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The Recipe
by Stephan Allen

Looking back on my childhood, I have fond memories of helping my mother in the kitchen. Whether it was assisting with cooking a meal or cleaning up after a meal, the kitchen was usually a place of comfort, unity, and happiness. Whether my mother involved the children was to ease her burden, teach us skills, or both, I’m not sure. Either way, the daily rituals developed love and unity in our family. (Note: If this story sounds a little too rosy, I have to admit, I am the youngest in my family. My older siblings often tell me that I was raised by different parents and that life for me as a youngest child was, well... fantastical). To this day, cooking is something I enjoy. I find it extremely gratifying to prepare a meal that provides guests and family with enjoyment, comfort, and satisfaction. I can’t say the same is true for cleaning—just ask my wife. The way my mother involved the family in the kitchen was a “recipe” from her book of parenting that I want to pass on to my children. On most weekends I love to cook breakfast and involve the kids in the process. Biscuits and pancakes from scratch are the most requested Saturday morning dishes. Having the kids help, at their current ages and abilities, actually makes the process more difficult for me and takes longer, but I involve our children because I want to recreate similar memories for them. I also want to teach them valuable skills, and hopefully inspire in them a love for cooking. So what do cooking and recipe’s have to do with our role as educators at SUU? Good question. Recently, a young man by the name of Gary asked me to write a letter of recommendation for him. I’ve written a lot of letters of recommendation, but for some reason, writing this letter caused me to think about SUU’s recipe for success.

The first time I met Gary was in a University 1000 class that I taught in the fall of 2008. It did not take long for me to recognize that Gary was mature, a good thinker, willing to work hard, and could articulate his thoughts and ideas well—both in verbal and written form. Simply put, Gary was a joy to have in class and I saw a lot of potential in him.

One day after class, Gary stopped me to discuss a class assignment. During our conversation, I learned that Gary was dating a young lady who was attending Brigham Young University. It seemed obvious to me that a proposal of marriage was forthcoming. As the conversation continued, Gary indicated that his plans were to transfer to BYU the next semester. I asked Gary how he felt about leaving SUU and he expressed great sadness about the thought of leaving. My heart ached, not just because I hated to see such a gifted student leave, but because I knew that the potential that was overflowing in Gary would not be fully realized at a school like BYU. I insisted that Gary...
bring his future wife, Kimberly, to campus to meet me and take a tour. The next Saturday, Gary and Kimberly were in my office and we enjoyed a nice visit and tour. A few days later, Gary called me and indicated with great excitement that Kimberly wanted to transfer to SUU.

Gary, like most students, has been an asset to the University and when he graduates, will represent SUU well. In turn, SUU has applied its winning recipe to Gary, which is taking its star ingredient—the student—and applying personal attention, quality instruction, and meaningful experiences that have resulted in a soon to be graduate whose potential has been fully realized.

My friends and colleagues, we are part of this recipe. Do we wear this mantra? Is it at the forefront of our thoughts? I worry that we underestimate the importance of our respective roles when it comes to the SUU recipe and students. We are a wholesome additive that brings depth, flavor, and nutrition to our student’s education. We are in the business of saving students (retention) and helping students reach their potential (student success).

Despite our hectic lives, I would implore you and me to find ways to improve our role in helping students reach their potential. This could include, but is not limited to:

1. **Professional development.** Life is about constant improvement. There are endless opportunities to find better ways to do the things we do. Visit with your supervisor about professional opportunities. Supervisors, be pro-active in encouraging staff to develop professionally. Professional development doesn’t have to be expensive. When it is, there are resources to help with the cost.

2. **Provide good customer service.** Good service to students and each other can often define an organization. From phones to processes, we must ensure that we, our colleagues, and student workers are constantly receiving customer service training and looking for better and simpler ways to do things (avoid the bounce).

3. **Teach.** As we meet with students for things such as making a repair in a residence hall room, selling a book, helping a student drop a class, discussing opportunities, etc. Take an opportunity to teach and empower. By teaching things like life skills, leadership, civility, study skills, and more, we are helping students reach their potential.

4. **Ask students questions.** Whether it is a casual conversation or more formal in nature, ask questions, especially if you sense a student has a concern or is struggling.

5. **Volunteer to be an advisor.** I know that Keri Mecham and Jake Johnson are regularly looking for faculty and staff to serve as club advisors. A good advisor can make all the difference in a club.

6. **Be tenacious about retaining students.** We all meet students who, for one reason or another, are contemplating leaving school. The reasons students leave are varied and no one has all the answers, but we often know someone who does know the answer or can help the student you are working with at this moment. Be the bridge that connects a student to the right resource.

7. **Add student success and retention to your meeting agendas.** If everyone is going to play a role in student success, we all need to be engaged in the conversation. In addition to creating dialogue within departments, having a guest presenter from another department is one way to increase awareness of services and/or provide professional development.

