

January 2016 DSA Newsletter

[View this email in your browser](#)



Message from Dr. With

Welcome back to our first day of the spring semester, everyone!

It seems like we already have so many things to do and so many places to be, and we've only just begun.

As we start fresh with a new year and a new semester, we cannot help but to remember the recent and untimely loss of two of our own undergraduate students during the winter break. We know this will undoubtedly cast a bit of a shadow on the start of classes for students who are returning to school without that familiar roommate, friend, or classroom peer, so we will likely need to be prepared to support students in grief.

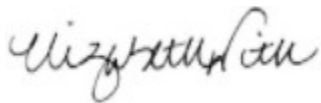
This semester holds many opportunities for growth and support of our students. Initially, you will notice continued new offerings of food locations in the Union which should culminate in all being open by early February. A big thanks to all involved in making these openings occur because it is no small feat.

Additionally, strategic planning and budget planning will hit full force as Student Service Fee meetings begin in the next few weeks and our Division-wide committee begins review of our strategic plan as well. Enrollment looks strong and we likely will have more students on campus this spring than we did last spring bringing us all more opportunities to support and serve our student population in all that we do.

I am truly glad and honored to be able to work alongside each of you, and I appreciate what knowledge, skills, and passion for students each of you bring to the table. I am happy to represent this wonderful Division with our campus partners, and I look forward to another semester in this family as we embark on the last portion of our 125th anniversary.

Here's to the new year! Let's make it memorable.

Elizabeth



Thanking Staff for Above Average Moments: Award Winners

TJ Pegg from Housing, Kerr Hall

Karen Bass from Housing, West Hall Custodian

Richard Allen from Recreational Sports

Joe Chaney from Recreational Sports

Ryan Comfort from Recreational Sports

Wendy Comfort from Recreational Sports

Ben Hanisian from Recreational Sports

Sam Hunter from Recreational Sports

Korey Stamp from Recreational Sports

Pam Stephens from Union Scheduling



5 Staff Members from the Office of Orientation and Transition Programs Competed In and Finished the Dallas Half Marathon on Sunday, December 13.

Peta2 gives UNT an "A" rating on Vegan Report Card

Animal Advocacy group, Peta2, gave the University of North Texas an "A" rating on its October 2015 Vegan Report Card. According to the group, UNT went "above and beyond to provide all students with exceptional vegan food." Peta2 assesses and grades submissions and dining-hall menus at thousands of colleges and universities for its Report Card. UNT was rated 93% overall in satisfaction. The group also listed UNT on its Dean's List for "making exceptional strides in vegan dining on campus."

UNT Dining Services offers students, faculty, and staff several options in vegan dining, including Mean Greens Café, our full-vegan dining hall. Located behind Maple Hall, Mean Greens offers a cornucopis of flavorful vegan options. It

features everything from pizza and made-to-order paninins, to a full salad bar and fresh-made desserts. Mean Greens also offers gluten-free meals for those on special diets.

"Vegan dining isn't just for vegans," said Carla Trujillo, Chef Manager at Mean Greens. "It's for anyone who seeks a balanced diet offering a host of healthy and tasty benefits. Plus, vegan dining is sustainable, so it helps reduce our carbon footprint and protect the environment."

See more details on the Peta2 Vegan Report Card [here](#).

For more information on Mean Greens, visit their [website](#).



2016 Orientation Team Applications are available now!

The Office of Orientation and Transition Programs is excited to begin the selection of the 2016 Orientation Team! Orientation Team members get the opportunity to help new students and their families transition to their new home.

here at the University of North Texas. Making connections throughout the university is critical for a student's success. As an Orientation team member, students will have the opportunity to make and enhance connections with faculty, staff, and a variety of students from the UNT community.

Becoming a part of the Orientation Team is more than just a summer job, it is an experience. If you are passionate about UNT and want to help new students and their families find their place at the university, this is the job for you! Applications are available now through Tuesday, February 9. Submit your completed application to the Orientation and Transition Programs office in University Union, Suite 377. More information about the position can be found on the official application [here](#). For questions about the application email [Josh Walton](#) or [Justin Barker](#).

