



# 2016-17 ANNUAL REPORT



**Division of Student Affairs**

**CARE • ENGAGE • TRANSFORM**



The 2016-2017 academic year was full of change and growth for the Division. The year began with an Interim Vice Chancellor and a national search. I want to thank Leroy Wright for his service as Interim Vice Chancellor for the majority of the year. I am honored to have been selected for this role through the search process to represent our students, our division, and the many ways in which our work contributes to the campus community.



This annual report highlights work from our division and connects this work to our divisional tagline introduced in August of 2017. Care. Engage. Transform. This tagline was the result of a review and update of our mission, vision and statement on Diversity and Inclusive Excellence which are referenced below:

Mission: We develop lifelong learners and leaders by engaging and challenging students within a culture of care and inclusion.

Vision: We aspire to transform all students through a foundation of care and engagement.

Tagline: **Care. Engage. Transform.**

- **Care:** Our work creates a culture of care that builds a foundation for students to thrive and be resilient.
- **Engage:** Our diverse, student-centered community fosters local-to-global learning, leadership, engagement, and service.
- **Transform:** We transform students into dynamic leaders and lifelong learners who will make a difference in their communities and throughout the world.

Statement on Diversity and Inclusive Excellence: [studentaffairs.appstate.edu/pagesmith/27](http://studentaffairs.appstate.edu/pagesmith/27)

Another major change that also took place during the Summer of 2017 is changing our name from Division of Student Development to Division of Student Affairs. This change better reflects the national framework, other institutions in the state, and allows us to align with our campus colleagues in Academic Affairs and Business Affairs.

The enclosed report helps to “tell the story” of the year, and highlights several students in their own words. Overall this year was one of change and growth and I am grateful to be a part of this journey.

With Appalachian Pride,

A handwritten signature in black ink, appearing to read 'JJ Brown'. The signature is fluid and cursive.

-JJ Brown



# By the numbers:

- **2,000** students attended the 42 presentations and 22 awareness raising events presented by Appalachian's Mental Health Ambassadors.
- **7,354** students earned academic credit for experiential education at 1,492 sites
- **15,437** subscribers to the Parent and Family Newsletter.
- **\$20,000** from the Parent Association has been awarded to Academic and Student Affairs programming.
- **\$19,300** in grants received to train staff in suicide risk factors.
- **1,900** members, or about 10% of students, pledged to 30 recognized fraternities and sororities, contributing significant philanthropy, service and leadership to the campus and community.
- **400+** employers visited Appalachian's campus, conducting more than 1,300 student interviews for full-time and internship positions during the Fall 2017 and Spring 2018 semesters.
- **7** career fairs are held each year, including one for graduate school and one for internships.
- **160+** local organizations partner with Appalachian and the Community Together, utilizing faculty expertise and providing service-learning and volunteer opportunities to students.
- **20** intramural sports offer more than 80 different ways to participate in recreation.
- **100** service-learning and community-based research courses offer student engagement opportunities, which often influence their major and career choices
- **\$22.48** million was contributed to the surrounding community through the Appalachian and the Community Together program since 2004-05 (over 1.1 million hours of service plus \$631,317 in funds raised)





## Care:

### ● **Healthy Campus 2020**

Appalachian is a participant in Healthy Campus 2020, a guideline program that outlines health-related indicators and establishes a national framework for progress on each indicator. Our annual Health and Wellness Town Hall is a formal means of communicating the prevalence of behaviors and experiences among our students and our progress toward addressing them, as well as an opportunity to garner feedback for further improvement.

### ● **Group Therapy**

Counseling & Psychological Services served 2,371 students, or 13.9% of the student body. The average rate for similar-sized universities is 9.8%. Our Recognition Insight and Openness (RIO) group offers students quick access to begin treatment within days (or the same day) of an initial consultation. A total of 81 students participated in the RIO group for a total of 127 sessions. Transgender and LGB group therapy sessions were attended by 232 students.