8. **Validate.** Take time to validate qualities of distinction that students and colleagues possess. Often, reinforcing the positive equates in better morale and improved performance.
Much like the gratification I feel when preparing a meal for family, helping and seeing students reach their potential during their four years at SUU will be gratifying and add a wonderful dimension to your life and legacy.

The Learning Hotel by Chris Ralphs

Every time one of my relatives or a new acquaintance asks me what I do for a living, I secretly cringe inside. Not that I have any compunction about what I do for a living, but because I know that my failure to adequately take the time to describe what I do will lead to this inevitable summation of my employment: “Oh, so it’s like you run a hotel”. No, it’s not. Trust me, I know. If I was managing a hotel it would be in Maui. So while the question always gives me cause to pause and reflect upon my inability to properly express myself, it also provides me an opportunity to question why I think what we do in University Housing is more than just being a landlord.

For me the two main concepts that have guided student affairs since its inception are a commitment to the development of the whole person and a commitment to support the academic mission of the university. We do that by our influence in student control, the services we offer, assisting student development, and by cultivating learning opportunities. I look behind me each day to read the mission statement that has been framed and placed upon the shelf.

“"The mission of University Housing at Southern Utah University is to provide the highest quality living conditions which are safe, clean and comfortable as well as a learning environment that promotes maturity, supports academics, and enhances personal growth".

Charles Schroeder’s recent visit reminded me that as I describe what I do to my third cousin once-removed on my mother’s side, I need to focus on the second half of that mission statement. This is what we do. This is where myself and others like me find our passion. It no longer seems enough to point to research by Astin or Chickering or the like and proudly state that students who live on campus are more likely to persist or receive a higher GPA. I believe that the on-campus experience can lend itself to more comprehensive growth in the areas of psychosocial, career, spirituality and cognitive development. And even beyond student development I can see the role we can share in student learning. I see so much potential and opportunity in our Learning Communities. I see the chance to partner with faculty and staff in creating intentional communities that exist to promote environments where academic success is achieved. I see the creation of seamless environments that
do not differentiate between time spent in the classroom and the time spent beyond it. I’m excited that the University Staff participate in the mission of the university. Learning Communities aren’t about business, or occupancy, or politics, or making sure that someone is recognized for their efforts and paid their due. It is about student learning. It is about helping students achieve. The term “residence halls” emerged to signify that “dorms” were more than just a place to sleep, but a place to live and learn. We are not a hotel. We are a learning hotel.

Dr. Schroeder’s insights have invigorated me. For those individuals who have partnered with us to create our current Learning Communities, thank you so much for the dedication you show to students. My desire is for University Housing to making these communities and your efforts successful. Our partnerships in creating these communities can have meaning to the students we serve. I look forward to our continued relationship in student success.

During the winter quarter of the 1923-24 school year, a new organization was formed on the campus of the Branch Agricultural College. The Iron County Record announced its arrival:

“A very exclusive girls club has been organized recently at the Branch Agricultural College. This is the College’s first Greek Letter organization. It has been chartered under the name of Phi Alpha Beta.
and has a membership of twenty-five Fresh and Senior girls. The members are a snappy group of girls with high scholastic standing. An aim of the organization is to promote the social welfare of the girls.”

Phi Alpha Beta was the forerunner of the Alpha Phi International Women’s Fraternity. Today, Alpha Phi continues the legacy of those original twenty-five “snappy” women of “high scholastic standing.” In fact, Alpha Phi has routinely led our fraternity and sorority community by frequently achieving a collective GPA that exceeds the all-women’s average. Over the summer they were recognized as one of eleven Alpha Phi chapters to win the Order of the Lamp Award. Alpha Phi maintains over 150 chapters in North America.

Alpha Phi’s success is just one of the exciting things that are happening within the fraternity and sorority community at SUU. Last spring, the University convened a Task Force to evaluate the condition of Greek Life, and create a strategic plan to enhance the Greek experience for students who choose to join. To assist the Task Force in fulfilling its charge, the University invited Daniel Bureau to come to campus for a consultation visit. Dan is a former president of the Association of Fraternity Advisors and one of the finest leaders in the fraternity and sorority world. The Task Force will present its findings and plan to the Vice President for Student Services at the end of March. It is anticipated that the plan will provide a strong foundation for future improvements.

Many improvements have recently been made. Two national honor societies have been chartered to recognize the scholastic and leadership achievements of our Greek students. Just this month, we received a charter from Order of Omega. Our Greek students will now have the opportunity to belong to one of the most selective honor societies in the country. Only the top three percent of fraternity and sorority students are admitted to membership. Order of Omega membership is reserved for students of high scholastic ability, exemplary character, and leadership. In April 2010, we inducted our first class of 26 members to Gamma Sigma Alpha—a(n) academic honor society.

