

# DSA Today

Division of Student Affairs Newsletter

October 2017



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## Message from Dr. With

As we move into the busy mid-semester time, I want to update everyone on a few happenings within the division. First, I want to share the feedback we received from the DSA retreat survey and the initiatives we are taking based on that feedback.

Of the 72 DSA staff members who responded to the survey, the strongest positive reactions were:

- 86% strongly agreed or somewhat agreed that the retreat was well-organized.
- 83% strongly agreed or somewhat agreed that Virginia Hardy, the facilitator, did an excellent job addressing communication.
- 79% strongly agreed or somewhat agreed that they feel comfortable voicing their opinions in their units.

Of the 72 DSA staff members who responded to the survey, the strongest negative reactions were:

- 31% somewhat disagreed or strongly disagreed that solutions for the division's communication issues were clearly outlined at the retreat.

- 25% somewhat disagreed or strongly disagreed that their supervisor has discussed improving communication with them or their team since the retreat.
- 25% somewhat disagreed or strongly disagreed that they felt comfortable voicing their opinions at the retreat.

The primary themes expressed in the comments section (28 total) can be summarized as follows:

- A desire for more time within departments to work on solutions to their communication problems (n=8)
- Enjoying the facilitator (n=8)
- A desire for the division's communication issues to have been identified and shared beforehand (n=3)
- Not feeling comfortable voicing opinions to the entire division (n=3)

Based on the retreat feedback, the DSA Leadership Team will:

- Continue to improve its communication, including successes and announcements, to departments via the *DSA Today* newsletter, *In the Know* emails, Messages from the Vice President, the DSA website and division and director meetings.
- Encourage departmental directors and supervisors to discuss improving their departmental communications with their staff members.
- Solicit ideas from staff members on ways to improve communication within the division.

Communication continues to be a critical component for our division's success, and it is one of our areas of focus for this academic year. Only through talking and listening to one another can we achieve our goals. I have enjoyed the conversations we have had during my listening tour, and I look forward to continuing them as we move through the remainder of the fall semester.

Also, as I previously communicated, there have been changes in the responsibilities of the [DSA Leadership Team](#), but I believe we will have more opportunities to serve our students as a result. In addition, the search process is underway for the new director of assessment, senior director of the University Union and DSA web developer, and we hope to have those positions filled soon.

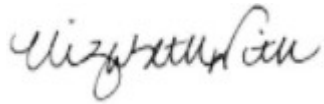
Finally, I want to remind everyone about [Homecoming Week](#), which takes place November 6 – 11. I encourage you to participate in the various activities and

enjoy this fantastic celebration of UNT.

Thank you all for your continued hard work and dedication to the DSA.

Sincerely,

Elizabeth With, Ed.D.



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## Successes and Achievements

### **DSA and Athletics Form a Winning Partnership**

The [Division of Student Affairs](#) has partnered with the [Division of Athletics](#) in several ways to assist student athletes with their nutrition and medical needs and encourage them on the field by bringing more recognition to their games.

#### **Fueling Performance**

One collaboration involves [Dining Services](#), who hired Charles Ashford as the sports nutritionist this past summer. Ashford serves as resource for all student athletes and the sports staff by devising healthy menus and educating the athletes on the importance of proper nutrition.



“Nutrition ties into everything, and I look at it from an educational standpoint,” said Ashford. “I want to build trust with the athletes and guide them in the right

direction in terms of making good food choices.”

Ashford also travels on the road with the student athletes and works with hotels in creating healthy menus.

His main focus has been on the football team so far, but he plans to extend his services to the other teams as well by building a comprehensive sports nutrition program at UNT.

“This is a great opportunity to build something from the ground up, and I’m excited to see what we can achieve,” said Ashford.

Ashford also works closely with [Champs Cafeteria](#) and Sarah Kettelhut, chef and general manager, in creating healthy food options.

“Working with Charles at Champs has helped us identify the main dietary needs that football requires for pre-practice, post practice, weight maintenance and performance-based recovery,” said Kettelhut. “Charles and I work together to ensure our menu meets the athlete’s nutritional needs, has variety and is packed with flavor. Their daily choices affect their performance on the field and every bite counts.”

Champs implemented a new “Dot System” that allows athletes to easily identify menu items for their specific diet needs. Athletes who are trying to improve their body composition can easily identify options better suited to their goals. The nutritional needs of one athlete can be completely different for another and may change from day to day or during different parts of a season. Creating a “dot system” so that athletes can quickly identify food items has helped individual players choose their foods successfully at each meal.

