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CAPS Features Creative, Innovative Services

Counseling and Psychological Services, formerly known as the Counseling Center, hosted an Open House for the UCF community. The staff toured visitors through their warm and inviting space as they showcased their professional, creative and diverse services.

CAPS three-core service areas included clinical, outreach and prevention as well as training were highlighted. Visitors began by viewing the “Field of Memories: Be Aware, Show You Care” suicide prevention exhibit. Outreach services allow CAPS to reach out to students in a preventative way and to reach populations that might not typically seek services due to cultural influences.

Visitors were then able to learn more about the training services, which are accredited by the American Psychological Association and Association of Psychology Postdoctoral and Internship Centers, and saw a live demonstration of the video technology used with clients. The training program consists of a doctoral-level internship in psychology, a master’s internship for mental health counseling, social work, and clinical psychology students, and a doctoral-level practicum.

The clinical services provided a brief, mock group therapy experience as well as an affirmation table. Clinical services are free and confidential and include initial assessments, short term individual, couples and group counseling, consultation, referrals and crisis intervention. In passing through the “Equity and Inclusion” station, individuals were able to see how diversity is threaded into all facets of CAPS.

New, creative and innovative services to better assist students succeed at UCF were featured. These therapies include animal-assisted therapy, expressive arts and the use of a sandtray, as well as the therapeutic use of yoga. Visitors met Bodhi, the CAPS therapy dog, and learned that AAT is the incorporation

of animals as therapeutic agents into the counseling process. Positive human-animal interactions can be motivational as well as help relieve stress, anxiety and depression. Expressive arts therapy is the practice of using music, movement and dance, visual arts, poetry, meditation, and storytelling together in an integrated way to foster self-discovery, personal empowerment, and healing. Sandtray is an expressive and dynamic play process that is used in therapy to help tell a story. Yoga has many healing benefits including improved mindfulness, the sense of being present, centered and grounded; reducing stress and anxiety; and increasing physical and psychological strength and resiliency for your body and mind.

The Open House provided the opportunity to see the many different facets of the work the clinicians provide the UCF community. Approximately 135 people attended the event.

Programs and services are accented with events that bring awareness to issues or just to release stress.

The September “Field of Memories—Be Aware Show You Care Flag Exhibit” was a powerful and poignant visual display representing the 1,100 suicides that occur on U. S. college campuses each year. Over 1,100 students personalized a flag to show their support or honored a memory of someone lost to suicide. Hundreds of students stopped by the information table to share personal and emotional stories of how they had been impacted by someone in their life either contemplating suicide or completing suicide.

In October, CAPS participated in the Healthy Knight Expo offering hands-on activities to educate students about mental health issues as well as increasing awareness around diversity and eating disorders with hands-on activities.

On November 9, the UCF Active Minds Chapter hosted the “9th Active Minds National Mental Health on Campus Conference.” It is the only national conference addressing college student mental health and young adult advocacy. The “Send Silence Packing” display, held in front of the Student Union, was an exhibit of 1,100 backpacks representing the number of college student lives lost to suicide



Students visited the therapy dogs at CAPS during finals week.

each year. Active Minds Inc. collected and continues to collect backpacks and personal stories in memory or in honor of loved ones impacted by suicide. By displaying backpacks with personal stories of loved ones connects a “face” to lives lost to suicide.

During the fall, CAPS posted a call for art entries from students, alumni, faculty and staff for its “Healing Art Exhibition.” The event was designed to create campuswide awareness of the CAPS, to increase inclusivity across campus, and to create an open exhibition space for creativity and healing. The theme for the show was “Embracing and Celebrating Differences.” Selected artworks are on display at CAPS from January 2013 through November, with an opening reception and announcement of awards in February 2013.

On December 5, students were encouraged to take a break from studying for finals, stop by CAPS “Paws-a-tively Stress Free” event and play with fun, friendly dogs. In addition to the CAPS’ therapy dog, Bodhi, four certified therapy dogs were available through collaboration with volunteers in the local community. A total of 131 participants came to the event. As a result of attending this activity, 92 percent shared that they felt less stress and 78 percent felt more energized. Comments included: “It was great—I loved the dogs and they made me feel better.” “I think this was an excellent event and I would love to see it happen again.” “It was fun and uplifting.”

