Stay Day 2016

The Student Experience Conference

INSPIRATION TO ACTION

Wednesday, June 8, 2016, 8:00 a.m. - 5:00 p.m.
ASUC Student Union Pauley Ballroom
Schedule of the Day

8:00-8:30 a.m.  Registration
               Kerr Lounge

8:30-8:45 a.m.  Welcome and Opening Remarks
                 Pauley Ballroom West

8:45-10:00 a.m. Pecha Kucha
                 Pauley Ballroom West

10:15-11:30 a.m. Session One - Your Choice
                  Various Locations
                  Session Name:_______________________
                  Session Location:_____________________

11:30-12:00 p.m. Poster Session
                  Kerr Lounge

12:00-1:00 p.m.  Lunch
                 Outside, Lower Sproul Plaza

1:15-2:30 p.m.  Session Two - Your Choice
                 Various Locations
                 Session Name:_______________________
                 Session Location:_____________________

2:45-4:00 p.m.  Session Three - Your Choice
                 Various Locations
                 Session Name:_______________________
                 Session Location:_____________________

4:00-5:00 p.m.  Networking Reception
                 Pauley Ballroom West and Terrace
Stay Day is a free one-day conference, sponsored by the Division of Student Affairs for Berkeley staff who work directly with students, provide “behind-the-scenes” services in support of students, or are simply eager to learn more about the “Berkeley student experience.” Through a combination of workshops, roundtables, poster sessions, keynote sessions, and student panels, participants engage in a collective conversation about the evolving needs of our students. The aim of the conference is to enhance the student experience by facilitating communication and collaboration among student service staff on campus.

Stay Day Planning Committee

**Annalyn Cruz**
Student Affairs Learning & Development

**Sunny Lee**
Ombuds Office for Students and Postdoctoral Appointees

**Elinor Gregorio**
Integrative Biology

**Marcia Riley**
Ombuds Office for Students and Postdoctoral Appointees

**Erin Wixson**
Student Affairs Learning & Development

**Brianna Wright**
Educational Opportunity Program

**Kun Yang**
Student Affairs Learning & Development

**Tara Young**
L&S Undergraduate Advising

**INSPIRATION TO ACTION**
Access to Eshleman is via the sky bridge walkway

Career Center Blue and Gold Rooms are located on the 3rd Floor at 2440 Bancroft Way, across the street from Eshleman Hall.
Refillable water stations can be found on the 2nd, 3rd and 4th floors of MLK, and on 5th floor of Eshleman.
Welcome and Opening Remarks

LOCATION: Pauley Ballroom West, MLK 3rd Floor
OPENING SPEAKER: Harry Le Grande, Vice Chancellor for Student Affairs

“Once you are at Berkeley, inspiration is guaranteed, so make sure to employ all of the resources out there to turn your inspiration into action.”

4th year, Media Studies and Journalism
Pecha Kucha 8:45-10:00 a.m.

LOCATION: Pauley Ballroom West, MLK 3rd Floor

Pecha Kucha is a series of short presentations; twenty slides per presentation, 20 seconds per slide. Each presentation lasts exactly 6 minutes and 40 seconds. The concept originated among designers in Tokyo, Japan in 2003 as a format to share innovative ideas in a short amount of time.

Each presenter will share a story about what inspires them to action. There will be time for Q&A after all presentations.

Presenters:
1. Elisa Diana Huerta, Multicultural Community Center
2. Christopher Hunn, Electrical Engineering & Computer Sciences
3. Donald MacGregor, Residential & Student Servies Programs
4. Kun Yang, Student Affairs Learning & Development
5. Alfred Day, Office of the Dean of Students
6. Chrissy Roth-Francis, New Student Services

“When I think about why I do what I do, faces pop into my mind. My mom, a woman who fled her homeland in hopes of a better life for herself and her children. My family, stuck in this endless cycle of poverty. My Mien community, lacking strong role models for our youth and the growing gap between youth and their parents and elders. The youth I work with in Oakland, struggling to find passion in learning and lacking the support and guidance to succeed. These people are my inspiration.”