“Supporting athletes and working with a nutritionist by identifying what players need to feel good during the season is so important,” said Kettelhut. “They must feel well fed and taken care of so they can spend their energy on practice, academia and balancing life. Feeding them with love and care is what we do best.”

### **Meeting Medical Needs**

The [Student Health and Wellness Center](#) expanded its collaboration with Athletics when the former Athletics team doctor resigned and they needed

someone to provide medical care for their student athletes while they searched for a replacement. The SHWC agreed to provide medical treatment for the athletes but also asked about laboratory testing and other medical services Athletics might be needing. During the discussions, it became clear that the SHWC could provide more cost-



effective laboratory testing and x-ray services than the vendors Athletics had previously been using. The partnership was a success and now includes the SHWC:

- Providing a space for performing full physical examinations prior to the fall season and seeing student athletes in the clinic for illnesses when the team doctor is not available.
- Performing all of their Sickle Cell screens for the student athletes at a much reduced cost and quicker (within one day) turn around.
- Providing laboratory testing and x-rays services for the team doctor when he holds a clinic at the athletic complex. SHWC provides this service at a reduced cost and quicker turn around than sending them to an outside facility.
- Handling and filing claims for international student athletes who have the new International Student Athlete Insurance policy underwritten by United Healthcare Student Resources.

“Student athletes enjoy the convenience of getting medical care on-campus, and Athletics saves money by using us, so it has been a beneficial partnership for everyone involved,” said Kathy Brewer, director of nursing.

### **Encouraging Spirit**

Student Affairs also offers a tailgate or has giveaways, food and water available at every home football game to encourage student attendance. The division partnered with Athletics and Advancement to offer a tailgate for students at the Cotton Bowl in 2016.

“This year, our largest tailgate so far was for the SMU game,” said Melissa McGuire, assistant vice president for student affairs. “We partnered again with Athletics and Advancement to bus approximately 400 students to the game and

provided a tailgate with free food so they would have a place to go at SMU once the buses arrived. The tailgate included music and food, and students who rode the bus were given a UNT t-shirt. Green Jackets served as bus leads to make sure we didn't lose anyone.”



In addition, for the UTSA/UNT game, through another partnership with Athletics, Student Affairs offered two students the chance to win a Mac Book Pro and five student organizations the chance to win \$1,000 each for their organization, assuming 40% of membership attended. Twenty organizations submitted their rosters for the contest.

With these successes, more partnerships with Athletics are sure to follow.

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## The Career Center's Career Fairs Enjoy Record Success

The [Career Center](#) is in full swing this semester with several successful Career Fairs under its belt.

The fall 2017 **Business Career and Internship Fair**, held Sept. 27 in the University Union, brought together 124 employers and 661 students, marking an almost 16% increase in student participation from the spring 2017 event. In addition, the Career Center printed approximately 4,700 business cards for approximately 115 students.



The student feedback was positive, with many students expressing their gratitude to the Career Center for hosting the event.

“This UNT Career Fair was a great experience,” said Austin Ford. “I’m currently a junior majoring in finance with a minor in marketing, so it was also pleasure to speak with TD Ameritrade about future opportunities and the growth the company is constructing.



Overall, I would like to thank the Career Center for putting together such a wonderful experience.”

Employers in attendance also applauded the event.

“It was great to see students dressed professionally, carrying resumes and a big engaging smile,” said Mark Pullam from Fidelity. “Great job, UNT.”

The fall 2017 **Engineering and Computer Science Internship and Career Fair**, held Oct. 5 at Discovery Park, also had great success, bringing 78 employers to campus and having 900 students in attendance, the highest student attendance in this fair’s history.

The **Journalism, Media, Communication, and Design Internship and Career Fair**, held Oct. 11, also had the highest student attendance in this fair’s history, with 236 students and 36 employers participating.

Plans for new events are in the works as well. On Nov. 2, the Career Center will be hosting its first **Career and Internship Fair** at New College at Frisco along with a Career Fair Prep session before the event.

Click [here](#) for more information on the Career Center's upcoming events.

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## The Career Center Creates Successful Partnerships with Employers

Building and maintaining great relationships is often the key to career success, so the [Career Center](#) continues to explore new partnerships with employers in order to create opportunities for students.

## Take Flight Open House

The Career Center facilitated a **Take Flight Open House at Fidelity Investments** on Oct. 13, which consisted of students from UNT, UTD, and UTA. In attendance, were 55 UNT students, who learned about career opportunities with Fidelity, as well as the company's culture and the benefits offered to employees.