5 Quick Tips for Creating Accessible MS Word Documents

The Office of Disability Accommodations works diligently to provide our students, staff, and faculty with accessible resources. You can facilitate their work by ensuring the documents you send out or make public are accessible. The ODA has provided 5 quick tips below to ensure we are ADA compliant.

1. Use the MS tool bar to create your heading, subheading, and bullets.
2. Do not create spacing by using the tab or space bar. Use the tools in the Paragraph tools section to create spacing.
3. Do not use color or other visuals as the only way to convey your information. Use high contrast when choosing fonts.
4. Make your hyperlinks clear by using the link toolbar.
5. Use the accessibility checker to test the accessibility of your document. This can be found under File --> Inspect Document --> Check Accessibility.

If you have any questions, please reach out to the Office of Disability Accommodations [here](#).



Rec Sports - You Know You Want To

We all want to. We all wish we had more time to devote to a variety of things, including our health and wellness. When we are active we feel better. We have more energy. We are healthier and happier for those we love and care about...but.

There's always a "but." Parking is hard to come by. Working out with students could be awkward. I just don't have the time.

Parking *is* hard to come by - but if you walk, you are adding that much more to your workout and wellness program.

Working out with students *is* awkward - let's be honest, working out itself sometimes can be awkward. But the one truth everyone who works out will tell you, students and staff, is that they don't care. Everyone here is trying for something. Different goals, different focus, but they are all trying. That is our common thread. No one cares what you look like or how much you can or can't lift. Everyone cares that you're here doing it, just like them.

You don't have the time - this is the easiest thing we tell ourselves. there are absolutely days where this is true. Even weeks. But there are 19 weeks in a semester membership. Are we really so busy that we don't have a couple hours a week to dedicate to our wellness? Here's a quick breakdown of what that cost

looks like:

- 19 weeks this Spring semester - \$90 for a Spring semester pass
 - If you work out:
 - 7 days a week: your membership would cost you \$.068 per workout
 - 5 days a week: \$0.95 per workout
 - 3 days a week: \$1.58 per workout
 - 2 days a week: \$2.37 per workout
 - 1 day a week: \$4.74 per workout
 - That's less than a bag of Starbucks coffee!

For less than the cost of a bag of coffee you could have access to over 100 cardio machines with personal TV's, two indoor pools and a hot tub, an indoor track, and a facility that is open over 100 hours per week. You would also have access to an indoor climbing wall, certified personal trainers that can customize a personal workout for you, a group exercise program that offers about 50 classes a week, and a whole host of other programs and space dedicated to whatever your workout could need. The university even has a policy giving you an additional 20 minutes of "lunch" time if you work out (check with your supervisor)!

We all want to. We can all come up with logical and legitimate reasons not to... but... **come to Rec Sports**. Start a routine. dedicate some time, even if it ends up being sporadic some weeks, to taking care of yourself for you and for those who love you. We're here and we're happy to have you.

You can stop by the Pohl recreation Center, call Member Services at x8347, or contact [Ben Hanisian](#) to get started.

UNT Career Center

Student Employment: February 1st deadline

The Career Center would like to remind our DSA Colleagues that the upcoming "blackout" period in February will affect UNT student employment ePars. As

stated by the UNT Chancellor, "the deadline for submitting new employee hires and employee payroll changes other than termination is Monday, February 1. All other new payroll actions will resume on March 1." For more information about the "blackout" period, visit [here](#). For questions about student employment, please contact [Beverly Wilks](#), Student Employment Coordinator by email or at 940-369-8118.

Job Posting Scams:

With the frequency and complexity of employment scams on the rise, it is important that we as student affairs professionals help our students identify and avoid costly scams. Please encourage students to follow the guidelines below when seeking employment:

- Do not pay money up front
- Do not accept payment for services you have not provided (i.e. "pre-payment" of expected services)
- Never provide credit card or bank account numbers, and be cautious of payments by wire service or courier
- Be cautious of people recruiting from out-of-state, overseas "while on business," or unwilling to meet in person.
- Be cautious of general email addresses not associated with a legitimate business.
- Be cautious of people planning to use a third party to pay your earnings.
- Be cautious of emails written with poor grammar, lacking proper verb usage and sentence structure, or with text in all caps or in bold font.

