
MESSAGE FROM TANYA WINEGARD

Submitted by Dr. Tanya Winegard

Dear Colleagues,

I look forward to seeing you all at our Staff Development Seminar tomorrow. We will have an opportunity to come together and meaning-make on what has been a hectic and difficult February. Please come to tomorrow's meeting with your thoughts and questions. During my address to the division, I will have carved out significant time to hear from you and answer your questions.

I am grateful for all you do and will continue to do for our students.

Take care,

Tanya

NEW DIRECTOR OF THE CREIGHTON INTERCULTURAL CENTER

Submitted by Dr. Michele Bogard

After conducting a search for the Director of the Creighton Intercultural Center, I am pleased to share that Ms. Becky Nickerson has been selected to serve in this role. Becky graciously served as the Interim Director since August 1st. In that time, she has led the area through a departmental re-branding and goal mapping process. Additionally, the CIC has led a campus-wide book club post the President's Panel on Race Relations last fall, increased campus wide programming and outreach efforts, and has collaborated with faculty efforts to introduce more diversity and inclusion efforts into the *Magis* Core.

Prior to holding the interim role, Becky served as the assistant director of leadership and retention efforts since fall 2008, and prior to that worked in HS-MACA since spring 2004. Becky has also

served the local community as a social worker.

Please join me in congratulating Ms. Nickerson on her new role within our division!

OPEN POSITIONS IN THE DIVISION OF STUDENT LIFE

The Human Resources website currently lists the following open positions within our Division:

- Associate Director of Clinical Services (Student Counseling Services)
- Administrator for Student Life (Office of the Vice Provost for Student Life)
- Assistant Director for Student Integrity (Student Integrity & Wellness)

This [link](#) connects with the Human Resources website where you can view the open positions. If you have any questions regarding these positions, please contact the respective hiring manager for the specific job opening.

A THANK YOU AND WELCOME BACK IN STUDENT COUNSELING SERVICES

Submitted by Dr. Wayne Young, Jr.

A big thanks to Dr. Rebecka "Becky" Tompkins and Dr. Michael Kelley. They were very helpful in assisting Student Counseling Services during Dr. Harlow's time away over the past 2-1/2 months. Please join me in thanking Dr. Tompkins and Dr. Kelley for their outstanding care for students and the staff in Student Counseling Services! Additionally, please also join me in welcoming back Dr. Allison Harlow!

STAFF WELL-BEING WORK GROUP

Submitted by Ms. Angela Maynard

March is here, so we've almost made it to Spring Break!!!

Did you know that March 1-7 is national Collegiate Health and Wellness Week?

Student Health Services will share a bit about what goes on behind those beautiful windows, and closed doors in the lower level of the Harper Center at the upcoming Staff Development Seminar on Thursday, March 2nd.

March 7-13 is National Sleep Awareness Week.

According to the Centers for Disease Control: Insufficient sleep is a public health problem!

Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors. Unintentionally falling asleep, nodding off while driving, and having difficulty performing daily tasks because of sleepiness all may contribute to these hazardous outcomes. Persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity. Sleep insufficiency may be caused by broad scale societal factors such as round-the-clock access to technology and work schedules.

How much sleep should I get?

<u>AGE GROUP</u>	<u>RECOMMENDED HOURS OF SLEEP</u>
18-60 Years	7 or more hours per night
61-64 Years	7-9 hours
65 Years and Older	7-8 hours

The National Sleep Foundation recommends the following sleep hygiene tips:

- Go to bed at the same time each night and rise at the same time each morning.
- Make sure your bedroom is quiet, dark, and relaxing environment, which is neither too hot or too cold.
- Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music. Remove all TVs, computers, and other "gadgets" from the bedroom.
- Avoid large meals before bedtime.

As we move into March, we would direct you to the DSL calendar for some timely information, and encourage you to celebrate some of the events that are included in the Newsletter calendar.

March Is:

- National Colorectal Cancer, Kidney Cancer, and Myeloma Awareness Month
- National Brain Injury Awareness Month

DIVISION OF STUDENT LIFE STUDENT AWARDS

Submitted by Ms. Emma Rapp

The Division of Student Life Awards are coming up for the 2016-2017 school year! Annually, the Division of Student Life hosts an awards ceremony to honor students who have made a lasting and positive impact on the Division and the campus. This year, we will be hosting a dinner for these students and members of the Division who are involved in shaping these students' experiences. The Division of Student Life Awards will be held on Sunday, April 23rd, at 5:00pm in the Mutual of Omaha Ballroom in the Skutt Student Center. The attire is business professional, and invitations will be distributed electronically in the month of March.

We would like to share a timeline with regard to award nominees and recipients. We need for each department to submit their departmental award recipients and their divisional award nominees by March 17th. After we have the names, we will be sending invitations to all included and will be requesting RSVPs from all invitees. To nominate a student for an award, please go to the Division of Student Life's CU Involved page under the Forms tab. The applications are currently open and will remain open until March 17th.

