

The WOLF AFTER CLASS

Student Affairs E-News

Winter 2012 Issue

Volume 5, Issue 1

Western Oregon University

SACI Hosts Diversity Training

The Student Affairs Committee on Inclusion (SACI) coordinated a day-long diversity training for the Division of Student Affairs which was held December 15. Over sixty members from the division of Student Affairs participated in the training.

The focus of the training was on furthering the dialogue of diversity within the division and the rest of campus. Those in attendance participated in several one-on-one and small group conversations about inclusion, being an ally and diversity. The audience watched a couple of videos that helped frame the discussion on differences and similarities that we see in our daily interactions. The video, “The Danger of a Single Story,” offered a perspective on how people view others based on one single piece of information. The mixed use of media and small/large group discussion made for an effective and enjoyable day.

Overall, the feedback from the training was very positive. Of those who submitted evaluations, 100% agreed or strongly agreed that the training was valuable, engaging, and enjoyable. The general feedback on the evaluations was that those who participated found it safe to express their opinion and ideas. All participants agreed that these types of trainings are valuable and should be offered in the future.

The interactive training was facilitated by Jonathan Poullard, Assistant Vice Chancellor and Dean of Students at the University of California at Berkeley. Jonathan has more than 23 years’ experience in higher education and is a national leader on issues of diversity, multiculturalism, social justice, organizational development and leadership. This was Jonathan’s third visit to WOU as a trainer and facilitator of diversity for WOU’s division of Student Affairs.

For more information about the Student Affairs Committee on Inclusion, please visit our website at www.wou.edu/student/saci.



Jonathan Poullard

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Beating the Winter Blues

The winter season can be a time of renewal, hope, and celebration. Family gatherings, ringing in the New Year and a new commitment to betterment are all part of this time of year. For many it may be the best time of year but for some people winter ushers in a time of decreased motivation, diminished attention to tasks, impaired memory, malaise, and disturbances of sleep and appetite. For some of the people who trend into depression with the shorter days, hopelessness and despair mark their lives. Some people may even develop suicidal thoughts and self destructive behaviors. These symptoms could be indicators of Seasonal Affective Disorder (SAD).

SAD impacts 10-15% of persons who reside outside tropical and subtropical climates. First onset can occur from ages 15 to 55 with the greatest likelihood of first onset occurring from age 18 to 24 (the age of traditional undergraduates). After the mid 20s, age reduces the likelihood of onset. Persons who have tropical or subtropical heritage who move outside these climates may be more susceptible to SAD. SAD impairs relationships, vocational productivity, and academic performance.

The causes of SAD are only basically understood and may be varied but it is agreed that the diminished exposure to sunlight due to shorter days and overcast skies are the catalysts to SAD. Circadian rhythms are offset as deficiencies in both the neurotransmitter serotonin and vitamin D develop due to the lack of exposure to full spectrum light. This results in the depression symptoms previously described in this article as well as possible changes in mood such as increased irritability or crying episodes.

SAD can be diagnosed by mental health care providers and health care providers via psychometric testing and clinical interview. Laboratory testing to rule out other illnesses with a similar symptom cluster may be performed, e.g. blood tests to rule out hypothyroidism. A seasonal onset or recurrence is considered a key diagnostic factor. Treatment for SAD is variable and can include different factors and approaches. Evidence based approaches include Cognitive Behavioral Therapy (CBT) which assists patients to recognize cognitions and attitudes which increase depressive functioning and to regulate and diminish depressive behaviors. Ambient Light Therapy attempts to replace lost exposure to full spectrum light by using an artificial source. Exposure to this lighting may increase serotonin and vitamin D levels. Medication treatments include supplementing vitamin D and the use of antidepressant medications particularly Selective Serotonin Reuptake Inhibitors (SSRIs). Aerobic exercise, dietary changes, and sleep hygiene therapy have all been found to have some efficacy in the treatment of SAD.

If you or someone you know has symptoms consistent with SAD or any depressive functioning, a visit or referral to a primary care physician, counselor, psychologist, or other mental health professional may be in order. Often people enter treatment for depression only after the urging of family, friends, professors, or coworkers. With a broad array of non-intrusive treatment available, there is no reason to be singing the winter blues.

**WOU Student
Affairs E-News is
published
periodically by
the Vice
President for
Student Affairs at
Western Oregon
University.**



Upcoming events

January

1/28 Ski bus to Mt. Hood Meadows
1/30-2/3 Out and Proud

February

2/9 MLK Dinner at 6pm
2/11 Ski Bus to Timberline
2/11 Turf Field dedication
2/14 Valentine's Day Dinner
2/20 - 2/25 African American Awareness Celebration

March

3/3 Ski Bus to Hoodoo

April

2/14 Pow Wow

May

5/5 Luau
5/18 Nuestra Fiesta Latina

Did You Know...