For more information on CAPS’ services and programs, visit: caps.sdes.ucf.edu.



The sandtray is used as a tool for storytelling.



SDES Connects Students

Students Take Extra Step to Interact with Academic Advisor at Open House

One of the challenges that face each campus office is the charge to impact the new population of students and construct meaningful connections. With nearly 6,000 first time in college students, First Year Advising and Exploration is constantly seeking innovative techniques to establish relationships with students at the start of the semester.

Each FYAE advisor has a population that averages 400 students with diverse backgrounds and varying levels of academic and personal needs. Because of these distinctive circumstances, FYAE advisors met to discuss how to enact the first phase of their advising model Appreciative Advising: Disarm. According to the website Appreciative Advising (www.appreciativeadvising.net), academic advisors are responsible to “make a positive first impression with the student, build rapport and create a safe, welcoming space.” FYAE decided to have an Open House with Jenna Nobili taking the lead.

The September 5 and 6 Open House included a check-in station in which students signed in and had their choice of three prizes: I-Phone cover, water bottle or drawstring bag backpack. Students were then directed to the front desk to find out the name of their academic advisor and to schedule an appointment. An additional incentive for

scheduling an appointment included receiving 500 LINK Loot points. Ninety-one students decided to take advantage of this opportunity.

Students mingled with their assigned advisor and received information about campus resources such as Supplemental Instruction and peer tutoring offered by the Student Academic Resource Center as well as tutoring in the Math Lab provided by the Math department.

The Open House was a success with 104 students in attendance. FYAE is exploring more ways to continue building positive relationships with students throughout this academic year.



FTIC students connect with an academic advisor.

The MASS Extravaganza, hosted by Multicultural Academic and Support Services and the Multicultural Student Center, offered new and returning UCF students the opportunity to meet and greet with various UCF departments, student organizations, as well as local and national businesses.

The event welcomed and introduced multicultural and first generation students to various services that are offered at the university. Not only did students get to discuss campus involvement opportunities but they met with representatives from Lockheed Martin, UCF Federal Credit Union, Disney internships and programs, Target, Save-A-Lot, Kohl's, Oviedo Injury and Wellness Center, Kraft Foods/Nabisco, INROADS and Chase Bank.

Over 500 attendees received free food provided by on-campus Dominos, free massages

On September 15, 2012, LEAD Scholars hosted “A Very Wizarding Family Weekend” luncheon for current students and their families in the Student Union Pegasus Ballroom. Over 280 students and family members enjoyed this exciting Harry Potter themed event. Participants lunched on Wackadoo’s barbeque and enjoyed a “How Well Do You Know Your Scholar” game show and magician.

Karen Felton, a mother of a second year LEAD Scholar, said, “I thought that the family weekend was awesome-better than last year. There was something for everyone young and old. To see families from all over come together and celebrate our students’ success was one of life’s most precious moments. I look forward to every year being better than the year before. Go Knights.”

MASS Extravaganza: Hello UCF



UCF departments, student organizations, and local and national business were represented.

and were entertained by Shanequa Bernard, Mu Sigma Upsilon Sorority, Inc., Disciples of Christ Step Team, Lambda Theta Alpha Latin Sorority, Inc., Sigma Lambda Beta International Fraternity, Inc., Iota Phi Theta Fraternity Inc.,

Phi Beta Sigma Fraternity Inc., and Zeta Phi Beta Sorority, Inc.