## Career Chats

The Career Center also launched its new **Career Chats** program on Oct. 18 in partnership with **Student Veteran Services**. Representatives from Liberty Mutual Insurance, who sponsored the event, met with 20 student veterans and discussed internship and job opportunities with their company. They also reviewed the students' resumes and offered personal career advice.



“The Career Chats session was a success,” said Aliyah Assani, campus recruiter for Liberty Mutual Insurance. “Following this great pilot program, we are very interested in partnering with the Career Center the best we can.”

The Career Center plans to partner with other departments on campus and employers to create future events.

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## Student Money Management Center Receives Outstanding Department Award

The [Student Money Management Center](#) (SMMC) was recognized as an



outstanding department by UNT President Neal Smatresk at the President's Staff Sack Lunch on October 4. Director Paul Goebel accepted the award on behalf of the department.



The SMMC continues to have impressive accomplishments in 2016 – 2017. The SMMC:

- Presented five learning sessions at the AFCPE national conference.
- Opened a new satellite coaching office in ESSC in collaboration with SAUCS and SFAS.
- Increased student participation in outreach events by 23%.
- Offered 121 programs and events during the spring 2017 semester, including Money Month in April.
- Collaborated with SMU and UTD to plan and host the 2017 TACFEP State Symposium in May.
- Ranked #2 in LendEDU's national study on the Top 50 College Financial Literacy Programs.

In November, the SMMC, along with Director Paul Goebel and Assistant Director Rachel Grimes, will be receiving national awards of excellence and recognition from the Association for Financial Counseling and Planning Education (AFCPE) at its national conference in San Diego, Calif. For more than 30 years, AFCPE has set the highest standards for the field of financial counseling and education.

Click [here](#) for more information on the SMMC.

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## UNT Launches eSports Program

This semester saw the official debut of **eSports** at UNT, with 30 teams and 89 participants competing in the three tournaments held to date. [Rec Sports](#), in collaboration with the [DSA](#) and the [Chilton Hall Media Library](#), opened [The Nest](#) (a dedicated, high-tech gaming room located inside the Media Library) and programmed 15 eSports events (through the Rec Sports [Intramural Sports](#) program) during this inaugural year.

Expect to hear more about eSports in the coming months.

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## The Mean Greens Cafe Secret is Out

Dining Services' **Mean Greens Café**, a full vegan dining hall located behind Maple Hall, was recognized as “Denton’s best kept dining secret” by We Denton Do It.

Check out the full article at <http://wedentondoit.com/blog/2017/8/1/eat-your-greens-mean-greens>.

Mean Greens Café features everything from seitan and pizza to made-to-order paninis and fresh deserts. There is even a storage container garden out back where up to 11 different varieties of lettuces have been grown organically and up to 800 heads of lettuce a week have been harvested, providing for all of the salad needs of Mean Greens Café and some of the other dining halls.



Thanks to Mean Greens Café, Animal advocacy group, peta2, gave UNT an “A+” rating on its Vegan Report Card for going “above and beyond to provide all students with exceptional vegan food.”

Check out Mean Greens Café today!

Hours:

### **Monday - Thursday**

Breakfast: 7 – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Dinner: 4:30 – 8 p.m.

### **Friday**

Breakfast: 7 – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Click [here](#) for more information on Mean Greens Café.

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## Student and Staff Services

### **BEAT: A Multidisciplinary Approach to Eating Disorder Treatment on Campus**

College students are a population particularly at risk for eating disorders and eating disorder symptoms. On our [UNT](#) campus, the Mental Health Screening Questionnaire administered anonymously online from August 1, 2016, to August 7, 2017, indicated that, out of 147 students who took the survey, 1 in 5 identified as being “At Risk” for an eating disorder. Only 8% were identified as conclusively NOT “At Risk”.

As eating disorders can have lethal consequences, with anorexia nervosa having the highest mortality rate of all mental health disorders, it is pivotal that UNT is equipped to identify and effectively treat or refer our students with eating disorders. Because of this, the [Body Image and Eating Awareness Team \(BEAT\)](#) was developed.

BEAT is a multidisciplinary collaboration between [Counseling and Testing Services \(CTS\)](#), the [Dean of Students \(DOS\) Office](#), [Recreational Sports](#), [Student Health and Wellness Center \(SHWC\)](#) and [Texas Academy of Math and Science \(TAMS\)](#) that focuses on the prevention, recognition and treatment of eating disorders. Through BEAT, students have access to therapy, nutrition and medical services. Additionally, students may utilize personal training with a fitness professional who will work with the student to develop a fitness plan that is not a symptom of the eating disorder (e.g., finding exercises one enjoys and not for the purpose of purging calories or over-exercising). They may also utilize DOS advocacy, in which the Student Advocate can assist with academic and personal matters, such as advocating with professors if eating disorder symptoms impact classes or working with parents to obtain a higher level of treatment.

