

ERSL Conference Session Descriptions

Monday. April 25

6:45pm

1. Engaging in Crucial Conversations: Leadership, Moral Courage, and Critical Hope

Cara Lucia, Elon University, Department Chair and Associate Professor of Sport Management

The content has evolved from a variety of settings within higher education. I have presented on the content with undergraduate students to professionals in the field. In addition, I have taught a course at my current institution that is founded in Leadership, Moral Courage and Critical Hope. I am interested in sharing this content to impact change on college campuses as well as sustain hope in others as we continue social justice work. I believe this content is appealing across levels within campus recreation from undergraduate student to AVPs. I believe this presentation will help campus recreation professionals develop strategies for supporting others in this work as well as provide ideas for how to engage in critical hope while integrating strategies for personal wellbeing and the wellbeing of those we serve. My hope is to inspire as well as share resources to engage in critical hope.

Location: Bank of America Bldg. Rm 113

Tuesday. April 26

9am

1. A Formula for Career Elevation: Professional Development Experiences + Career Investment Opportunities

Dexter Shorter, Pennsylvania State University, Associate Director for Programs & Calvin Diggs, Director of Campus Recreation, St. Cloud State University

The two presenters converse weekly about how to continue to position themselves for elevated opportunities as career professionals and NIRSA members. More specifically, many of the topics within each of the weekly conversations focus on ways to take ownership of their own trajectory and keep their own development in motion. Both presenters aspire to serve the association and within the profession at higher levels. Therefore, they have committed to strategically pursue professional development experiences as well as unique career investment opportunities in order to achieve those aspirations. The presenters believe that there's a need to start talking about action steps beyond attending common professional development events within the field of collegiate recreation. As a result, they would like to share some of their practices that are centered on both professional development and career investment. "Welcome, introduction, and presentation agenda

MLK Student Center Parlor A

10:00am

1. The Health and Wellness Benefits of Recreation

Cameron Smith Texas Southern University, Student Leadership Council President & Keeanna Swain, Texas Southern University

The Health and Wellness Benefits of Recreation Getting indulged in proactive tasks like physical activities, further develops the function of your heart, decreases the dangers of health issues such as diabetes, controls glucose, and also brings down strain and feelings of anxiety. It additionally brings positive energy, discipline within yourself and other characteristics to your life. What does health and wellness mean to Texas Southern University Campus Recreation and why is it important to emphasize

health and wellness on campus. Programs included at TSU's campus recreation: personal training, group exercise, aquatics classes, free fitness assessments and Intramural Programs. Safety tips for staff and students and 15 minute group ex demo Health and Wellness in Campus Recreation is a guide informing our audience of the importance of health and wellness and the benefits that it has on your body and lifestyle. We plan to demonstrate ways to prevent life-threatening conditions and how to stay healthy even when they are not able to come into the facility to work out.

MLK Student Center Parlor A

2. Campus Recreation Moving Forward Through Partnerships

Augustus Hallmon, James Madison University, Assistant Professor & Stan Shingles, Central Michigan University

This presentation was created from conversations about the state of Campus Recreation professionals moving forward. The impact of COVID-19 required a significant amount of pivoting for professionals and organizations to adapt. As we are trying to reintroduce activities and services back to campus, we acknowledge that there needs to be some consideration as to how we can effectively and efficiently offer what students want. Partnerships is a way to address these gaps and allow both professionals and academics to collaborate together to best serve students.

MLK Student Center Parlor C

11:10am

1. Representation in Campus Recreation

Serita Porter, University of Delaware, Fitness Coordinator

We are living in what I believe to be a temporary wave of positive action to address matters of DEI within higher education. However, for some populations, concerns of inclusion/exclusion and representation or lack thereof are a constant. As a full-time campus recreation professional at a predominantly white institution, I am seeking to change the ways of old and employ new strategies to support underrepresented students.

MLK Student Center Parlor A

2. Building Capacity for Diversity, Equity, & Inclusion: Intentional Knowledge, Skills, & Attitude Development

Vicki D Highstreet, University of Nebraska, Diversity, Equity, & Inclusion Special Project Manager.

Creating opportunities for intentional learning with regard to DEI knowledge, skills and attitudes as part of day-to-day decision making/operations/conversations. Proposal Origination: The magnitude of conversations taking place across the profession, among colleagues, and on our campuses that point to the need to continue to contribute to the resources to assess areas such as institutional policies, practices, and structural decision-making; hiring practices; and on-going educational opportunities for all. Appealing to attendees: Attendees will walk away with ideas/materials that can be put into practice immediately to enhance their departments quest for inclusive clientele engagement. Attendees will engage in active conversation for idea generations.