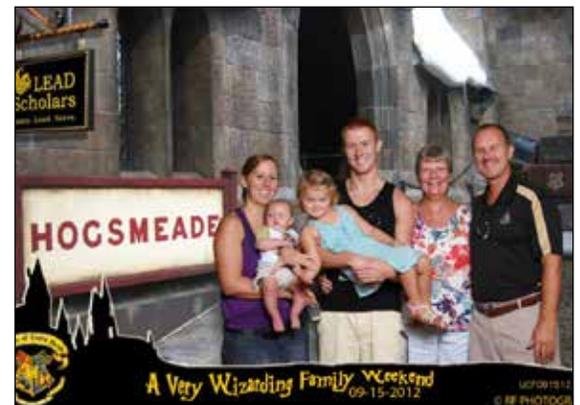
“It was an amazing experience to volunteer at the Mass Extravaganza of 2012,” said Kenecia Jefferson, forensic science major. “Looking around, seeing all sorts of people and the huge variety of organizations this university provides was truly phenomenal. I see smiles on everyone’s face and I had the privilege of capturing every moment. Through my volunteering experience at this function, my multitasking skills have greatly improved. I also was able to practice teamwork, which was the foundation to this event’s success. The constant communication among all the volunteers was very effective and made working more enjoyable. The best part was taking pictures of ‘Kodak’ moments that I, myself, will never forget.”

LEAD Scholars Welcomes Families

Emy Umoh, second-year LEAD Scholar, said, “Family Weekend was truly a remarkable experience for me. Walking into a Harry Potter themed, made me really feel like a true wizard. I walked away feeling truly magical.”

LEAD Student’s Association Director Mike Lebowitz stated, “Under the direction of Jackie LaLonde, A ‘Very Wizarding Family Weekend’ made for a very memorable family weekend. Jackie organized the event to a ‘T’ with a delicious meal and delicious desserts. The magic show and ‘How Well Do You Know Your Scholar’ sparked interesting conversation throughout the program.” Families were able to commemorate their experience with free pictures at the photo booth. Money was also collected at

the event to support “Cupcakes for Cancer,” a non-profit group that was created through LEAD Scholars.



First year Kyle Micholski and his family

Expo Welcomes Students to UCF and Surrounding Community

As students commenced the new academic year, First Year Advising and Exploration assisted and acclimated students to UCF by hosting the annual Welcome Expo. The event highlighted various campus organizations, clubs, colleges, departments and community partners that offer students an opportunity to learn about the resources available to them. Community partners such as Wells Fargo, Sweet by Holly, Dress Barn and others provided free giveaways and products to attendees.

“The event continues to increase in size yearly and the response of the UCF community fuels our drive to produce affairs that remain focused on familiarizing students with the culture and traditions of our institution.” said Courtney Demings, academic advisor for FYAE. “Ranked as the second largest institution of higher education



Students had the opportunity to meet and talk to UCF and community members.

in America, the magnitude of this campus can often be perceived as daunting to a newcomer. The goal of the Welcome Expo is to counter

this perception to offer a great collection of agencies in one facility while allowing students and employees alike to speak with individuals at each table which offers the chance to communicate on a more intimate, one-on-one level.”

This year marked one of our highest years yet with 2,771 attendees and 168 information tables with representatives to engage students and personally answer questions.

Students also had the opportunity to meet FYAE academic advisors. To stay connected, advisors directed first-year students to the office social media web Facebook page: facebook.com/FYAEUCF or to follow them on Twitter: twitter.com/FYAEUCF. “Utilizing social media is another mechanism of maintaining our connection to the students that we service,” said Demings.

UCF Unites to Provide Day of Service

UCF has many students who strive to go above and beyond what they are called to do.



UCF volunteers at Tuskawilla Lake

“Knights Give Back” is a program set up by Volunteer UCF, a student-run agency funded by SGA, which aims to bring together students who want to volunteer and give back to their community. This year, over 1,000 students along with faculty and staff provided their services to issues or organizations they are compassionate about.

This is the 6th year the Knights Give Back has offered the Day of Service opportunity. The program unites the UCF community in an effort to make a difference in local communities and organizations with various projects.

Some volunteer activities included: removing invasive plants from Tuskawilla Lake—S.E.R.V. [Seminole Education Restoration and Volunteer] program; a visit with women who were victims of domestic violence—Safe House of Seminole, and making dresses for girls in the third world countries—Dressed in Hope.