Our students have also been working to serve in the community and raise funds for charitable causes. Sigma Nu hosted its annual Haunted Hollows in October. Delta Psi Omega raised money for muscular dystrophy, and Sigma Chi donated funds to the Huntsman Cancer Institute. Our groups will also support Women’s Cardiac Care and the American Cancer Society during the spring semester. If you have an opportunity to support our fraternities and sororities in these efforts, please do so. They would love the support.

Our Greek students have also been engaged in a significant historical research project to learn about and revive old campus traditions. If you or any of your family members, neighbors and friends belonged to a fraternity or sorority we would be interested in hearing about your experience. Feel free to contact Jake Johnson at johnsonj@suu.edu or 435-865-8567.
In the Spring of 1897 the people of Cedar City heard that the Utah Legislature was looking for a location in Southern Utah to become a branch of the state’s teacher training school. Immediately the Cedar City community started petitioning and making committees to help ensure the school would be located in Cedar City.

In May of that year, Cedar City was notified that they were picked as the location. Some say Cedar City was chosen because of its central location and superior educational record. Other private sources say the real reason was because out of all the cities competing for the school, Cedar City was the only one without a saloon or pool hall. Either way, Cedar City was chosen, and for the next three months the whole community prepared to start the first school year.

So here we are in the Spring again—the season where it all started!
Farewell to Megan, Welcome to Katie!

University housing gives a sad goodbye to Megan Lloyd who has departed from University Housing. Megan first came to University Housing as a student in Manzanita in 2005. In the spring of 2006 she was hired as a Resident Assistant, and later that year was promoted to Hall Director. She has been a valued team member ever since. According to Megan, “I will always hold a special place in my heart for the people here because of how supportive and eager the faculty and staff were to helping me succeed. Her positive attitude and strong work ethic have helped us immensely and we wish her the best in all of her future endeavors.

We are excited to welcome Katie Hill, who is replacing Megan. Katie has been working with the University Housing staff as a third year Resident Assistant in Juniper Hall. We are excited to have her as part of the Community Coordinator team.

Wishing Luck to ETS

Tami Shugart and her ETS crew heaved a huge sigh of relief in mid-December. It was not that they had all their shopping done but that the big US Department of ED Grant for 5 more years funding for ETS was submitted! Tami should hear in summer if they have made the cut-off score for funding and then you will hear a collective cheer!

We have confidence in Tami’s grant writing skills also!
Trudy Smith Receives Student Services Award

Trudy Smith was the deserving recipient of the Fall 2010 Student Services Excellence Award. Among many worthy nominees, Trudy’s name was submitted twice by co-workers lauding her personal devotion to the international affairs of this university. Thanks to Trudy and all she does to make our Student Services team the best in the state!

And the Move is On

With the exciting arrival of Kim Roeder, Lauri Garfield and her student employees have moved to the Hunter Conf. Center and will be located with Event Services.

Between the lines

Milestones

Congratulations to:

Lynne Brown who is enjoying the smiles from her newest grand daughter. Shelby Brunson was born on Nov 1st to Lynne’s daughter Michelle and son-in-law Will.

Tonya Taylor’s son Tyson was married October 9th. Congratulations Tyson!

Delene Small, whose daughter, Shauna Terry, gave birth to a daughter, Bailey, on Oct. 3. She was 3 months premature and weighed 1 lb. 11 ounces. There were some setbacks along the way but Bailey finally went home on Jan. 2 and is doing well!

Lynn Pruitt whose daughter, Jillian Seymure, had a premature baby boy, Easton, on Oct. 11. He was also about 3 months premature but he went home on Nov. 27 and now weighs 5 lbs. 11 oz!

Sadie Spencer who had the New Year Baby for 2011. Sadie’s little girl was born Jan. 1, 2011 at 3:55 am weighing in at 6 lbs 12 oz. Both are doing well.

Carmen Alldredge who is taking her final two classes for the Master’s in Public Administration degree this spring. We all have confidence she will be “marching in May” and will have successfully completed her MPA.
Full name: Kimberly Magee Roeder

Preferred Name: Kim

Place of birth: Delaware

Date of birth: Feb. 25 (I don’t mind late presents, fyi)

Where did you grow up? I’m a military brat so I grew up moving just about every two years. Virginia is where I call home, however because I lived there 25 years (not all consistent)

What did you want to be when you grew up? The public relations manager for the Pittsburgh Steelers. Go Steelers

What is your favorite memory? Just to make Jerry feel good, I’ll say it was my wedding day. Which was the same day the Steelers beat the Buffalo Bills 40-21 in the AFC divisional playoffs.

What is your favorite TV show? Bones

How about your favorite movie? Don’t have one. But I do like movies.