The Student Programming Divisional Work Group is excited about planning this event and honoring the work that our students do throughout the Division of Student Life. If you have any questions, please do not hesitate to email [D'Antae Potter](#).

DIVISION OF STUDENT LIFE STAFF AWARDS UPDATES

Submitted by Mr. Joey Kimes

The Staff Awards, Networking, and Connecting Work Group would like to announce that the Division of Student Life Staff Award nominations are now open! Please take time to nominate your colleagues for the outstanding contributions they have made to the Creighton community. Nominations are being sought through Friday, April 21st at 4:30pm, and will be awarded at the annual Divisional Symposium in May.

To see descriptions of the awards and past recipients, please check the [Division of Student Life website](#). If you would like to nominate colleagues for the following awards, please use this [link to access the forms on CU Involved](#):

Bluejay Spirit Award

Diversity Award

Magis Award

Outstanding Campus Collaborator Award

Outstanding Teamwork Award

Rising Star Award
Unsung Hero Award

If you have any questions, please contact [Joey Kimes](#) for more information.

UPCOMING GO! PROGRAMS

Submitted by Ms. Kristen Roppolo

March GO!: March 2, 2017 - 10am-12pm

The Department of Residential Life will be hosting the GO! Program after the Staff Development Seminar on March 2nd. During this session, staff will discover ways to improve and develop their cultural competency skills. By understanding the needs of international students and the on-boarding processes already in place, we can adapt our department's programming to create a holistic and inclusive environment for these students.

Fences: March 7, 2017 - 3-6pm

Looking to earn a GO! Credit over Spring Break? Join Residential Life and the Creighton Intercultural Center on Tuesday, March 7th, at 3pm in the Creighton Intercultural Center for the viewing and talk back of the movie Fences. This award-winning film tells the story of an African American father who tries to "raise hi family in the 1950's, while coming to terms with the events of his life."

As a reminder, DSL staff members can earn up to 2 credits by attending an off-campus event that falls into one of the following categories: race/ethnicity, religion, gender/sexuality, ability/disability status, socioeconomic disparities, or oppression and discrimination. If you attend an off-campus event, share your experience in one of the following ways:

- E-mail to DSLGO@ccreighton.edu
- Tweet a picture and brief reaction with the hashtag #DSLGO
- Post a picture and brief reaction on the DSL Facebook page

If you come across an event that you think would make a good addition to the GO! calendar, please email DSLGO@creighton.edu for the work group to review and add to the calendar.



DSL MARCH 2017 HAPPENINGS

National Colorectal Cancer, Kidney Cancer, and Myeloma Awareness Month & National Brain Injury Awareness Month						MARCH 2017
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 26	27	28	Natl Collegiate Health & Wellness Week March 1	Natl Collegiate Health & Wellness Week 2	Natl Collegiate Health & Wellness Week 3	Natl Collegiate Health & Wellness Week 4
			Ash Wednesday Lent Begins	DSL Staff Develop. Seminar SSC Ballroom 8:15-10:00am GO! Program Understanding Needs of International Students SSC Ballroom 10am-11am	National Anthem Day	SPRING BREAK
Natl Collegiate Health & Wellness Week 5	Natl Collegiate Health & Wellness Week 6	Natl Collegiate Health & Wellness Week 7	Natl Sleep Awareness Week 8	Natl Sleep Awareness Week 9	Natl Sleep Awareness Week 10	Natl Sleep Awareness Week 11
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
Learn What Your Name Means Day		GO! Program Movie: Fences & Discussion CIC/Harper Center 1109 3pm	We Need a Spring Break Too Luncheon KFC 11:30am-1pm	DSL Leadership Team Meeting 8:30-10:30 am	Mental Health First Aid 8:30am-4:30pm Harper Center Room 2060	
Natl Sleep Awareness Week 12	Natl Sleep Awareness Week 13	Natl Poison Protection Week 14	Natl Poison Protection Week 15	Natl Poison Protection Week 16	Natl Poison Protection Week 17	Natl Poison Protection Week 18
SPRING BREAK			News Articles Due for April 2017 DSL Newsletter		DSL Student Award Nominations Due	
Natl Poison Protection Week 19	Natl Poison Protection Week 20	National PI Day			St. Patrick's Day	
	National Native American HIV/AIDS Awareness Day		World Water Day National Good Off Day		CSW Event: Celebrating Creighton Women's Creativity Lied Center Performing Arts Center Lobby RSVP Requested 3-5pm	
26	27	28	29	30	31	April 1
Make Up Your Own Holiday Day						

[Click Here for Larger March Calendar](#)

MENTAL HEALTH FIRST AID

Submitted By Ms. Sangeetha Kumar

**PLEASE JOIN US FOR A FREE DAY OF
MENTAL HEALTH FIRST AID FOR STAFF AND FACULTY!**

March 10, 2017

8:30am-4:30pm

Harper Center Room 2060

Mental Health First Aid in Higher Education

College and university students have unique stress and risk factors related to the demands of school; balancing academic, social, and employment responsibilities while being independent and away from family, friends, and other supports — often for the first time.