If a student reports to you that they have been scammed, please contact local authorities, the Dean of Students, and the Career Center.

(Information provided by <http://ses.colostate.edu/employment-scams>)

Upcoming Career Center Events:

Part Time Job Fair

Thursday, January 21, 2016

1 - 4 p.m.

Union 314/333 Ballrooms

Summer Camp Job Fair
Tuesday, February 2, 2016
1 - 4 p.m.
Union Ballroom

Accounting: Meet the Firms Night
Thursday, February 4, 2016
4 - 6 p.m.
Gateway Center

Business Center and Internship Fair
Wednesday, February 17, 2016
3 - 7 p.m.
Coliseum

Fall 2015 Suit Up Clothing Drive: Thank you!

The Career Center would like to send a personal thank you for your support of the Suit Up Clothing Drive. We wouldn't have been able to give students this opportunity if it wasn't for the support of everyone. Thanks again for giving your time, donations, and support to make this a great success!

We had approximately 530 students and gave out over 700 articles of clothing and accessories. We look forward to doing this again next year!



Student Health and Wellness Center Resources

January is a time of change for our students. They spent the winter break thinking about their academic performance, their engagement with student organizations, and possibly their own life choices. During this time of reflection, many will be making decisions to improve their health and the [Student Health and Wellness Center](#) and other campus health resources can help students make those decisions a reality.

For students who are concerned about a lingering medical problem like reoccurring headaches, fatigue, joint pain, monitoring of a chronic condition or other issues, the Health Center's team of doctors, nurse practitioners, and physician assistants can be [consulted by students](#) with the cost covered by student fees. [Diagnostic testing](#), [injections](#), [prescriptions](#), and [x-rays](#) are also available at a reduced cost. Students can also be seen for acute issues, such as coughs, colds, and other illness.

Those students who are interested in improving what they eat, whether to lose fat or gain muscle, and those interested in trying vegetarian or other alternative dietary plans, the Health Center has a [registered dietitian](#) that can work with students to develop a healthy plan that meets their individual needs. The dietitian is considered a specialty service and, along with gynecological and

psychiatric services, does incur a minimal fee. Seeing the dietitian is many times successfully paired with a healthy exercise program, such as those available at the [Pohl Recreation Center](#).

If mental health is a focus of change for students, [Counseling and Testing Services](#) have psychologists paid for through student fees who can help students work on anxiety, depression, and work through life events such as the end of a relationship or the loss of a loved one. For students who may need medication to assist with their mental health, the Health Center's full time [psychiatrist](#) can be seen to discuss prescription options.

For other health related resources, students can also consult with health educators in the [Meadows Center for Health Resources](#), as well as utilize sexual health resources and [free HIV testing programs](#) for no charge. [Massage therapy services](#) are also available for a minimal fee in the Meadows Center for students who may need help relaxing or need relief from sore or strained muscles. Students can also schedule appointments with [College Optical Express](#) and the [UNT Dental Office](#) for optical and dental health needs.

Questions about the health resources available at the Student Health and Wellness Center can be directed to 940-565-2333 or askSHWC@unt.edu.

We Mean Green Fund: Green Ideas Wanted

Do you have an idea that could help UNT become more sustainable? Do you know how UNT could reduce its impact on the environment by conserving water, saving energy, reducing waste, or minimizing carbon emissions? The We Mean Green Fund accepts ideas from students, faculty, and staff that make our campus even greener, and it could provide the funding to make your idea a reality! Submit your idea by filling out the Expression of Interest Form [here](#).

We would love to hear from you!

We are always looking for new stories and feedback. If you have anything to share, please use the links below.

Newsletters will be sent out on a monthly basis on the first Friday of every month. Stories, announcements, and pictures will be due the Monday previous.

Submit Content for the Next Newsletter

Tell Us Your Thoughts Anonymously



Copyright © 2016 University of North Texas, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

The MailChimp logo, featuring the word "MailChimp" in a white, cursive script font, centered within a gray rectangular box.