What is your favorite book or magazine? Real Simple Magazine

What kind of music do you listen to? Umm... in our house/car it is mainly Radio Disney, but that doesn’t make it my favorite.

What are your hobbies? I love to garden and cook.

Pets? No. I’m allergic to dogs/cats.

What are your pet peeves? Picking up after others.

What ambitions do you have? Career-wise it is just to do my best. Personally - I just want to make sure we take advantage of our time out west to see everything we can.
Full name: Colton Keith Griffiths

Preferred Name: Colton or Griff or Spud. I’ll really answer to anything

Place of birth: Good Ole Delta, UT

Date of birth: March 23, 1989

Where did you grow up? Good Ole Delta, UT

What did you want to be when you grew up? I’ve always wanted to play in a Rock Band of some sort. And that is still my dream... a very very distant dream.

What is your favorite memory? I have lots of favorite memories, but one of my most favorite was when I broke my collar bone in 6th grade trying to catch a butterfly to impress a girl.

What is your favorite TV show? Right now I really love to watch Man vs. Food, and thanks to netflix, I watched eight episodes of The Office in one night.

What is your favorite movie? Hmm... I love all the super hero movies. I’m on an Iron Man 2 kick right now, but my all-time favorites would be (in order of preference): Cars, Patch Adams, Ocean’s 11, and Harry Potter 5.

What is your favorite book or magazine? I love Tom Sawyer. I survived and enjoyed Count of Monte Cristo. And I read Harry Potter 7 in one day. Right now my favorite books are text books because I don’t have time to read anything else.

What kind of music do you listen to? Lately I’ve been listening to a lot of John Mayer and Jack Johnson, I love NewFoudnGlory’s mature chill album called Coming Home, and another timeless classic for me is So Long Astoria by the Ataris. I used to be a total punk rocker, but I’ve really mellowed out. I also dig Dave Matthews.

What are your hobbies? Fixing Old Mustangs (1967 to be exact) and trucks, playing guitar, skateboarding, snowboarding, wakeboarding, four wheeling, kite flying, playing angry birds or pocket tanks, and my new favorite hobby is watching endless amounts of movies with my lovely wife.

Pets? No thank you...

What are your pet peeves? Um... really wanting a piece of gum and not having any on hand. Bad gas mileage, or expensive movie tickets.

What ambitions do you have? Whatever I do, I want to do it with enthusiasm and lots of joy. I also try to make every person that I meet a bit happier then when I found them. I love helping others see their potential and helping them reach it!

Where were you before SUU? I was in Delta going to High school, then I came here for a year, then I went on a Mission for the LDS church to Dallas, TX, and now I’m back again!

Why did you decide to come to SUU? I honestly don’t know. But I’m sure glad I did, because I love it here!
The Notebook is an electronic newsletter published bi-semesterly for the Division of Student Services at Southern Utah University. It includes the following four sections:

**College Ruled**
This section emphasizes continuous personal and professional improvement by featuring articles that provide insights into the world of higher education. It also contains an article from the Vice-President for Student Services office and articles related to the improvements realized by Student Services departments.

**The Binding**
This section celebrates the purpose of Student Services: SUU and its students. Each issue features an article revealing obscure SUU history and culture. Surrounding articles focus on student achievements, reinforcing the connection between SUU students and Student Services.

**Bullet Points**
Content within this section is administrative and professional related. Division announcements, upcoming events, departmental news, professional achievements and department recognitions characterize Bullet Points.

**Between The Lines**
Focusing on individuals within the division, this section announces personal achievements/milestones, anniversaries, birthdays, special non-professional recognitions, etc. Each issue also features an article highlighting a division member.

**CONTENT SUBMISSION GUIDELINES**
The Notebook is designed to be relatively informal; however, in an effort to foster clear communication, please consider the following guidelines and suggestions when submitting content:

- Differentiate personal from professional information (i.e. A co-worker experiencing two events—1) receiving a professional honor and 2) celebrating a marriage—requires two separate articles).
- Announcements excluded, article submissions for Bullet Points should report significant administrative or professional events (e.g. major promotions, honors, departmental advancements, etc.).
- Use full names
- Use specific dates or time references
- Employ 3rd person point of view when articles are of a more professional nature. For personal related articles, 1st person point of view is suitable, but not required.
- Include pictures when possible (except photo directory pictures, which are already filed)
- Submit the article to Dina Nielsen (NielsenD@suu.edu) in an electronic format (word or text document, email, etc.)

For assistance or clarification with content submissions, please contact Barb Gray (gray@suu.edu) or Ty Jewkes (JewkesT@suu.edu).

**SUBSCRIPTION REQUESTS**
To request The Notebook for yourself or a co-worker not currently receiving issues, please email your name, department, and email address to Liz McNaughton (lizm@suu.edu).

**PUBLICATION SCHEDULE**
Next issue: Fall 2011 Semester