### ● **Engaging Athletes in Mental Health**

Counseling & Psychological Services dedicated staff time to working with University Athletics to provide 64 consultations or presentations to coaches, administrators, advisors and trainers. C&PS saw a 28% increase in student-athletes served, up from 146 to 187.





## Our work creates a culture of care that builds a foundation for students to thrive and be resilient.

### ● **Supporting Our Diverse Community**

Educational experiences provided to students include Transgender 101, interactive programming with Multicultural Student Development, Multicultural Presidents' Roundtable meetings, and Intersect Diversity and Social Justice Retreats. A new staff psychologist/counselor with a multicultural emphasis will provide clinical services, outreach and training for diverse populations and intersecting identities.

### ● **Suicide Prevention**

Working with the Collaborative Assessment and Management of Suicidality (CAMS) grant in the amount of \$19,300, staff partnered with local schools to use an empirically supported approach to help clients at risk for suicide.

### ● **After-hours Care**

Our after-hours Nurse-On-Call system allowed 293 students and parents to consult with a qualified triage nursing staff, who assisted students with their health care decisions. After-hours counseling services were also provided to 134 students with urgent mental health concerns.





# Engage:

## ● Residential Learning Plan

University Housing is dedicated to developing successful students by creating a community that cultivates personal development, responsible citizenship and student engagement. Utilizing best practices in the field of housing and residence life, we implemented a curricular approach in 2016-17 to deliver intentionally sequenced learning opportunities for students who live on campus. Residence Life professional staff developed and assessed the learning plan, which utilizes topic experts for program delivery.

## ● Sustained Dialogue and Inclusive Leadership Development

Since 2015, 120 students, faculty and staff have attended and become trained moderators for Inclusive Leadership workshop trainings. In 2016-17, we facilitated 8-week Sustained Dialogue circles for 125 participants.

## ● Interpersonal Violence Prevention through Peer Education

In 2016-17, 15 student leaders known as Red Flag Educators trained their peers to identify signs of interpersonal violence, be active bystanders and combat rape. Additionally, they participate in campus health, wellness and safety events throughout the year.





## **Our diverse, student-centered community fosters local-to-global learning, leadership engagement and service.**

### **Wellness Educators for Change, Advocacy, and student Needs (WE CAN)**

As an extension of the Department of Wellness and Prevention Services, WE CAN works to positively impact student wellness by empowering peers to change health behaviors, advocating for student well-being, and addressing student needs to promote and protect healthy lifestyles. WE CAN plans and implements programs encompassing body image, mental health, nutrition and sexual health.

### **Mental Health Ambassadors**

A total of 25 students are trained to facilitate a variety of mental health presentations designed to raise awareness about mental health, destigmatize mental health concerns and teach positive coping skills. These ambassadors also participate in health fairs, interactive display tables, and festivals that promote positive mental health and educate campus about our services.

### **University Recreation Peer Education**

Student employees who have worked two or more semesters provided hands-on training for new student employees, conducted parts of the new employee training and completed an apprenticeship in order to enhance their management skills.



# Transform:

## ● Innovation and Efficiency

All units in the division are encouraged to consider the university's sustainability mission and employ practices that are environmentally, equitably and economically responsible. University Housing has reduced landfill waste by 33,000 pounds, and the housing facilities team has established an HVAC preventative maintenance program that will reduce energy costs and increase equipment life. PVC roofing and photovoltaic power systems are also routinely utilized to maximize energy efficiency.

## ● First Destination

The Career Development Center collaborated with Institutional Research and Planning, University Advancement and academic units to determine the post-graduation activities of our most recent alumni. Their research showed that 86% of undergraduates were employed or enrolled in an institution of postsecondary education, and 93% of graduate students were employed.

## ● Employer Participation at Career Events

Our Career Development Center seeks to attract and engage a variety of employers to align recruiting needs with student values, skills and interests. In 2016-17, we expanded the opportunities for our science, math and technology students to interact with employers from STEM fields to develop internship and other employment opportunities.