The team communicates about students’ progress on a biweekly and as-needed basis to help provide the best care possible. It is the team’s goal to create a UNT community that encourages success in personal well-being, growth and health, while helping students reach their academic goals.

The BEAT Team Members are:

- **Therapist (Licensed Psychologist or Supervised Practicum Therapist)** - Steffanie Grossman, Ph.D., and Kristina Clevinger, M.S. (CTS), Patrick Turnock, Ph.D. (TAMS)
- **Psychiatrist** - Seema Gupta, M.D. (SHWC)
- **Medical Provider** - Herschel Voorhees, D.O. (SHWC)
- **Registered Dietitian** - Danielle Gemoets, MS, RDN, LD (SHWC)
- **Fitness Professionals** - Wendy Comfort and Veera Korjala (Recreational Sports)
- **Student Advocate** - Heather Treadway, M.S. (DOS)
- **Team Coordinator** - Kathy Brewer, LVN, DON (SHWC)

Students can obtain a consultation through the team by calling 940-565-2333, and general questions can be directed to [beatED@unt.edu](mailto:beatED@unt.edu).

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## Spring Soar 2018 Call for Programs

[Orientation and Transition Programs' Spring Soar](#), an extension of the [First Flight Week](#) welcome program, takes place the first week of classes during the spring semester and is intended to help new students transition to our campus. Spring Soar 2018 will be held Tuesday, January 16 – Friday, January 21.

Your program submissions will be compiled into a publication given out during our January orientation sessions and the first week of classes. Our hope is that new students will attend as many programs as they can during the first week to get better acquainted with the support services and involvement opportunities available to them.

The deadline to submit program proposals to be included in the Spring Soar Publication has been extended to **Friday, November 3**.

NOTE: Classroom space will not be released until January 2018, which is too late for us to meet our printing deadline. If you are using classroom space for your programs, then please submit your program by the deadline and use TBA for the location. We will update our website with program locations in January.

Please submit your programs using this link:

<https://orgsync.com/61139/forms/284689>

For questions or more information, contact Aundrea Caraway at 940-891-6770 or [aundrea.caraway@unt.edu](mailto:aundrea.caraway@unt.edu).

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## Alumni Profile

### **Alumnus R. Dakota Carter Combines Healthcare and Education to Address Community Needs**

For UNT alumnus and former [SGA](#) President R. Dakota Carter ('10), M.D., Ed.D., a love for teaching, mentoring and education, combined with a passion for helping others, has led to a rewarding career.

Carter is an adult and child/adolescent psychiatrist at The University of Texas Health Science Center at Houston. He also has a private practice, [Carter Psychiatry and Wellness](#), in Friendswood, TX.

Much of Carter's success began at UNT.

"When I first toured the campus, I felt a sense of community and family," he said. "I felt it was the place to be to reach my full potential."



A political science major with minors in biology, chemistry and Spanish, Carter first became involved in campus life his freshman year with the [Honors College](#) and participated in [Greek Life](#) (Theta Chi) and [Housing](#). He decided he would run for SGA president his senior year, wanting to bring more diversity to SGA.

"With me being out and running with an African-American student as my VP candidate, we had a diverse ticket," said Carter. "But I wanted to change what SGA looked like and show that any student organization leader could be

president.”

Carter won by a large majority, proving that the student body was ready for change. As president, he strove to give everyone a voice, make everyone feel included on campus and opened a discussion of LGBT issues for Homecoming.



Carter was accepted into medical school as a freshman through the [Joint Admission Medical Program](#), and upon graduating from UNT, went on to earn his M.D. in child and adolescent psychiatry at The University of Texas Health Science Center at Houston.

“I initially wanted to be a pediatrician, but I didn’t like runny noses,” said Carter. “I did like talking to children though.”

During his residency, Carter decided to enroll in graduate school at the University of Houston and earned his Ed.D. in healthcare education curriculum and development. He even developed LGBT programming for the entire school, an issue that he continues to bring to the forefront with his work.

“A lot of people can’t afford healthcare, especially in the LGBT community,” he said. “I try to give back when I can and make sure everyone can afford the services they need.”