Volunteer UCF’s tag line this year was “Turn your Passion, into Action” and Knights Give Back is an example on how this goal is accomplished. Year round, Volunteer UCF has a board of students who each look over a social issue. This ensures that there are a broad number of events spanning many different environments and aiding many different organizations that are in need.

Students Gain Insight for their Next Step

The Office of Multicultural Academic and Support Services hosted College Prep Day, a dedicated event to help multicultural and first generation middle and high school students and their parents to better understand the steps necessary for admission into college or university. Approximately 300 middle and high school students from Volusia, Brevard, Orange, Osceola and Seminole counties were present.

The middle school students were welcomed by Paul Pierre Louis, coordinator for the College Reach-Out Program at UCF who shared an inspirational message with them. An interactive panel of high school students provided the middle school students with an opportunity to gain more insight on the high school experience.

The motivational speaker for the high school students was Star 94.5 FM’s Monica May, who presented information on the various elements of college life. The high school students had the opportunity to interact with a panel of current UCF Knights, and were provided with information from the UCF Undergraduate Admissions and Student Financial Assistance, and Kaplan.



College Prep Day students

Run, Answer Questions, Next Stop

First time in college students participated in over 30 events including the semi-annual LINK Amazing Race during Pegasus Palooza. The LINK Amazing Race is a 10-stop scavenger hunt where students race in teams around campus to answer challenge questions and find campus resources which exemplify tenets of The Ultimate Knight. The event has become a “rite of passage” for many students to participate in during their first week. Despite strong winds and heavy rain, over 30 teams competed in the race and claimed their LINK shirts, while the top three finishing teams won UCF spirit gear and Knight Rave VIP Passes as prizes.

This year’s winning team proudly sprinted to the finish, with another team close behind. The second place team who had just met each other, immediately made plans to attend Knight Rave together with their VIP Passes. Shanna Davis, a previous winner, said, “After I completed the race; I made new friends, found campus resources and could navigate my way to class without getting lost.”

The LINK Amazing Race not only helps students learn about the UCF community by finding campus resources, but helps students build a community of fellow freshmen.



Winners of the LINK Amazing Race



Student asks questions about a UCF resource.

Celebrating 50 Years of Growing Together

The Student Academic Resource Center's annual fall Learning Fair targeted first-year students to increase their awareness and use of learning support services on campus. This event differs from typical campus outreach initiatives in that the more intimate scale encourages departments and organization to engage students in academic dialog. The fair included 26 university departments, services and academic organizations.

The 2012 SARC Learning Fair theme of "50 Years of Growing Together" supported UCF's 50th anniversary celebration. SARC created an event mood for students to move through the past five decades and into the future through various visual and auditory elements including a large-scale SARC Family Tree, progressive background music moving from the 1960s to current times, and historical images from the UCF archives. SARC staff and Learning Fair representatives wore retro outfits depicting the decades.

New this year, walk-in advising was offered at the event by First Year Advising and Exploration, Sophomore & Second Year Center as well as Transfer and Transition Services.

The 2012 SARC Learning Fair was a success with 266 students who attended. Of those student participants about 58% were freshmen. Based on results of a written evaluation:

- 98% felt that the fair was well organized
- 99% felt more aware of UCF campus resources after attending the fair
- 92% of participants agreed that they learned at least one strategy to improve their study skills.

Student comments included:

- "I learned more about the resources available at UCF through participating organizations."
- "I learned how to contact my advisors, including Skype calls."
- "I learned how to get into an honors program."

For more information about SARC, visit: sarc.sdes.ucf.edu.

Take a Stand Against Hazing

Members of the Greek community at UCF participated in National Hazing Prevention Week on September 24-28 with the theme, "Keep Calm & Don't Haze." To provide awareness, the Fraternity and Sorority Life office along with the help of their Greek student leaders put together various events and programs to help educate the campus on the harms of hazing and how it affects individuals in various organizations on campus, not just fraternities and sororities.

Keynote speaker David Stollman presented on the notion of "buying in or getting out" to an organization's core values. Other events included: an Anti-Hazing banner competition, a documentary "Haze," an Anti-Hazing Silent March, an Anti-Hazing banner that individuals could sign all week, a drunk driving simulation, an Anti-Hazing informational table and most



Anti-Hazing Silent March participants

of all, various conversations about ways to prevent hazing from ever occurring.