Today, 40% of young adults age 18-24 are enrolled in a two or four year educational institution. Statistics show that 75% of mental illnesses develop before age 25, making colleges ideal locations for early identification. However, the number one reason students say they do not use mental health resources is lack of knowledge that those resources even exist.

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid USA is a training — like regular First Aid or CPR — designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs of specific illnesses.

Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis.

MENTAL HEALTH FIRST AID FOR HIGHER EDUCATION

Mental Health First Aid for Higher Education is designed with colleges' and universities' unique culture and resources in mind. Training students, faculty and others in higher education settings how to recognize the symptoms of emerging mental illnesses or to assist young adults in a mental health crisis can help lessen the severity and impact of mental illnesses.

The course includes:

- A discussion of campus culture and its relevance to the topic of mental health
- A discussion of the specific stress and risk factors faced by the higher education population
- Applying the ALGEE action plan in a number of scenarios designed specifically for faculty, administration and students
- A review of the mental health resources available on campus and through partnerships in the community

Spots are limited to 20 participants so please [email Sangeetha](#) if you are interested in securing a spot! If you can't make this session, we will setting up some Summer sessions soon!

MAKE A DIFFERENCE ON OUR CAMPUS TODAY!

CAMPUS RECREATION AND WELLNESS

Submitted by Mr. Steve Woita

Spring Break Building Hours

	KFC	Rasmussen Center
Friday, March 3rd	6:00am – 8:00pm	11:00am – 8:00pm

Saturday, March 4th	10:00am – 6:00pm	CLOSED
Sunday, March 5th	10:00am – 6:00pm	CLOSED
Monday, March 6th	6:00am – 8:00pm *	11:00am – 6:00pm
Tuesday, March 7th	6:00am – 8:00pm *	11:00am – 6:00pm
Wednesday, March 8th	CLOSED **Jesuit Luncheon 11:30-1:00pm ***Building Maintenance	6:00am – 8:00pm
Thursday, March 9th	6:00am – 8:00pm	11:00am – 6:00pm
Friday, March 10th	6:00am – 8:00pm	11:00am – 6:00pm
Saturday, March 11th	10:00am - 6:00pm	1:00pm – 6:00pm
Sunday, March 12th	10:00am -12:00am	1:00pm – 11:00pm
Monday, March 13th	Resume Normal Spring Semester Hours	

March Special Event Building Hours

Luau		
	KFC	Rasmussen Center
Friday, March 17 th	6:00am – 6:00pm *Courts & track close at 2:00pm	11:00am – 9:00pm
Saturday, March 18 th	CLOSED	10:00am – 9:00pm

Relay for Life		
	KFC	Rasmussen Center
Friday, March 24 th	6:00am – 6:00pm *Courts & track close at 2:00pm	11:00am – 9:00pm

Project Homeless Connect		
	KFC	Rasmussen Center
Thursday, March 30 th	6:00am – 6:00pm ** Courts & track close at 3:00pm	11:00am – 11:00pm
Friday, March 31 st	6:00pm – 9:00pm	6:00am – 9:00pm

*All other dates will have normal Spring Semester hours of operation
with exception of Spring Break*

STUDENT CENTER, CENTRALIZED RESERVATIONS & DINING SERVICES

Submitted by Mr. Scott Maas

Spring Break 2017

Spring Break is just around the corner. Listed below are the facilities and dining services hours for the 2017 Spring Break.

Friday, March 3

6:30am - 6:00pm

Saturday, March 4

9:00am - 6:00pm

Sunday, March 5

Closed

Monday, March 6 - Friday, March 10

7:00am - 6:00pm

Saturday, March 11

9:00am - 6:00pm

Sunday, March 12

3:00pm - 11:00pm

Creighton
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Division of Student Life
Housing and Auxiliary Services

Mike and Josie Harper Center 2017 Spring Break Hours



Skutt Student Center 2017 Spring Break Hours

Friday, March 3
6:30am - 8:00pm

Sat., March 4 & Sun., March 5
12:00pm - 8:00pm

Mon., March 6 - Fri., March 10
7:00am - 8:00pm

Saturday, March 11
12:00pm - 8:00pm

Sunday, March 12
12:00pm - 2:00am



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Housing and Auxiliary Services

