

The NACURH Network

Special points of interest:

- NACURH Conference Scholarship due on March 11, 2010 by 11:59pm PST to nationalchair@nacurh.org
- NACURH 4 Year Service Pins due to your Regional Director by April 1, 2010
- NACURH 2010 registration opens on April 6, 2010. Delegate fee is \$225 per person. Visit www.nacurh2010.net for more info.
- National Award bids due on April 15, 2010
- Follow the National Chair on Twitter @NACURHChair

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BLOW OFF STRESS!

A Great Student Leader is a Healthy Student Leader

By: Alla Goldman

Sometimes the pressures of being a full time student along with our commitments to RHA/IRH/NRHH/other campus leadership organizations can get to be too much. That's why it's important to have a good set of stress-management tools ready for when the world seems like it's just spinning too fast. Everyone has a different way of reacting to the strains on their time and mental drain – so the most important thing is to pick a method that works for you. Here are several strategies to consider as you start off Spring 2010 and begin dealing with academic and extracurricular demands:

Play Some Racquetball – Half an hour at the gym playing racquetball is not only great cardio, but also a great way to spend time with friends. Likewise, if you're a super competitive student leader, a racquetball court is a fun place to let out some aggression and compete without typical everyday stressors.



Scrapbook or Do Arts and Crafts - Sometimes sitting down for an hour or so and working with the right half of your brain is the best way to take a break from the stresses of school and clubs. You can also turn your craft projects into

recognition, and give homemade trinkets as gifts or as tokens of your appreciation for the hard work of others.



Cook a Meal – If you have the option, leisurely cooking your won dinner can be a great way to focus on something completely different for a while. Besides, the sense of accomplishment you'll have upon the completion of the meal can help you be less worried about other projects you may be working on in RHA.

PACURH 2009 Poem

By: Angela Galipeau

Amazing Boardroom Conversation

Dynamite Entertainment!

Fun Games,

Hail!

Invigorating!

Jam-packed,

Keeping Laughter Magically Near,

Outstanding P-A-C URH PACURH PACURH!!!!

Quality,

Recognizing Students That Understand Variety,

While Xenophobes Yearn Zealously.

Hey PACURH,

This is an ABC poem that I wrote about PACURH 2009, my very first PACURH! I hope you all enjoyed reading it

as much as I enjoyed writing it. I miss everyone so much and cannot wait to see my favorite PACURH frogs at No-Frills in a few weeks!

Much PACURH Love

Recognition, in a Nutshell

By: Bruce Blansett

So, for quite some time, we NRHH folks have been bandying about a certain term, recognition. In fact, this deceptively simple word has been the cornerstone of any number of grand NRHH projects. We have abstracted, expounded, expanded, and otherwise altered this term to such a tragic degree that it'd be no small wonder if we still have any concept of what the word means at all. For this reason, it's my goal to get back to the basics of a (if not THE) driving force of our many endeavors.

Recognition can mean many things, and can exist in many stages, and for this reason, I'd like to think of recognition as a process, a progression of sorts toward a happy conclusion. Recognition, in its most ele-

mentary and cursory sense, is the **awareness** of something, the detection of some action or occasion or occurrence of some kind. Next, recognition is the **acknowledgement** of this incident, bringing the worthy episode into an existence beyond the fleeting, fading moment in which it happened and bestowing ownership on those persons involved. From here, recognition is given life; it becomes **approval**, a substantiation of the event that makes it both valid and valuable. Then, recognition flowers into one of the most beneficial stages of all, **appreciation**, a realm in which those laudable individuals or entities may be commended for their efforts to make a difference. Finally, and perhaps most importantly, recognition becomes **anamnesis**, a fancy word that connotes

the ability of something to stick in one's mind. When something or someone gets recognized, the impacts and implications reach well beyond the present; they fuel further positive actions and create a fruitful chain-reaction of positive events.

So, it is our duties as student leaders to be aware of the marvelous things happening on our campuses. We must acknowledge these people and events for their worth, give them the support of our approval, and appreciate them for enhancing our campus communities. We can't stop there, though! It is absolutely imperative that we keep these events in our minds and help perpetuate the boon of student leadership. Recognition is infectious passion. Spread the love.



Don't forget to recognize!

Each and every student within the residence halls can make a difference. Reach out to someone new each day to get them involved.



A Letter from a Froggie

By: Cameo M. Cheung

Dear Jeremiah,

It's been one week since I arrived at the University of Sheffield, and I can't wait for my classes to start! I got here a week ago for the Residential Orientation Program for international students and learned a ton about living in England and studying at the University of Sheffield.