Overall, the week was a great success as students and staff learned new techniques and ways to be pro-active in their risk management efforts. In addition, UCF unveiled a new Anti-Hazing website at: antihazing.sdes.ucf.edu.

Tools For Students to Choose a Major

The Office of First Year Advising and Exploration created the Major Exploration Program to assist first time in college students to choose a major.

During summer 2012, FYAE in partnership with Career Services, hosted "Undecided about your major?"— an interactive workshop where students took the MyPlan Career Interest Assessment which was then reviewed by a Career Services advisor. In addition, students viewed FYAE's major exploration video series and discussed one chosen major with an advisor. At the conclusion of summer, FYAE advisors remained in contact with the 540 students who attended the workshop.



Students were challenged to plan an activity based upon personality type.

Each student received a Major Exploration Program Interest, Abilities, and Values Survey in September to assess their progress in determining an appropriate major.

"Dream Out Loud," a new component of the program, is comprised of various stages to increase the likelihood of students declaring a major within their first year. It offers students a vehicle to explore their dreams and to connect them with a plan of action.

FYAE launched their first My Plan workshop which featured Laura Crouch, coordinator Career Services Development, facilitating a discussion on the importance of searching for a major that inherently linked with their personality. Prior to attending the workshop, students completed the MyPlan personality test which allowed Crouch to assist the students with interpreting the results. She also reviewed the Myers-Briggs Type Indicator with students and conducted activities according to each of their personality traits.

Tools were provided to 20 students who participated in this workshop to assist them with their developmental process. To ensure students are equipped to choose the best major tailored for their respective dreams, more upcoming events can be found at: dk.sdes.ucf.edu.

Support for Multicultural Transfers

The Office of Multicultural Academic and Support Services hosted its first annual Multicultural Transfer Student Networking Reception in an effort to reach out and support this segment of the student population. Deans and faculty from the various colleges were also present.

Currently, there are 9,171 multicultural transfer students on UCF's campus. MASS plans to work in close collaboration with the Office of Transfer & Transition Services to provide informative and supportive workshops specifically to create community amongst the multicultural transfer students, as well as assist them in their integration into the overall UCF community.

In addition, MASS office plans to establish multicultural transfer student roundtables to provide these students with individualized attention necessary to address their specific needs.

Students Prepare for Job Search and Career Expo

On September 11, a total of 257 students attended the 2012 Career Services Employment Prep Conference. Student numbers were much higher this year compared to last year's attendance of only 59 students.

The event opened at noon with an Employer Panel in which employers answered various questions about the job search process including different methods students could market themselves effectively to companies. Panelists included employers from Lockheed Martin, Harris Corporation and the CIA.

After the panel, employers provided both resume critiques and practice interviews. Students had the opportunity to ask questions and learn about how they could personally enhance their own employability when searching for jobs in the future.

In addition, some employers (such as Kohl's and Lockheed Martin) presented job search workshops that allowed students to learn more from the employers' perspective.

The Employment Prep Conference helped prepare students to meet with future employers at the Career Expo that was held on September 26.

The Career Expo was a great success with over 1,800 students and 200 corporations in attendance; a 19% increase in students and 8% increase in corporations from last year.

The event was especially valuable to students and alumni seeking full-time, professional positions because it provided the opportunity to meet with recruiting employers face-to-face. Students and alumni



A representative reviews a student's resume.

were able to distribute resumes, network and interview on-site. Employers were pleased with the outstanding number of student resumes received and they continue to commend the quality of students graduating from UCF.