3rd year, Psychology
# Session One

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<th><strong>Fostering Culture Change: Principles and Strategies of Harm Prevention</strong></th>
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“My family is definitely my biggest inspiration and gives me the drive to continue when things get tough. They have always been so loving and supportive of whatever path I choose to take. My mom got her Master’s degree here at Cal and passed away when I was in high school; I really want to make her proud by doing well here.”

3rd year, Geology
Session One

An Innovative Approach to Improving Campus Climate: Bystander Intervention as a Strategy for Interrupting Bias
James Kato, Residential & Student Service Programs

WORKSHOP  l  Stephens Lounge, MLK 3rd Floor
Issues of campus climate are connected to bias-related behavior. Come expand your bystander intervention toolkit! You will learn and practice ways to be an active bystander by recognizing and interrupting bias on campus. This session is highly interactive and includes group discussion as well as case studies. Join us!

Graduate Students: Demystify and Engage a Unique Student Community
Shirley Giraldo, LEAD Center; Larissa Charnsangavej, Graduate Division

WORKSHOP  l  Madrone Room, MLK 4th Floor
Graduate students account for one in four students at Berkeley. This session aims to give an overview of the unique needs and challenges that graduate students face. Participants will understand graduate student needs and create a preliminary plan on how to engage graduate students via current or tailored programmatic efforts.

A Holistic Approach to the Student Athlete Experience
Nick McNeil, Cassidy Raher, Athletic Study Center

WORKSHOP  l  Tilden Room, MLK 4th Floor
The Athletic Study Center (ASC) supports student athletes in developing as independent, self-reliant and successful young adults. The ASC provides broad academic guidance in response to individual needs of student athletes while understanding, negotiating, and complying with college, university, and NCAA rules and requirements. Participants will view a snapshot of the complexities and stresses of the student athlete experience and discuss a variety of case studies that are unique to the student athlete population.
Cal Student Hunger & Homelessness
Ruben E. Canedo, The Centers for Educational Equity and Excellence (CE3)
WORKSHOP  l  Pauley Ballroom East, MLK 3rd Floor
Help us ensure that hunger and malnourishment stop being part of the Cal experience. This session will facilitate four levels of engagement. First, demystify hunger through student led research and case studies on the impact of hunger on the Cal experience. Second, learn from college student hunger academic research, data, and reports. Third, review the latest publication about UC Food Security Progress Report and System/Institutional Model. Fourth, receive training on the Berkeley Food Security Model. We are excited to learn and build together.

We Need to Talk: Difficult Conversations & Cultural Sensitivity
Isela Pena-Rager, Amy Azuma, Berkeley International Office; Dr. Jung Yi, Counseling & Psychological Services; Omar Ramirez, College of Environmental Design
WORKSHOP  l  Blue Room, Career Center, 3rd Floor
Join representatives from Berkeley International Office, College of Environmental Design, and University Health Services to learn strategies for having difficult conversations with students using both cross-cultural communication and cognitive-behavioral theories. This session will be both interactive and reflective. Although the strategies were developed with international students in mind, the learning outcomes are applicable to a myriad of interactions across campus.

Proactive Restorative Responses to Workplace Conflicts
Julie Shackford-Bradley, Restorative Justice Center; Lauren Bloom, Staff Ombuds Office
WORKSHOP  l  Gold Room, Career Center, 3rd Floor
Attend this training in community building and conflict resolution in the workplace. Learn principles and concepts of Restorative Practice and exercise skills for responding proactively and restoratively to conflict or harm in the workplace. Through facilitated dialogue, participants will explore ways to apply these practices and skills in their work with peers and students.
Poster Session 11:30-12:00 p.m.

LOCATION: Kerr Lounge, MLK 3rd Floor

Cal Answers for Advisors and Schedulers  
Kira Blaisdell-Sloan, Office of Planning and Analysis; Jeannine Miles, Office of the Chief Financial Officer

Want to know the top questions Advisors look to Cal Answers to solve? Do you have questions on our Undergraduate Applicants, Curriculum (SCH, Course & Instructors, Enrollments), Student Demographics & Outcomes (Time to Degree, Degrees Earned) and Student Affordability and Financial Aid? Want to learn some time saving tips for working with Cal Answers? Want to chat with an Office of Planning & Analysis analyst to help answer your Cal Answers question(s)? Come get a sneak preview of what’s new with Cal Answers as well as other information on how Cal Answers can be used by advisors and schedulers.

