.

Always Time for a Laugh 😊
Department Updates

Athletics
Throughout the winter semester, Gryphon varsity athletes and teams continued to reach new heights. For the fourth time in school history, the Men’s Track & Field team were crowned national champions, while the Women’s Hockey team secured back-to-back provincial titles for the first time in 47 years! The Gryphons also earned several major individual honours, including Women’s Hockey Coach Rachel Flanagan, who was named OUA Female Coach of the Year, while third year Zoology major, Gracelynn Doogan, earned the title of National Champion in Women’s Wrestling, winning gold in the 72kg weight class.

The Child Care & Learning Centre
The Child Care & Learning Centre is excited to introduce a Summer Outdoor Learning Program for children aged 4-8. This program will run daily from 8am-4pm, July 3rd - August 25th (exclusive of holidays). If you would like more information, please visit the CCLC website.

Co-operative Education & Career Services
Co-operative Education & Career Services held the Co-op Awards again this past March, receiving over 90 nominations. Co-op Employer of the Year went to the Cole Engineering Group and The Uniacke Research Lab, Department of Molecular & Cellular Biology, U of G (Guelph Co-op Employer). Cameron Chamberlain & Brianna Guild received Co-op Student of the Year awards. Brianna was also the recipient of the Collin Cureatz Memorial Award for Co-op Student Involvement and selected as the top co-op student in Canada, winning the National 2016 Canadian Association for Co-operative Education (CAFCE) Student of the Year Award.

Student Housing Services
Once students leave, Student Housing changes its focus to hosting conferences and renovations. Already underway is phase one of the exterior renewal of South. The renovations will span six years beginning with Maritime and moving toward Mountain. Several smaller residence projects include the upgrade of smoke detectors, roof work, upgrading electrical systems, etc. The summer conference operations will host 40 conferences taking place in residences.

Student Life
Student Life enjoyed a very busy winter semester. The Department hosted its first Student Life Awards Reception on March 22nd, a change from the previous banquet style. The reception honored and celebrated award recipients and their contributions to campus and the community. Videos on all the award recipients can be found on the Student Life Facebook page. On April 5th, the annual Last Lecture event was held in War Memorial Hall with about 530 people in attendance. The 2017 lecturers were Alumna: Jacqueline Swaisland B.A. ’03, LL.B., LL.M. Barrister & Solicitor, Faculty: Dr. John Walsh, School of Languages and Literature and Student: Nicole Murphy, BSc.

Student Wellness Services
The first phase of the J.T. Powell construction project is planned to begin at the end of May 2017. A temporary SHS clinic will be completed on May 5th, 2017 on the second floor of J.T Powell, which will be the Health Clinic over the summer. The entrance to the clinic will be through the east ring road doors. In the fall of 2017, a portion of the first floor will re-open to allow for additional clinic capacity during the school semester. Also, occurring in the first phase will be the HPC physiotherapy team moving from J.T. Powell to a temporary clinic in the Mitchell Athletics Centre. This move will occur in June 2017 and the physio team will remain there until the end of the project. The Wellness Education Centre will also be relocating to Raithby House temporarily in May and then again to East Residence-Townhall August 30, 2017.
Interview with Scott McRoberts, Director of Athletics

In a nutshell, what does your role entail? Scott: Oversite of all athletics programming including Facilities, Recreation and Fitness, and Intercollegiate. This includes over 40 full-time staff and 650 part-time student staff with a multi-million-dollar budget. A major component is revenue generation and fundraising in many facets, more specifically donors and alumni. Additionally, the management of daily challenges and opportunities that arise.

What is a common misconception regarding your portfolio? Scott: That we play and watch sports all day and get the summers off! It is the best job in the world, but a complex one with many moving parts that essentially operate 365 days a year.

What is your least favorite part of your portfolio? Scott: Having to say no. In this position, you are tasked daily to make critical decisions based on facts, budgetary constraints and best use of resources. In making those decisions you are always going to make someone disappointed, or leave them with a feeling of letting them down. However, getting all the information to make the best-informed decision within the parameters is all you can do, while explaining your reasoning for outcome.

If someone was aspiring to a role like yours, what Professional Development would you recommend? Scott: Get as much experience and volunteer opportunities in all aspects of Sport & Recreation as you can. You can never talk to enough people in the industry as well. An understanding of business operations is critical too. I was just discussing with my colleagues, we agreed that running an athletic department has become more business oriented than ever before.