Today was the beginning of Intro Week and there is so much to do that I don't even know where to begin! There are university sponsored parties, give-it-a-go activity opportunities, student groups to get involved in, and a million other things in addition to registering for classes and preparing for the academic year. It's still a week out from classes, but I think it's going to be a really great year. It's been kind of hard to acclimate myself to a new environment, but I think I'm starting to settle in. The first few days were the roughest. When I got to my room for the orientation program, it really hit me that I was in a completely new place. It's

not India, but it's sufficiently far away to make me homesick. But, it got much better after I had a chance to meet some of the international students, and since then some of the people who live around me.

Living on-campus has a very different meaning here than it does at our schools in the US. For instance, I live in university owned and operated housing, but it's half a mile off the main academic campus through the city. There are four university communities here at the University of Sheffield and only one of them is actually on the edge of the main academic campus. The Intro Week activities here are also really different.

Intro Week has just kicked off, and already I've started to notice a number of differences from the activities we host for students at our home schools. For instance, since the drinking age is different in the UK than it is in the US there are a number of student bars, to my knowledge at least one in each accommodations community. The dances and themed nights that we usually hold in individual residence halls are more commu-

nity focused and seem to be mostly focused on giving the 1000+ students in each residential community an opportunity to socialize. I don't know if there is much themed programming, like we do at home ... it is something I will definitely be looking into!

I've only just gotten here and I'm not quite used to how things work. But I know it's going to be an excellent year! This is an opportunity for me to see the world from a whole new, if still Western, perspective, and I'm going to take it for all it's got!

I know you're going to have a fantastic year! And I can't wait to hear about what you've been up to!

Love,

Cameo M. Cheung

A Froggie Abroad, from Oregon State University

Very Quick Notes: Starting Your Transition

By: Ross Iosefson

Winter has only just begun to visit many of our campuses, and although the end of the academic year seems far away, you might wish to consider starting your transition now. Just as our advisors work to provide continuity from year-to-year, positive positional transitions play important roles in the longevity and success of our organization. Below you will find three (3) Very Quick Notes on how to jumpstart your transition early:

Check-In With Your Predecessor

It is good form to phone or e-mail the person you took the reins from last year during this period. Ask your predecessor what they were thinking and how they felt halfway through their tenure. What actions did they,

and can *you*, take at this point in planning for the remainder of the year?

Be sure to wish them a great Spring Semester as well!

Balance The Books

While this note may seem restricted to your organization's financial officer, the term "books" does not only refer to the checkbook and budget. Set aside some time during recess to *sift through your inbox(es) and sort your messages into folders*. Do the same for any hard-copied materials you have.

Consider digitizing your hard-copy materials; go paperless!

Outline Your Transition Report

Your formal report is the foundation of a successful transition. Open a

running word processing document on your computer and keep a timeline of notes and ideas you wish to pass along to your successor. You might consider *noting the date* before each entry so you can provide your successor with a context for what you were thinking about.

You will not have to start from scratch when you become busy later in the year!

E-mail me at nan@nacurh.org with questions and comments, or to share your early transition ideas!

"A great leader's courage to fulfill his vision comes from passion, not position."
John Maxwell

WWF at GLACURH

By: Jeremy Homolka

At the 2008 GLACURH Conference: Tour De Leadership (Indiana University – Bloomington), the NCCs had the opportunity to select the charity/cause that we as a region would support until GLACURH 2010. This was no easy task because there are a number of deserving causes. In the end the NCCs voted to support the World Wildlife Fund (WWF) because it is an international organization and it directly supports the conservation of our regional mascot – the polar bear.

For more than 45 years, the WWF has been protecting the future of nature. The world's leading conservation organization, WWF works in 100 countries and is supported by 1.2 million members in the United States and close to 5 million globally. WWF's unique way of working combines global reach with a foundation in science, involves action at every level from local to global, and ensures the delivery of innovative solutions that meet the needs of both people and nature. The WWF allows for our regional philanthropy money to be specifically allocated to polar

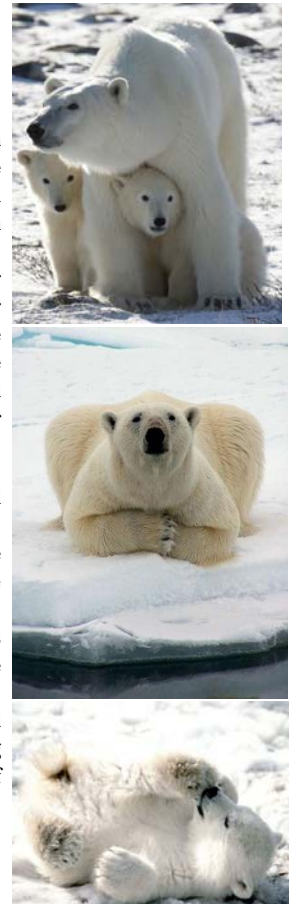
bear research and conservation.