Student Affairs Certificate and Masters Program  
Khai Nguyen, Ramu Nagappan, UC Berkeley Extension; Andrea Dooley, Office of the Vice Chancellor for Student Affairs; Jamie Riley, LEAD Center; Stacy Holguin, Student Affairs

UC Berkeley boasts a wealth of talent and resources being marshalled towards the creation of a Master’s Degree in Higher Education/Student Affairs. Based on requests from staff for specialized knowledge in student affairs/student services and a professional degree for career advancement, the phased approach began with a certificate program through UC Berkeley Extension. Learn about the certificate program and preview the roadmap towards a full master’s degree offering in partnership with University of San Francisco (USF). Ask questions and learn about the curriculum and requirements.

Pre-Health Advising Resources: Berkeley’s One-Stop Shop  
Santina Pitcher, Career Center; Rebecca Sablo, College of Natural Resources - Dean’s Office

By inspiring students to take action towards their future, the Pre-Health Advising Committee is working to collaborate and centralize the way we provide information to our students. Our cross-discipline committee brings together practical tools, and resources that can connect you to the student experience. Stop by and meet your Pre-Health Advising ambassadors!
Poster Session 11:30-12:00 p.m.

LOCATION: Kerr Lounge, MLK 3rd Floor

Helping Student Leaders with Burnout
Yu Bi, Christine Chang, Yi Du, Counseling and Psychological Services; Amanda Dea, Asian Pacific American Student Development; Dawn Lee Tu, Asian Pacific American Student Development

Burnout is a common struggle faced by student leaders and activists. A student suffering from burnout tends to experience psychological exhaustion, helplessness, guilt, and a negative attitude towards themselves and others. Burnout has become a major challenge that impacts students’ sustainability and mental health. Learn about burnout symptoms, contributing factors, and strategies to help students prevent and cope with burnout.

Fostering Community, Engagement and Success Utilizing a Residential Curriculum
Crystal White, Julia Mears, Jason Howie, Bie Aweh, Residential Education

Research shows that students who live on campus tend to have higher GPAs than students who live off campus. Research also shows that isolation can have negative impacts on your physical, mental and social health. Come to a session where we discuss and share ideas about how we can help our residence hall students find community in the halls and on our campus.

“My inspiration is to reward my family after this journey for being so helpful with me throughout my life.”
3rd year, Chemical Engineering
Poster Session 11:30-12:00 p.m.

LOCATION: Kerr Lounge, MLK 3rd Floor

Overworked, Overwhelmed and Stressed Out: How to Talk to Students About Mindfulness & Self-Care to Ease Their Stress and Yours!
Judy Juarez, Residential Education

A common theme for many Berkeley students is a constant sense of being overworked, overwhelmed and stressed out. These experiences often translate into students dealing with chronic stress, anxiety and depression. As student affairs professionals we interact daily with these students and it can be difficult to support the student who feels like they can never take a break or slow down. Learn how to identify traits of the overwhelmed Berkeley student and offer specific tools like how to develop a self-care action plan and how to talk to students about mindfulness to encourage our students to succeed, mindfully.

Lunch 12:00-1:00 p.m.

LUNCH | Outside Lower Sproul Plaza
# Session Two

1:15-2:30 p.m.

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“Cal is a unique environment where passion, drive, and intellectual curiosity intersect at every plane; the zeal to be a force for change is one that brings out the born leader in even the most reluctant of students.”

4th year, Molecular and Cell Biology
**Session Two**

**Advisors of Color: How are We Doing?**
Tara Young, L&S Undergraduate Advising

**ROUND TABLE  | Bayview Room, Eshleman Hall 5th Floor**
How are we doing as advisors of color in higher education? American colleges may tout their equal opportunity initiatives, but with many executive-level positions held by white males, most of these programs clearly fall far short of their goals when it comes to diversifying upper management. Where are we with mentoring and training? What can we tell each other to lift each other up? How do we keep ourselves going to support our students? Spring boarding from one of the first in-depth studies to focus on minorities who have made it to the top, *Breaking Through: The Making of Minority Executives in Corporate America* (by David Thomas and John Gabarro), examines the crucial connection between corporate culture and the advancement of people of color. What can we learn from these success stories? Our structure will be small group discussions, but everyone is welcome to share wisdom.