Anything that the Division would benefit from knowing about your role that was not asked? Scott: There are constant changes in the industry and staying up with the trends and challenges is constant. We report to, and have representation on, two major governing institutions on intercollegiate sport as well. As much as we have significant impact here on our campus, we do as well in the community and externally with our stakeholders and partners.

How do you find your work-life-balance, what types of activities outside of your portfolio do you enjoy? Scott: Well, first year in any job can be somewhat consuming so I look forward to more of this going forward. I play hockey and tennis once a week and joined the squash league on campus as well which has been fun. The community that is Guelph has inspired me to get a bike and ride more in all aspects of my daily schedule. There is no better place to exercise then the new Athletic Centre and I plan on adding Pilates in to my repertoire this spring as well. Got to have this 4-5 days a week to stay balanced and scheduling it in your daily calendar is the only way. However, none of this compares to the time with my wife, boys, and dog, the ultimate happiness and best way to take your mind off things.
7 Important Reasons to Unplug

Written by Joshua Becker for becomingminimalist.com

Technology has some wonderful benefits. I use it almost every day. And I would never, ever argue against the responsible use of it. However, it is becoming increasingly obvious that our world is developing an unhealthy attachment to it:

- 84% of cell phone users claim they could not go a single day without their device. (source)
- 67% of cell phone owners check their phone for messages, alerts, or calls — even when they don’t notice their phone ringing or vibrating. (source)
- Studies indicate some mobile device owners check their devices every 6.5 minutes. (source)

Consider some of these Reasons to Unplug:

1. **Powering-down helps remove unhealthy feelings of jealousy, envy, and loneliness.** Researchers recently discovered that one in three people felt worse after visiting Facebook and more dissatisfied with their lives. Certainly, not every interaction with Facebook is a negative one. Powering-down for a period of time provides opportunity to reset and refocus appreciation and gratitude for the lives we have been given.

2. **Powering-down combats the fear of missing out.** Our social media streams are ever-filled with everything happening all around us. And within this constant stream of notification, our fear of being left out continues to grow. Turning off social media and finding contentment in our present space is a welcome skill.

3. **Solitude is harder to find in an always-connected world.** Solitude grounds us to the world around us. It provides the stillness and quiet required to evaluate our lives and reflect on the message in our hearts. True solitude requires the intentional action of shutting off the noise and screens.

4. **Life, at its best, is happening right in front of you.** Our world may be changing. But the true nature of life is not. These experiences will never repeat themselves. These conversations are unfiltered and authentic. But if we are too busy staring down at our screen, we’ll miss it all.

5. **Powering-down promotes creation over consumption.** Essentially, most of our time is spent in one of two categories: consuming or creating. Certainly, technology can contribute to creating. But most of the time we spend in front of technology is spent consuming. Our world doesn’t need more consuming; it needs more creating.

6. **Addiction can only be understood when the object is taken away.** We can never fully realize our level of addiction until the item is taken away. And the only way to truly discover technology’s controlling influence on your life is to turn it off, walk away, and sense how strong the pull is to turn it back on.
7. **Life is still about flesh, blood, and eye contact.** There are valuable resources online to help us grow and evolve. The experience of looking another person in the eye without the filter of a screen changes everything. Life’s most fulfilling relationships are the ones in the world right in front of us. And spending too much time looking away from them does a great disadvantage to your soul and theirs.

How then, in our ever-connected world, might we take appropriate steps to find balance and intentionality in our approach to technology? If you need help getting started, try one or more of these helpful tips to unplug and find space:

A. **Choose to start your day elsewhere.** Spend the first hour of your day wisely. Commit to not turning on technology during your first waking hour. Blocking out that hour to focus on meditation or your upcoming day will help you wisely shape the other 23.

B. **Power-down for one period each day.** Choose a specific period of the day to intentionally power-down. The specific time of the day is not important. What is important is the discipline of learning when and how to power-

Student Affairs Professional Development

down. Choose something that works for your specific lifestyle and stick to it at all costs.

C. **Better manage the time-wasters.** There are several Internet tools that can help you better manage your time online. Freedom will disable your entire Internet connection for a period set by you. “Self-control” will allow you to block access to uniquely specified websites for some time, but still have access to the rest of the web.

D. **Take one extended break on a regular basis.** Choose 40 days each year to power-down unnecessary apps, leaving only phone and text privileges on. Whether it be for one weekend or 40 days, there is great value in taking an intentional extended break from technology.

Learning to power-down technology is an important life skill with numerous benefits. It is becoming a lost art in our ever-connected world. But the wisest of us take time to learn the discipline. And live fuller lives because of it.