The Health and Wellness Center now has outdoor and camping equipment available to rent to WOU students and staff. You can rent a tent, sleeping bag, backpack, snowshoes and poles. Rates are cheap! Check out our website at <http://www.wou.edu/student/campusrec/outdoor/> Then come rent some equipment and enjoy nature!

Discover Leadership

Student Leadership & Activities has successfully completed the second session of Discover Leadership! Discover Leadership is a program that helps new students who are new to being involved in leadership get some basics skills and exposure prior to applying to the advanced leadership opportunities WOU offers, such as RA, PLUS Team, Peer Mentors, etc. The program is targeted to first generation students and those who may come from less privileged high schools, who may have had limited opportunities to participate in extracurricular activities.

Participants engage in a variety of weekly educational workshops that expose them to concepts of teamwork, diversity and other essential skills to be successful in a leadership position on campus. These workshops are led by various Student Affairs colleagues from Housing, Health Education and more, which doubles as a way for these students to put a face to the names they will see on applications for future involvement. One participant from last year's inaugural group said, "I got involved with Discover Leadership, it was my first big way I got involved at



Western. I felt like this was one of my major stepping stones for the path I continued on. I'm now involved with Student Activities Board, Senate and am holding a co-chair position in a club. I believe Discover Leadership helped me gain confidence and realize my potential as a leader at Western." Discover Leadership is a great way for students and professionals to meet and interact during their first critical months at WOU. If you have any questions about the program please contact Megan Habermann at habermam@wou.edu.

Bridging the Gap

Each year, Western Oregon University celebrates the legacy and work of Dr. Martin Luther King Jr. During the week of the holiday, WOU hosts a celebration week that provides events and programs that commemorate and honor the memory and work of Dr. King.

For this year the MLK planning committee was driven to highlight a different part of Dr. King's legacy, and expose other issues that he was passionate about, specifically, poverty. With the current state of the American economy, it seemed fitting that the committee choose a theme and idea that connected the 1960's to today. The theme for this year was "Bridging the Gap" which addresses not only the gaps of inequality that were taking place in the 1960's, it addresses the gaps that still exist today. The goal of this year's celebration was to shed light on poverty, and how it affects everyone.

This year the MLK Celebration began on January 17th with a Kick Off event. This unveiled the theme and established the mood for the Celebration. On Wednesday, January 20th there was a presentation on the Poor Peoples' Campaign and the significance that this organization had on Dr. King in the last two years of his life.



The concluding event of the celebration will take place on February 9th. The 5th Annual Dr. Martin Luther King Jr. Commemorative Dinner will take place at 6:00-8:00pm on February 9th, in the WUC Pacific room. The dinner will bring Dr. Mark Mathabane, author of Kaffir Boy to speak about his experience living in poverty while in apartheid South Africa. Tickets for the dinner are available in the MSSP Office (WUC, 212) it is \$5 for students and \$10 for general admission. Don't miss this opportunity to see an amazing speaker! Please contact the MSSP office if you have any questions, at (503) 838-8737.

Students Travel to Seattle and Tacoma to Explore Non-Profit Careers

Six students traveled with Renee Eaton, SLCD Director, to Seattle and Tacoma to visit a variety of non-profit organizations. Students toured FareStart, a restaurant where the staff teaches disadvantaged adults food industry skills and then hires them to run the facility. Afterward, students walked to the Pike Place Market Foundation where they visited its agencies: a medical center, a day care, a seniors' center and a food bank. Each of these agencies provided different perspectives about social service careers.

The following day, the group drove to the Museum of Flight which is located next to the Boeing Airfield. In addition to a personal tour, students met with the senior management team. It was interesting to learn how none of the senior management team ever had intended to work in a museum, but developed an interest for his/her work later in life.

Unlike the previous day, students were able to observe a much larger non-profit in action. Much like its for-profit counterparts, the organization has many of the same staff components such as: accounting, finance, and human resources as well as agency-specific jobs like development and curator. Their final destination, the Tahoma Audubon Society (no typo), was located in nearby Tacoma. Set in a park, the center was a nice example of a conservation-related nonprofit. After meeting the staff, students stretched their legs in the park before setting off for home.



New Artificial Turf Field Opens

The new Artificial Turf Recreation Field opened in early December, with the lights being added the following month. Used mainly for intramurals and the sport clubs of Lacrosse, Men's and Women's Rugby and Men's Soccer it has been well received by all user groups. It is lined for flag football, rugby and lacrosse with some common lines for soccer. Funded by the students who approved a bond in the spring of 2011 the field is set to be dedicated on Saturday, February 11 between the Lacrosse game at 1:00pm and a men's Rugby game at 3:30pm. The field is located between the baseball field and softball field.