Students Wore Goggles to Experience Visual Impairment

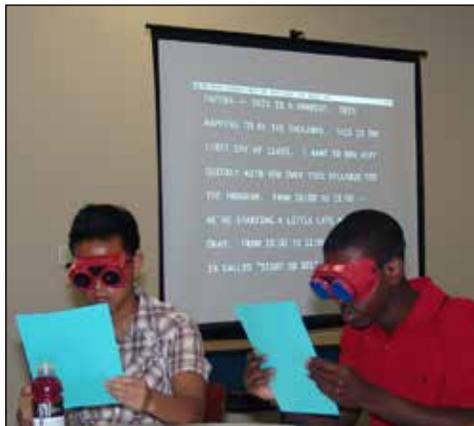
"If any one of us here who is sighted were to lose some or most of our sight due to an accident, an illness or disease, or an act of violence, what resources would you reach out to for support?"

This was one of the five questions asked of the audience by UCF Knight Larry Schneider, graduate student in the College of Optics & Photonics, before turning the question to other Knights at the panel. The Knights Panel was represented by UCF students who are blind or have a visual impairment and are registered with the Office of Student Disability Services.

The panelists shared the common experience of receiving independent skills training from Lighthouse Central Florida, including mobility training to help them navigate the UCF main campus.

Members of Lighthouse Central Florida welcomed and offered goggles to those who dared to experience a visual impairment before entering the simulated "mock" classroom environment. Participants who sported the goggles got first-hand exposure to what it might feel like to be in a classroom where the instructor is presenting a lecture with the aid of a PowerPoint or a short film without offering to describe what was being shown.

UCF students with low vision may or may not always inform their instructors of their visual impairments and attempt to blend in



Students wore goggles to experience how it is to be visually impaired in a classroom environment.

to be "normal." However, the point of the demonstration was to show how classroom presentations can be inaccessible to students with low vision. World Sight Day 2012 closed with the showing of *Going Blind*, a documentary film by Joseph Lovett.

World Sight Day is an annual day of awareness to focus global attention on blindness, visual impairment and rehabilitation of the visually impaired. The core World Sight Day message to everyone is schedule an annual eye exam and sunglasses that protect against UV sunlight.

Week Showcased Diversity

Pegasus Palooza, UCF's official Welcome Week, returns every fall semester with a week full of social, academic and service events. The tradition has grown exponentially over the past five years. This year, 32 events were hosted by 21 campus partners—more than double last year. Students were able to earn up to 34,000 LINK Loot for attending the events during the week.

LINK Launch was the first event to kick off the week with over 4,000 Knights, friends and family members in attendance. Special guest Knightro jostled with students while performances by Shimmy Knights, Rukus and Knights Meelee kept the energy alive. The highly anticipated Knight Rave saw more than double the attendance than the previous year, with over 3,200 at the event. Pegasus Palooza also introduced some new hit events like Ballin' on a Budget and Student Government Association Open House. Over 100 students attended financial workshops hosted by Wells Fargo.

Pegasus Palooza accomplished their goal this year to be more inclusive. The week showcased diversity on campus through partnerships with various offices that target demographics within the UCF community. These offices hosted events such as "Alphabet Soup," "Are You on the Knight Track," "Multicultural Dance Party," and "What MASS Can Do for You" to build awareness of the support available on campus for students.

Local College Advisors Attend Transfer Workshop at UCF

Transfer and Transition Services hosted their annual Transfer Advising Workshop on September 10 with 75 advisors from neighboring community and state colleges as well as over 50 advisors from UCF in attendance.

The event focused on updating advisors about everything their students should be aware of

before, during and after their transfer to UCF. Topics discussed included the recent mandate on excess credit hours, in-depth detail on Undergraduate Admissions, and how to prepare students for medical school.

After lunch, advisors were able to attend breakout sessions for detailed information

on several UCF colleges.

This was the 12th year Transfer and Transition Services facilitated the popular workshop. One attendee said, "As always, excellent workshop." Others commented that the workshop was "very motivating" and "great information."



SDES Promotes Healthy Knights

Expo Brings Student Awareness of Healthy Opportunities

Various UCF departments that have a focus on student health and well-being joined forces on October 10 on the Student Union patio for the 6th annual Healthy Knights Expo. The event focused on a variety of health topics and services available to students on campus. Participating entities included the: Counseling and Psychological Services, Health Center, Dental Center, Women's Clinic, Wellness and Health Promotion Services, Recreation and Wellness Center, Catch Your Breath UCF, Knights Helping Knights Pantry, and Victim Services.