**We transform students into dynamic leaders and lifelong learners who will make a difference in their communities and throughout the world.**

● **Free Speech Summit**

The divisions of Student Affairs and Academic Affairs partnered to develop “Say What?,” a free speech summit in March 2017. Speakers included Dr. David Pilgrim, vice president for diversity and inclusion at Ferris State University in Big Rapids, Michigan; Robert L. Shibley, executive director of the Foundation for Individual Rights in Education (FIRE); Dr. Lee Bird, vice president for student affairs at Oklahoma State University-Stillwater; Dr. Nancy S. Love, professor in Appalachian’s Department of Government and Justice Studies; and Ken Nwadike Jr., CEO of Superhero Events and director of the Hollywood Half Marathon. Utilizing the expertise provided, they developed next steps and action items, which included a review of university policies and resulted in achieving “green light” status from the Foundation for Individual Rights in Education (FIRE).

● **Internship Inventory**

The Career Development Center and Electronic Student Services (ESS) created an Internship Inventory, which tracks and streamlines the internship process for students and faculty. Other UNC System institutions have expressed interest in adopting our software solution and process, and we recently entered into an agreement with East Carolina University.

# Student Highlights:



## **Rachel Foutz**

**Major: Accounting**

**Graduation: May 2019**

**Hometown: Boone, NC**

With a goal of working with veterans after graduation, Foutz is an accounting major gaining leadership experience as a Walker Fellow, sister of Zeta Tau Alpha, member of the Student Conduct Board and student worker in the Office of the Dean of Students and the Office of Student Conduct.

*"I have firsthand experience with Student Affairs, and I don't think I could have gone through college without them. They reach out to you and do a lot of engaging with all students, from those who are struggling to students with the potential to be great leaders. My first year here, they helped me discover my passion for serving veterans at a weeklong leadership development conference."*



## **Malik Hargrave**

**Major: Actuarial Science**

**Graduation: December 2018**

**Hometown: Lexington, NC**

A lover of numbers and aspiring business analyst, Hargrave is working to better the experience of diverse students at Appalachian State University as chair of the Chancellor's Student Advisory Board for Diversity Recruitment while he learns social leadership as president of the National Pan-Hellenic Council.

*"In everyday activities with people who have varying opinions from me and who don't look or think like me, I have learned more about myself at Appalachian than I think I would have had I gone to a school where opinions were more similar. You have to learn how to listen to people's viewpoints and then share your own, but do it in a respectful manner."*





## **Murilo Artese**

**Major: Electronic Media/Broadcasting**

**Graduation: May 2019**

**Hometown: São Paulo, Brazil**

When he's not doing improv with NouN Improv Comedy and chasing his dream of television scriptwriting, Artese serves as president of International Appalachian (INTAPP), open house coordinator with Appalachian Student Ambassadors and student orientation undergraduate leader with the Office of Academic Advising and Orientation.

*"My leadership opportunities have helped me grow professionally, and they've also helped me become more comfortable with myself and telling my story. Being from another country, Appalachian has become my home away from home and also where I have found my family away from family."*



## **Kiley Coster**

**Major: Public Relations**

**Graduation: May 2018**

**Hometown: Raleigh, NC**

In addition to majoring in public relations, Coster is a triple minor in nonprofit management, leadership studies and Appalachian studies. As president of Club Council, Coster has found her passion through working to see other students' passions come to fruition by funding and starting new organizations on campus.

*"So much of the work I've done has been through Student Affairs. There is truly a culture of care and wanting to make you better. I've been challenged (during) my four years, and I hope to be challenged when I leave here. I don't think I would be pursuing a master's degree if it weren't for the people I've interacted with here, who have not only shown me that path but have also encouraged me."*

The mission of the Division of Student Affairs is to develop lifelong learners and leaders by engaging and challenging students within a culture of care and inclusion.

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