Carter is the founder of Project LYFE, a non-profit that reaches out to communities of color to help LGBT children that are having trouble at home. He also is continuing to develop community projects that impact the intersectionality between minority groups and mental health. His current projects include reducing HIV stigma via research, community outreach and programming and creating English and Spanish language guides for families to understand synthetic marijuana abuse, its dangers and ways to recognize it in youth.

In addition to his work, Carter is an avid researcher and has published on a myriad of topics in psychiatry. He also has developed curriculum for medical schools in the Houston area and across the United States and sits on the American Psychiatric Association Board of Trustees and is on the Council of

Government Relations and Advocacy.

Carter is a national SAMHSA/APA Diversity Fellow and a national George Ginsberg Award recipient for his continued work in psychiatry and mental health. He even won a coveted “Top Texans Under 30” award by CultureMap and is proud to have been the 2016 Democratic Nominee for the Texas State Board of Education for District 6.

Carter is grateful for his success and credits his time at UNT with helping him on his path.

“UNT set me up to do everything I wanted to do in life,” he said. “It is an awesome place.”

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## [News and Announcements](#)

### **Discounted Rec Sports Memberships, Group Exercise Passes, and More!**

Fall semester memberships at the [Rec Center](#), as well as lockers, climbing wall semester passes and unlimited group exercise passes are now discounted to half-price, making this a great time to become a member of the Rec Center and start the journey to a happier, healthier and more stress-free life.



For more information about joining the Rec Center, you can visit the [website](#), call the Rec Sports Main Office (open 8 a.m. - 5 p.m., Monday - Friday) at 940-565-2275 or stop by the Rec Center during [open hours](#) and speak with any of the Member Services staff.

**PRE-ORDER NOW!**

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## Get Ready for Homecoming Week

[Homecoming Week 2017](#) will be held **November 6 – 11**.

This year's theme is **Deep in the Heart of UNT**—celebrating the traditions, love and unique qualities that make us all love UNT and Texas deep into our core.

Visit the Homecoming Week [website](#) for information on events taking place during the week.



## Check Out the Arts at UNT

**Fine Arts Series Event: Poetry Night with Karla Morton and Edyka Chilomé**

Wednesday, Nov. 29, 7 p.m., University Union, Lyceum



Described as “one of the more adventurous voices in American Poetry,” [Karla Morton](#), the 2010 Texas Poet Laureate, is the author of nine books of poetry, has a touring photography and poetry exhibit and was recently featured with other prominent writers in *8 Voices: Contemporary Poetry of the American Southwest*.



[Edyka Chilomé](#), born Erica Granados - De La Rosa, is a literary artist, performer, educator and cultural worker based in North Texas. A child of Salvadorian and Mexican immigrant activists, she was raised in social justice movements grounded in the tradition of spiritual activism.

Click [here](#) for the Fine Arts Series calendar of events.

#### **Union Arts Programming Events:**

##### **Union Art Workshop: Synthesizer Building with James Akers**

Wednesday, Nov. 1, 6 – 8 p.m., Union 339

##### **Arthouse Film Series presents *Morris from America***

Friday, Nov. 3, 8 p.m., University Union Lyceum

##### **Union Art Workshop: Tiny Terrain with Rachel Fischer**

Monday, Nov. 13, 6 – 8 p.m., Union Room 339

##### **Arthouse Film Series presents *Class Divide***

Friday, Nov. 17, 8 p.m., University Union Lyceum

Click [here](#) for more information on the workshops.

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## Upcoming Events

### November

#### Homecoming Week

November 6 – 11

Click [here](#) for the latest updates.

#### Happy Hour @ Oak Street

##### Drafthouse

November 16 at 5:30 p.m.

308 E. Oak St., Denton, TX 76201

#### Healing Art Showcase

November 16, 6 - 7:30 p.m.

Counseling and Testing Services  
Chestnut 311

### December

#### Denton Holiday Lighting Festival

December 1 at 5:30 p.m.

Corner of Locust and Hickory,  
Denton Square

#### Division Holiday Party

December 13 at 11 a.m.

### February

#### Division Meeting

February 21 at 8:30 a.m.

University Union Ballroom

### Workshop Wednesdays

November 1, 1 - 2 p.m.  
Center for Leadership and  
Service Workshop  
@ Union 339

December 6, 1 - 2 p.m.  
Housing Workshop  
@ Union 339

### Training Thursdays

November 16, 10 - 11 a.m.  
“Dealing with Difficult  
People”  
Jerri Robertson  
@ Union 339

## We would love to hear from you!

We are always looking for new stories and feedback.  
If you have anything to share, please send it to  
[Ray Willhoft](#) or call 940-565-2464.

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