Campus Rec Notes

Intramural Basketball play began Monday, January 23 in the new Health and Wellness Center. Fifty teams are set to compete for the title, in one of three divisions of play, all competing for one of the coveted Intramural Champion "T" shirts.

A mix of old and new will take place when the sport of Futsal replaces the Indoor Soccer league this winter. The change was necessitated by other uses for the NPE Gym Rubber Room and as a part of the remodel of the Old PE Gym/Health and Wellness Center project. Futsal is very much like indoor soccer but played with a smaller ball and all within the confines of a basketball court. Eighteen teams are set to compete for the inaugural Futsal championship.

The Outdoor program had full trips for most of the fall offerings to Tree to Tree Ziplines outside Gaston, Wildlife Safari by Winston, Kayaking at one of the states newer state parks (Beaver Creek south of Newport), a peek at the devastation of the eruption of Mt St Helens plus a whale watching trip from Depoe Bay.



Movers and Shakers

The Werner University Center has completed a \$2 million expansion and remodel project which creates new opportunities to expand services and programs to our student body. As a part of this building fee-funded project, the Willamette Room, a new AV-savvy “smart” lounge, was created with soft furnishings and the ability to do a variety of multimedia. The Willamette Room overlooks the football stadium and offers large floor-to-ceiling windows which let natural light into the facility! If you haven’t had the opportunity to see this fabulous space, you are missing out.

As part of this project, the Multicultural Student Services and Programs (MSSP) office relocated back to the WUC. MSSP is situated in the former Oregon Room. However the fireplace is still functioning with a small lounge cove. ASWOU has new offices downstairs with significantly more space and features. Student Media is now located in the former Den area – office space for KWOU, the Northwest Passage literary magazine and the Western Oregon Journal all provide a more central and visible location for their services. The VP for Student Affairs office has relocated to remodeled space across from the bookstore. Caffé Allegro coffee shop has a new lounge where patrons can lounge in comfort while they sip on their favorite drink (and occasionally listen to live music).

While the dust has settled for now, work will start during spring term on remodeling space next to the Vice President for Student Affairs Office. The new Deschutes Lounge area on the upper level will be where a pool table and big-screen TV will be located. With comfortable furnishings, this will be a place for students to go to be social, watch the big games on the TV and relax between classes.

With the relocation of MSSP to the Werner University Center, Upward Bound moved to the space previously occupied by MSSP (APSC 5th floor) and the Student Enrichment Program was able to expand into the space vacated by Upward Bound (APSC 2nd floor). This has allowed the Student Enrichment Program to provide computer stations and lounge space for the 400 students they serve.

This past summer, the Office of Disability services was able to add 14 testing rooms to their office in order to serve individual student needs. Not only has this helped the office reduce cost of proctors, but has also allowed ODS to provide a consistent location and environment for those students who are approved for this particular accommodation.

Also this summer, University Housing renovated the Residential Service Center (RSC), located on the north end of the Valsetz Dining Hall. The renovation included the addition of mailboxes so every student now has his/her own mailbox. In addition, the Peer Mentor Program was relocated to this area in a new office space and the Residential Computing lab and staff members were moved to the RSC as well.

University Housing is also in the final phases of creating additional study spaces in several of the residence halls. Furniture is on order, and by the end of winter quarter, thirteen study spaces will be added to Housing’s inventory of academically-focused space for students.

All of these projects were done with student direction and input. It is all a part of our effort to be more student-centered and respond to the changing needs of campus.



Valentines Day Dinner

A Semi Formal Fundraiser Dinner

Waitstaff: Western Oregon University Football Team Members

Pacific Room - Tuesday February 14th
Doors Open at 6:00 - Dinner is Served at 6:30 pm

Green Salad with Strawberries, Candied Pecans
& Champagne Vinaigrette

Seared Chicken Breast Stuffed
With

Havarti Cheese and Bacon and topped with
White Wine Dijon Cream Sauce

Steamed Baby Red Potatoes & Fresh Asparagus

OR

Eggplant Parmesan with Linguine Pasta
Fresh Asparagus

Ghirardelli Dark Chocolate Coffeehouse Cheese Cake

Dinner includes:

Sparkling Cider, Coffee, Tea and Water

Special Dietary Requests available upon request

\$15 per plate - \$25 per couple

FUNDRAISER FOR THE WESTERN OREGON UNIVERSITY FOOTBALL TEAM

Tickets available at:

Wolf Express, Wernor University Center