**Why Stop at Berkeley? Pathways to Grad School for First Generation and Low Income Students**
Diana Lizarraga, Cal NERDS; Tiffany Reardon, Electrical Engineering and Computer Science; Leah Carroll, Office of Undergraduate Research

**WORKSHOP  | Pauley Ballroom East, MLK 3rd Floor**
Nearly half of the students that started at Berkeley in fall 2015 were first generation college students, and more than 40% qualify for Pell Grants, yet the numbers of low income and first generation students who go on to graduate school are much smaller. While these students face challenges in obtaining an advanced academic degree, many resources are available to help them. Learn how first generation and low income students can take advantage of Cal by getting involved in research to prepare them for graduate school. Campus experts will share information and insights on research-related workshops, off-campus opportunities, on-campus programs, and simplifying the graduate school application process. In addition, two student researchers will share their experiences. Leave with a comprehensive list of resources, connections, suggested timelines and better understanding of how to encourage low income and first generation college students to consider research and graduate school.
Session Two

Do I Look Fat in These Pants? Promoting Positive Body Image and Healthy Relationships with Food for Our Students and Ourselves
Toby Morris, Maayan Greene, Karen Tsai, University Health Services

WORKSHOP  l  Stephens Lounge, MLK 3rd Floor
Negative body image and disordered eating are widespread, and college students are especially vulnerable. In some cases, negative body image and disordered eating can develop into severe disorders which are the deadliest of mental health conditions. Explore ways in which body hate and disordered eating are interwoven into society, reinforced by media, and perpetuated in obvious and subtle ways. Learn and practice techniques for combating negativity and promoting peace with food and body.

Disability Now
Kevin Shields, Mary Lee Vance, Benjamin Perez, Disabled Students Program

WORKSHOP  l  Madrone Room, MLK 4th Floor
Learn about and discuss disability history, laws about accommodation, disability related to the context of any given situation and resources available to support this growing population.

I’ve Used Everything in My Toolbox. Now What?: Working with Student Resistance to Counseling
Susan Bell, Aaron Cohen, Paige Lee, Counseling and Psychological Services

WORKSHOP  l  Gold Room, Career Center, 3rd Floor
Campus advisors often recognize students in distress and try to refer them to counseling. But what do you do when that student is resistant to the idea? They may tell you they tried in the past and it didn’t work or that counseling is for students who are “crazy.” Using scenarios, we will address the stigma of counseling as well as strategies for dealing with the feelings that advisors experience when students refuse treatment. We will discuss consultation resources as well as how to set healthy boundaries with students in caring ways.
Session Two

What Do You Owe? New Information about Paying Campus Bills
Anne De Luca, Admissions and Enrollment; Lisa Feldman, Andreas Pinterits, SIS Project

WORKSHOP | Blue Room, Career Center, 3rd Floor
With the new Student Information System comes changes to bill payment deadlines, how students can pay their bills, and consequences if they don't. Come learn about these changes and how to support students navigating in the new SIS.

“Being part of various school clubs and organizations along with learning relevant coursework at school makes me inspired everyday to take action around the Bay Area.”
3rd year, Integrative Biology
### Session Three

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“The love and guidance that is provided through the professional staff to students, parents and student staff on campus inspires me to do more and believe in a better University for future students.”

2nd year, Cognitive Science
Session Three

Bend, Don’t Break: Resilience Strategies for Adapting to Change and Embracing the New
Christine Tobolski, Carina Galicia, College of Natural Resources; MacKenzie Moore, Cognitive Science Program

WORKSHOP  |  Madrone Room, MLK 4th Floor
We acknowledge how critical it is for our students to develop and practice resilience during their time at Cal. But as advisors, it’s important for us to practice resilience so that we can not only be effective advisors, but also serve as role models to our students. Learn about and share strategies for developing and practicing resiliency while adapting to change and embracing the new.