SPRING BREAK DINING OPTIONS

Friday March 3 (After 5pm)	JACK AND ED'S 7am-7pm	STARBUCKS 7am-7pm	BIRDFEEDER Closing at 5pm	BRANDEIS 5:30pm-8pm
All Other Locations Closed *Godfather's Available at Jack and Ed's				
Saturday March 4	BRANDEIS 7am-9am	BREW JAY 9am-1pm	JACK AND ED'S 12pm-7pm	
All Other Locations Closed *Godfather's Available at Jack and Ed's				
Sunday March 5	JACK AND ED'S 12pm-7pm			
All Other Locations Closed *Godfather's Available at Jack and Ed's				
Monday - Friday March 6-10	JACK AND ED'S 7am-7pm	BREW JAY 7am-4:30pm	STARBUCKS 9am-3pm	WAREHAM 11am-2pm
All Other Locations Closed				
Saturday March 11	BREW JAY 9am-1pm		JACK AND ED'S 12pm-7pm	
All Other Locations Closed *Godfather's Available at Jack and Ed's				
Sunday March 12	BRANDEIS 5:30pm-8pm	WAREHAM 4:30pm-7pm	JACK AND ED'S 12pm-1am	STARBUCKS 12:30pm-12am
All Other Locations Closed				
				JAVA JAY 4:30pm-12am

Recycling Initiative in Skutt

Over the past month, the team within the Skutt Student Center has been working on much needed initiative focused around recycling. Those that come to Skutt will see new signage on bins to educate the Creighton community on what can be recycled and which bin it properly needs to be placed in. The Operations Staff in Skutt have taken the responsibility to monitor the recycling bins and have reported there has been a big improvement over the past month.

SKUTT STUDENT CENTER RECYCLING

PAPER



OFFICE PAPER



NEWSPAPER



MAGAZINES



CARDBOARD

PLASTIC & ALUMINUM



CANS



PLASTIC CONTAINERS



PUT YOUR WASTE IN ITS PLACE.
PLEASE RINSE OUT ANY SOILED ITEMS!

New Dining Program - Elite Events

This semester, a new program has been debuted through Creighton's dining locations, called Elite Events. The Elite Events are a Pop-Up Restaurant that provide students as well as others in the community the opportunity for a change from the usual offerings in the dining halls and even in retail locations! During the month of February, the program debuted in Brandeis Dining Hall with the Stone Steakhouse, where students enjoyed an 8oz grilled NY strip steak, steamed broccoli, and baked potato with the use of a meal swipe plus a small additional cost. In Wareham Court, two events happened in February. Wings Night and Bodacious Burgers! The upcoming months will feature a few more events and information can be found at <https://creighton.sodexomyway.com/index.html> under the calendar.

Skutt Advisory Board Welcomes New Reps

The new semester brought some changes to the advisory board which included former CSU representatives, Rebecca Henton, transitioning into the Alumni Rep position and being replaced by Erin Quinlin, who is a junior in the College of Arts and Sciences. Also, the Creighton Intercultural Center appointed Alejandra Martinez to be the Diversity and Inclusion representative. Alejandra is a sophomore in the College of Arts and Sciences.

Busy Year Within Skutt and Harper

The Centralized Reservations team has been a busy team over the past eight months. By the end of January, the team had executed reservations and events for almost 5,800 events across campus. This is an increase of over 700 events from the previous year. That's impressive! Have you hugged a Centralized Reservations team member? They might be needing it after they see these numbers!

<i>Events/Reservations</i> <i>(As of 1.23.17)</i>	Skutt Student Center	Mike & Josie Harper Center	Classrooms	Outside	Totals
<i>Student</i>	658	596	1,058	151	2,463
<i>Creighton Community</i>	756	1,221	1,140	50	3,167
<i>Affiliate</i>	13	41	50	12	116
<i>Public</i>	0	37	14	0	51
<i>FY17 YTD Totals</i>	1,427	1,895	2,262	213	5,797
<i>FY16 YTD</i>	<i>1056</i>	<i>1631</i>	<i>2167</i>	<i>207</i>	<i>5,061</i>
<i>Variance</i>	<i>371</i>	<i>264</i>	<i>95</i>	<i>6</i>	<i>736</i>

SPONSORED BY THE COMMITTEE ON THE STATUS OF WOMEN:

CELEBRATING CREIGHTON

WOMEN'S

Creativity

LOBBY OF THE LIED CENTER OF PERFORMING ARTS

MARCH 24TH || 3-5 PM

COCKTAIL HOUR AND REFRESHMENTS

PLEASE RSVP TO:

[HTTPS://WWW.EVENTBRITE.COM/E/CELEBRATING-
CREIGHTON-WOMENS-CREATIVITY-TICKETS-31651942813](https://www.eventbrite.com/e/celebrating-creighton-womens-creativity-tickets-31651942813)

PLEASE DIRECT QUESTIONS TO
FRAN@QUANTUMWORKPLACE.COM



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