With 20-25,000 polar bears living in the wild, the species is not currently endangered, but its future is far from certain. In 1973, Canada, the United States, Denmark, Norway and the former U.S.S.R. signed the International Agreement on the Conservation of Polar Bears and their Habitat. This agreement restricts the hunting of polar bears and directs each nation to protect their habitats, but it does not protect the bears against the biggest man-made threat to their survival: climate change. If current warming trends continue unabated, scientists believe that polar bears will be vulnerable to extinction within the next century.

In order for the Great Lakes region to actively promote and raise funds for the World Wildlife Fund, we created a philanthropy guide which not only educated students and member schools about our philanthropy choice of the WWF and polar bears, but it also provided them with 25 different fundraising programs.

This guide was used by the GLACURH regional conference staff, who decided to host a silent auction to raise funds for the conference philanthropy (which coincided with regional philanthropy). Between regional pin sales, the silent auction, and fundraising efforts of member schools GLACURH raised over \$2650.00 for the World Wildlife Fund. With this money we have adopted over 50 polar bears, and hope to continue to add more to our family.

Now, you may be reading this and thinking – Wow, that's great GLACURH, but I can't do anything like this in my region. Let us persuade you otherwise! Each regional mascot is either itself endangered or has a subspecies that is endangered. We challenge you to research this cause, or any cause for that matter, and decide to make a difference starting today. You too could have a fleet of polar bears, lions, moose, cows, cougars, ducks, frogs, or monkeys!



Putting it Together: The Essence of NRHH

2010-2011

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NAA

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NAF

Hannah Rosenthal

NAN

Matt Winkler

National Advisor

Dan Ocampo

CRC

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By: Ross Iosefson

As a guest at PACURH 2009, I planned on spending a good deal of time with the pacific affiliate's NRHH Representatives in their boardroom. My fellow executives and I attend regional conferences for a variety of reasons. First and foremost, we are able to decrease the distance between ourselves and the NACURH members we serve. Connecting with Active members of the NRHH in a face-to-face setting offers the opportunity to share feedback, concerns, and ideas directly. On a more personal level, chatting with NACURH fans in-person makes the work we do all the more meaningful.

I am commonly asked to define what the diamond means. Typically, I will respond with a question of my own: to whom? Seeking meaning is a common theme of each NRHH member's experience with the Honorary. The cultures of our individual campus chapters differ, and as a result we often struggle to unite together under the banner of the diamond. I must admit that piecing together a common definition of the Honorary is a task I have yet to master. So you might imagine my hesitation when Ashley Day, PACURH's AD-NRHH, asked me if I wanted to prepare a boardroom presentation on the "essence" of the NRHH. In the end, I accepted Ashley's challenge and set to work.

The one request made of my presentation was that I briefly review the Honorary's vision and mission statements. I selected two excerpts to insert into the Power-Point-in-progress. The following is what I culled from the NRHH mission statement: "[NRHH] ensures the advancement of member chapters through resource sharing, programming, and leadership development opportunities to contribute and support the vision of [NACURH, Inc.]" I made a conscious choice to highlight that an integral part of the Honorary's mission is to serve as a supportive arm for NACURH. No need to fire the torches, townspeople! **While the**

NRHH is technically a service that NACURH provides, each of us is fully aware and in celebration of the fact that the Honorary has blossomed beyond its original definition. I raised that potentially controversial point in my presentation to remind the NRHH Representatives in attendance of our organization's history, and the role it continues to play in its future.