MLK Student Center Parlor C

2pm

1) Top 10 Plays for Career Readiness

D.J. Preston, Radford University, Director, Recreation & Wellness

Students (and young professionals) are always looking for an edge to develop their competencies and leadership skills. There is frequent collaboration between Rec & Wellness and Career & Talent Development at Radford University. The Rec dept is currently involved in a career readiness pilot initiative that will deepen our understanding of experiential learning and survey our students' competencies around career readiness (based on NACE competencies). I am constantly reminded that access to resources and leadership opportunities are paramount to growth and development. This is what makes the difference in securing employment and internships. It is my goal to share information with those in attendance with a tone and relation they understand. I will challenge them to consider different ways to view the opportunities they come across. The session can be extended or condensed based on the conference need (30 min or 60 min). The information will be distributed in a presentation format with the option of small group breakouts to brainstorm, develop, and share out ideas related to skills/competencies. We will present the "Top 10" career skills/competencies employers look for, examples of what to do or what not to do within each competency, and ideas to gain experience within each skill. (leadership, communication, teamwork, critical thinking, etc.) We will use video clips, personal experience, and other technology to engage the attendees and give examples of how to translate experiences in interview language. Do you have the top 10 skills for career readiness? Can you speak to your experiences in an interview setting? Do you need ideas and examples to gain practical work experience? If so, join us as we discuss ways to get the most out of your situation. We will give you language, possible experiences, and ideas to incorporate in your career preparation.

MLK Student Center Parlor A

2) The What and Why of Special Olympics Unified Intramural Sports

Special Olympics North America

In partnership with Special Olympics, NIRSA: Leaders in Campus Recreation has led the way in offering Special Olympics Unified Intramural Sports across the country. Unified Sports brings together people with and without intellectual disabilities, providing a unique experience for students, Special Olympics athletes, and the campus recreation program. This session is to inform what Unified Sports are and to learn how you can get a program started.

Learning objectives:

1. Learn the impact and outcome of Unified Sports
2. Understand how Unified Sports can broaden or expand the pool or diversity of intramural sports participants
3. Know what steps need to be made to start a Unified intramural sport program on campus

MLK Student Center Parlor C

3:10pm

1. Attaining your goals through R.E.A.L. Leadership

Jordin Williams, Delaware State University, Executive Director of Wellness & Recreation

This session will review the leadership philosophy (R.E.A.L.) that is utilized within the DSU WellRec and Campus Events team. The Departments of Wellness & Recreation and Campus Events are comprised of

professionals who strive to utilize their interactions with our student staff in such a way that is purposeful, better preparing them for their future career aspirations. Utilizing the principles of the R.E.A.L Leadership Model, student staff members are exposed to a comprehensive development program that uses a wide range of trainings and activities to teach our students necessary transferable skills. Students who participate in the program become more effective communicators and time-managers, they learn how to manage conflict and solve problems as well as exhibit a much higher level of cultural awareness. These successful leadership skills allow our students to become first choices for employers worldwide.

MLK Student Center Parlor A

2. Career Readiness: A Deep Dive into the NACE Competencies and How to Use Them

Corrine Pruett, West Virginia University, Coordinator for Operations & Student Development

It is no secret that the majority of our student employees do not pursue a career within Campus Recreation. It is also no secret that within Campus Recreation we continue to develop and produce highly employable candidates for jobs spanning various fields and industries. Why is that? Competence. By definition, the ability to do something successfully or efficiently. During their time with us our students' develop competence in many areas from critical thinking and communication to leadership and professionalism to name a few.

MLK Student Center Parlor C

5:00pm

1. Outdoor Education Experience – Low Ropes Course

The WellRec Ropes Course @ DSU Downtown is a series of individual and group physical challenges that require a combination of teamwork, skills, and commitment. Constructed of cable, rope and wood, the course is positioned outdoors to blend in with the natural environment. Participation in the course will bring a group closer using teamwork skills, allow trust and enhanced communication skills to be developed and leaders to be identified. The course will also increase a participant's sense of personal confidence, their level of agility and physical coordination as well as develop an increased sense of familiarity with the natural world. The DSU WellRec team is excited to take all ERSL participants through the course!

Wednesday. April 27

10am

1. Creating a Department of inclusivity: A Black Female Director's Perspective

Jocelyn Hill, American University, Director of Recreational Sports and Fitness & Tiffany Lomax, Director of Recreation Services, Colby College

As directors it our responsibility to set the tone for team culture. Are we creating an environment that is inclusive and welcoming for all? This will be a discussion by two black female recreation directors about how we create an inclusive environment for all people who work for us. What practices do we have in place that create a team culture of inclusivity. We will discuss creating a culture of belonging will be explored. It is a director's job to create an environment of inclusivity. When we talk about hiring a diverse staff, do all staff feel like they belong. Listen to a black female recreation director's perspective on how to build team culture that makes everyone feel welcome.

MLK Student Center Parlor C

11:10am

1. NIRSA Championship Series, Social Justice Task Force: "Instigate, Agitate, Inspire"

Mirum Washington-White, St Cyril of Alexandria Catholic School, Athletic Director & Jasmine I Holmes, Associate Director of Sport Programs, Syracuse University

This an opportunity to be informed about what the Task Force is doing. Join us for insights, updates and how to commit to this work.

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