Click here to view the full article:
http://www.becomingminimalist.com/unplug-please
Moving Up, Out, In, or On...

Athletics
Jean-François Joncas joined the team as Assistant Coach (Football). Shayne Campbell joined the team as Head Coach (Women’s Soccer).

The Child Care & Learning Centre
Emerald Galeote, Preschool Teacher, has left the Centre and Tori Harris has moved into this portfolio.

Co-operative Education & Career Services
Katherine Sorensen from the School of Engineering has joined the team on a secondment – replacing Arran Tyre, Engineering Co-op Coordinator who is on maternity leave. Kaitlyn Edwards moved on, joining the Alumni Affairs & Development team. Kaitlyn had been covering a maternity leave for Sinead Artem, the Marketing & Website Coordinator, who will be returning in June.

Student Housing Services
After 42 years at the UofG and part of SHS, our Administrative Assistant Julie Hutchins, is retiring. Meaghan Morris transferred to Diversity & Human Rights in March 2017. Our 2016-2017 Assistant Residence Life Managers concluded their contracts at the end of April. We extend a warm welcome to the 3 newest members of the team Nathan Graham, Carpenter, Scott Cook, Carpenter, and to Taylor Kerstens, Assistant Desk Services Manager.

Student Affairs
Robin Begin, Student Case Director remains on leave. Currently, Lindsay Winger and Brenda Whiteside are sharing the responsibilities of the portfolio.

Student Life
Amilah Baksh has joined the team as Cultural Diversity Advisor.

Student Wellness Services
Jane Miller, Student Wellness Services has retired. Jocelyn Demers, Student Wellness Services has retired. Deb Trask, Student Wellness Services has retired. Dr Val Mueller, SHS/Physician, joined the team. Dr Lillian Diaz, SHS/Physician, joined the team. Dr Forrest Caldwell, SHS/Physician, welcome back. Craig Dixon, HPC Physiotherapist, joined the team. Julie Hochstein, HPC Physiotherapy fellowship, joined the team. Kirsten Van Sydenborogh, SHS Admin Co-op, joined the team. Elisa Biggs - SWS Casual Service Clerk, joined the team.
## 7 Lunchtime Activities this Summer

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Location</th>
<th>Activity</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>Wednesday, May 24, 2017 Noon until 1:00 p.m.</td>
<td>Johnston Green.</td>
<td>Ultimate Frisbee</td>
<td>Register <a href="#">here</a> Limited to 28 people.</td>
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<tr>
<td>Wednesday, June 07, 2017 Noon until 1:00 p.m.</td>
<td>Meet at the main entrance of the Child Care &amp; Learning Centre.</td>
<td>Arboretum Walk</td>
<td>No registration necessary.</td>
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<td>Wednesday, June 21, 2017 Noon until 1:00 p.m.</td>
<td>The lawn beside the CE&amp;CS office and Parking Lot 5.</td>
<td>Hula hoop, washer toss, ladder toss, water pong, bocce, and other games of this nature will be available.</td>
<td>No registration necessary.</td>
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<tr>
<td>Wednesday, July 05, 2017 Noon until 1:00 p.m.</td>
<td>Mitchell Gym (the old Main Gym).</td>
<td>Bubble soccer is the recreation or sport of playing soccer whilst encased in an inflated torus, like a zorb, which covers the player's upper-body and head.</td>
<td>Contact Dave Trudelle to register: <a href="mailto:trudelle@uoguelph.ca">trudelle@uoguelph.ca</a> 519-824-4120 x54297</td>
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<tr>
<td>Wednesday, July 19, 2017 Noon until 1:00 p.m.</td>
<td>Athletics: AC 173 – come in the NEW entrance and take “the link” to the Historic Mitchell Wing for TRX in AC Room 173.</td>
<td>TRX Playground: This is an empowering workout that will push your limits and improve your strength and stamina. We run the gamut in this class and use the best the industry has to offer in terms of functional and rotational equipment.</td>
<td>Please contact Dave Trudelle at <a href="mailto:trudelle@uoguelph.ca">trudelle@uoguelph.ca</a> 519-824-4120 x54297</td>
</tr>
<tr>
<td>Wednesday, August 2, 2017 Noon until 1:00 p.m.</td>
<td>Eccles Center</td>
<td>ZUMBA® is a fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be &quot;FUN AND EASY TO DO.&quot;</td>
<td>No registration necessary.</td>
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<tr>
<td>Wednesday, August 16, 2017 Noon until 1:00 p.m.</td>
<td>To be announced.</td>
<td>To be announced.</td>
<td>To be announced.</td>
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