The band of individuals responsible for playing a direct role in planning that future is the NRHH National Board (NNB). I included a slide in my presentation (at this point, official titled *The Essence of the NRHH*) with the pictures and contact information of the NNB members, in recognition of their hard work and efforts. The board is composed of the eight (8) regional ADs-NRHH and two (2) ADs of Outreach from the NIC and the NSRO; I am honored to serve as chair. The NNB is responsible for discussing, creating, and implementing NRHH policy and procedures on a national level, as representatives of their respective constituencies. Prior to the 2008-2009 cycle, the NNB was referred to as the NRHH Board and chaired by the NSRO Director. With the establishment of my executive position, the governing body was reformed into its current state. In its first year, the NNB affected significant change for the Honorary. Last January, utilizing feedback gleaned from NRHH discussions at recent regional conferences, **the NNB established the Pillars of the NRHH as Leadership, Recognition, Scholastics and Service.** Placing our organization's pillars into policy provides us with a clear direction and a set of ideals to turn to.

Even while teetering on the verge of running over my presentation time, I made sure to mention the national minimum GPA raise, officially brought into effect this past May by NRHHers at NACURH 2009. **At the start of NACURH 2010 at the University of California, San Diego, all NRHH chapters will have set their minimum GPA for induction at 2.5 on 4.0 scale or higher.** This policy was developed from observations and conclusions drawn an exhaustive semester-long survey of NRHH chapters across NACURH. The increase itself is

reflective of NRHH members' renewed commitment to our scholastics pillar, and will be reviewed over the course of this year by the National NRHH Standards Committee. In a similar vein, we understand that sometimes our academic commitments limit the amount of time we can devote to our campus chapters. The Early Alumni membership status allows chapters to move members from Active to Early Alumni status if they still live on-campus and are unable to fulfill the duties of an Active member; room is made in your chapter membership cap as a result. Thanks to an initiative from the MACURH NRHH Boardroom, you may move an equivalent of up to fifteen (15) percent—an **increase of five (5) percent**—of your membership cap from Active to Early Alumni status each year. Get in touch with your AD-NRHH for an application if your chapter is interested.

Closing my presentation was easier than expected. **I made mention of the new National NRHH Diamond Award, recognizing outstanding contributions of Active NRHH members to their local campus communities.** The Diamond Award will be presented for the first time this June at NACURH 2010. What was left to wrap-up? Why the "essence" of NRHH, of course. While no definition I could muster fit the Honorary perfectly, I paused to reflect on the content of the presentation I had just put together. Individuals, regions, and national boards: these discrete bodies meet together at different points to make the Honorary what it is; the NRHH is a complex work-in-progress. What work are you doing on your campus and in your region to make the Honorary a stronger organization? E-mail me at nan@nacurh.org with your story. I look forward to hearing from you!

The Value of Community Service

By: Ray FeDora

As one of the pillars of NRHH, Community Service is a vital part of the Honorary just as much as recognition, leadership and scholastics. There are many benefits from Community Service to your campus and getting your members involved in those activities.

- *Community Service gives back to your community.* Many colleges refer to a 'town & gown' relationship, which refers to the relationship between the community and College. Giving back to the community can help improve or solidify those relationships. Supporting and giving back to a community that supports your institution is a great method of appreciation.
- *Service can help strengthen your group.* A group that works together on a community service project can bond over the experience. Spending time together doing something that makes you feel good can create a common link among your group members that will help make your group a stronger, cohesive unit.
- *Service can give your members purpose.* Service allows your members to have a purpose in NRHH besides the somewhat

abstract applications recognition can take. Service can give the members of NRHH a chance to be active in your organization and help members feel a greater sense of pride in NRHH.

- *Service can highlight the individual talents of your members.* By allowing your members to help plan and coordinate service activities, they can be interested and invested in those activities. Members can use your chapter to get others involved in activities they are passionate about. They can use NRHH as an outlet for those passions.

Service can unite your chapter behind a common goal. An NRHH chapter can use community service as a means to unite their members under a common goal. Similar to a conference focus project, if there is a particular project or cause that your chapter members feel passionate about, that can help to unite them in a common purpose.

Community service can serve many functions for your NRHH Chapter. It can serve institutional, chapter and individual interests. Service can be a meaningful method for your chapter to make an impact on your campus community. If you need or want help in generating ideas for service projects, contact your Region's Associate Director for NRHH for assistance.



Lend a helping hand whenever you have a chance!



American Red Cross
Together, we can save a life

What I Learned from Froggies

By: Ross Iosefson

Hey NACURH!