Graduate Students and the Happily Ever After
Joan Iva C. Fawcett, LEAD Center; Dax Kangas, Matt Grigorieff, & other graduate student leaders

STUDENT PANEL  |  Stephens Lounge, MLK 3rd Floor
Graduate students make up almost a third of the student body at Berkeley, but campus resources around well-being often focus on undergraduate needs. The Graduate Student Happiness & Well-Being Report, conducted by the Graduate Assembly last year, sheds light on this important issue. Come listen to a panel of graduate students share personal stories of how they have successfully navigated the post-undergrad experience at Cal.

Fundamentals of Supporting and Advising Transgender Students
Billy Curtis, Centers for Educational Justice & Community Engagement; Marisa Boyce, Gender Equity Resource Center

WORKSHOP  |  Blue Room, Career Center, 3rd Floor
Explore the basics of initiating and providing ongoing support for students across the transgender, genderqueer, and non-binary spectrum. Leave with an understanding of what you will need to better your practice of advising and support. This workshop is specifically designed for advisors and those who provide direct support to students.
Using Institutional Survey Data to Understand the First Year Experience of UC Berkeley Undergraduates
Sereeta Alexander, Office of Planning & Analysis

WORKSHOP  l  Pauley Ballroom East, MLK 3rd Floor
Surveys are an essential tool to understanding students’ early transition experiences, the services they use and find helpful, their financial concerns and challenges, and their campus climate experiences around diversity and inclusion. Each year, UC Berkeley administers the Survey of New Students (SONS) to all incoming Fall freshmen and transfer students. Every two years, the UC Undergraduate Experience Survey (UCUES) is administered to all Berkeley undergraduates in the Spring term. See data from the last completed SONS to UCUES cycle for an unprecedented view of changes in the student experience across the first year.

Contested Issues in Higher Education: UC Berkeley Edition
Glenn DeGuzman, Layla Naranjo, Residential and Student Service Programs

WORKSHOP  l  Tilden Room, MLK 5th Floor
Participate in a moderated series of fast-paced, innovative, one-on-one debates between UC Berkeley Student Affairs administrators and leaders. Come explore several controversial topics in higher education and student affairs on campus and beyond. This interactive program is based on the popular “Higher Education Live: Contested Issues” format.

Web Accessibility and Student Affairs: What You Need to Know
Anna Gazdowicz, Lucy Greco, Caroline Boyden, IST - Web Platform Services

WORKSHOP  l  Gold Room, Career Center, 3rd Floor
Web Accessibility is the inclusive practice of removing barriers that prevent interaction with, or access to websites, by people with disabilities. UC has a policy that states that all websites and web-based products need to be accessible to students, faculty, and staff with disabilities. What does this mean for you, as someone who works with students? What should you do if a student comes to you because they have a disability and are having trouble accessing a campus website or web-based tool? Berkeley’s Web Accessibility team is here to help! If you are aware of web accessibility and why it is important, you can help ensure that all of your students will have a great experience at Berkeley.
Networking Reception

LOCATION: Pauley Ballroom West and Terrace

Stay Day is an amazing opportunity to connect with other Berkeley student service professionals. Attend the networking reception to share knowledge, make connections, promote your work, and build community on campus. During the networking reception, there will be a drawing filled with prizes from campus departments and local businesses, as well as a great reception menu, compliments of ASUC Student Union Catering!

Stay Day Conference is presented by Learning and Development, Division of Student Affairs and in partnership with our generous sponsors:
“UC Berkeley is a campus thriving with innovative research, world-renowned professors, and an extremely ambitious school culture. Being surrounded by students with the same yearning for knowledge is completely and utterly encouraging. In a way, being surrounded by a community exploding with passion for art, science, research, community awareness, action, and change is an inspiration in itself. Each student possesses a passion for something completely different, whether that’s social activism, neuroscience research, or global health, each person carries their own personal fire that drives their entire being for studying or doing what they want to do.”

2nd year, Integrative Biology and Anthropology

sa.berkeley.edu/stayday