My experience in NACURH originates in NEACURH, the North East affiliate. While cheering hordes and fans of Marty the Moose (NEACURH's mascot) "jump, shake[d] their booties" to Troy, NY, I boarded a plane headed for the opposite coast. I managed to get some sleep on that American Airlines flight, a feat in itself to be sure. As I

dreamed of student leaders donning antlers atop their heads, an unnerving feeling took hold at 30,000 feet: uncertainty. As varied as my experiences were in NEACURH, my host region, I was soon to be a PACURH novice. Casey Flaum, the NIC Director and PACURH veteran, was my traveling companion. She worked feverishly to bring me up to speed regarding what I needed to know about the pacific affiliate. As hard as she tried, Casey's words failed to encompass the inspiration, dedica-

tion, and community that I would take in at Western Washington University at PACURH 2009.

Inspiration: As a national executive for NACURH, it is a quite easy to perceive the good works and members of our organization as a series of content and signatures incased within the e-mails I receive each day. From the gracious welcome I received



Continued...What I Learned from Froggies

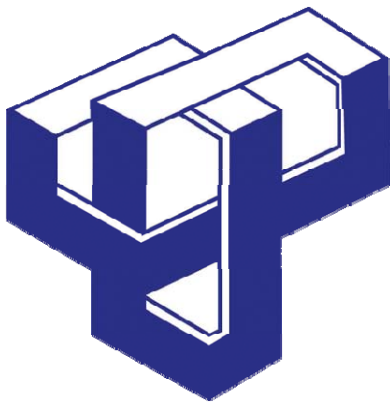
from the PACURH Regional Board of Directors upon my arrival, I bore witness to an almost constant exchange of warm wishes from all walks of conference delegates. I had the unique opportunity to sit down with the NCC and Advisor from the University of California, Berkeley, to discuss NACURH's international outreach. Forty-five minutes later, I returned to Boardroom reminded of something no e-mail can contain; our good works as student leaders in residence begin with a spark of inspiration, often found at that first conference we attend.

Dedication: I was fortunate enough to be selected to present a program at PACURH. Desiring to cater to an often overlooked demographic, I presented *Do You Come Here Often? The Life of Hall Council Returner*, a program designed for student leaders that have remained with their hall councils in the long-term. As I searched the conference binder for my program's room assignment, I reviewed the other offerings. I read well-crafted descriptions of programs on a wide variety of topics, noting that the majority of student offerings were centered on issues of diversity. I

was not quick to dismiss my observation, and while I took minutes in the NRHH Boardroom I listened to NRHH Representatives from Oregon State University, University of California, Santa Barbara, and University of the Pacific discuss how they work to be inclusive in their recognition initiatives. These NRHH members are dedicated to ensuring that all aspects of their organization, from programming to thank you cards, are representative and respectful of all.

Community: Roll call at PACURH is accomplished rather differently than I was used to; schools are teamed in groups of two or three to put on a shared roll call. Throughout the event, my jaw remained well dropped in a perpetual state of awe. Yes, the roll calls were indeed creative. Sure, the roll calls pertained to the conference theme. Yet, those aspects were not the source of my reaction. I was wholly impressed by the teamwork I witnessed between schools from opposite ends of the west coast. Diverse in their backgrounds and past leadership experiences, these students collaborated as one entity, under the umbrella of the Frog (PACURH's mascot).

Your mascot unites each member as part of a larger community, dedicated to the service of all and the inspiration to bring new ideas to our individual campuses. Consider your life on campus, post PACURH 2009: how have you worked to bring your conference experience back home? How will you keep that experience fresh, as we move from in-person communication back to the text of an e-mail? I challenge each of you to ask that question of yourself and your fellow student leaders from time to time. Do not forget your support network! Remain in touch with your fellow delegates, NCCs, NRHH members, and your Regional Board of Directors. Reach out to a PACURH Frog, or a NEACURH Moose. They are the individuals who will help re-inspire you as conference becomes a more distant memory. As your region's Exec Buddy, I am also at your disposal. E-mail me at nan@nacurh.org with your **post-conference stories, ideas, and questions**; I cannot wait to hear what you are up to! Talk to you soon NACURH!



NACURH, Inc.

Vision Statement

The National Association of College and University Residence Halls, Incorporated, recognizes living on campus as an integral part of the college experience, and therefore strives to be the organization of choice for residence hall leaders by providing comprehensive resources for college and university students seeking to create the ultimate residence hall environment and experience.

Mission Statement

NACURH is the leading national organization advocating for the interests and welfare of residence hall students, while also providing opportunities for their personal growth and development. It is an organization of students committed to developing leadership, honoring diversity, recognizing achievement, as well as stimulating engagement and involvement among students who reside in college and university residence halls. Through regional and national programs and services, NACURH provides leadership opportunities for students, shares residence hall programming resources and best practices, and coordinates activities with appropriate professional associations and business partners.