CAPS offered opportunities for students to learn about mental health issues as well as increasing awareness around diversity and eating disorders. Students were able to talk with clinicians about services and programs offered at the center. Health Services also hosted a free flu shot clinic in conjunction with the event,



Students had the opportunity to participate in a hands-on diversity exercises.

KHK food pantry partnered with the WHPS to offer some nutritional tips on how to make tasty and nutritious meals on a budget.

The event was also supported by a "Simulated Impaired Driving Experience" at the Academic Village, hosted by the WHPS office with the assistance of the UCF Campus Police. The activity allowed students to experience what really happens when they drive under the influence. SIDNE is the newest tool in the fight against drunk driving. It's a battery-powered, remote-controlled vehicle that resembles a go-cart and simulates the experience of driving under the influence of drugs and alcohol.

"The expo lasted over four hours and it's estimated that the event impacted over 2,500 students," said Teresa Michaelson-Chmelir, associate director for CAPS. "Overall, it was a great success and an amazing collaboration of departments within SDES."

Marines Interacting with Knights

The Recreation and Wellness Center is continuing its commitment to an inclusive environment for students and people of all abilities by hosting its first-ever "Wounded Warrior Adaptive Sports Camp." The camp featured 100 Marines from the United States Marine Corps Wounded Warrior Regiment in Quantico, Virginia. The regiment provides non-medical assistance to wounded, ill or injured Marines and sailors as well as their families, during the soldier's transition from military to civilian life.

The Marines spent more than a week at the RWC's Multipurpose Activities Court and MAC Gym practicing sitting volleyball and wheelchair basketball. Sitting volleyball is a Paralympic sport where the participants sit to play. The wheelchair basketball sessions ended with "friendly" scrimmage games against the Orlando Magic's professional wheelchair team, the Magic Wheels.

The UCF Veterans Academic Resource Center had representatives on hand during the events. UCF Athletics also donated 100 tickets to the Marines to attend the home football game against Florida International University.

For more information on the Adaptive and Inclusive Recreation program, contact Ashley Hathcock at: ashley.hathcock@ucf.edu.

Unwanted Medication Drop-off

Improper drug disposal is a prescription for environmental and societal concern. Most people hold on to expired or unwanted medications because they do not know the proper way to dispose of them. Health Services partnered with the UCF Police Department to host a "Drug Take Back" event on September 27 where anyone can drop off unwanted drugs with no questions asked.

All drugs collected were properly destroyed by the State Drug Enforcement agency. By participating in Drug Take Back, one protects the waterways and keeps pharmaceuticals out of the hands of potential abusers.

"The second UCF Drug Take Back event was a success," said Megan Pabian, coordinator of university relations and public affairs for Health Services. "We were able to exceed the 35 pounds of medications we collected last year and collected a total of 67 pounds this time. There is clearly a need for an event like this on campus, and we hope that we will continue to cohort more of these events."



UCF Police officer with bag of drugs collected

UCF Creed Reflected and Expressed

The Office of Student Rights and Responsibilities in conjunction with the Parent and Family Fund held the first UCF Creed Art Contest. Students were encouraged to submit original works of art that represented the UCF Creed values.

Nineteen talented students submitted their original artwork and three winners were selected by the OSRR. Students who submitted their artwork included their personal artistic reflections. Maridas Akinci, wrote "...the purpose of this piece is to promote the spirit of acceptance and respect that exists on the UCF campus. . ."



Creed Art by Irina Pidberejna

The winners were: Kimmy Duong, Meagan Miller and Serenela Pelier – each winning a Nook Color. All art submissions are currently on display in the Technology Commons, Nicholson School of Communication and Education buildings. The Creed Art Contest will be back during the spring 2013 semester.

Students Take on the Night Climb Challenge

On November 14, the Outdoor Adventure Program hosted an Open Night Climb at the Challenge Course. Students are given the opportunity to enjoy the Odyssey III High Elements Course which is 350 feet long and 45 feet high with eight elements and a double zip line from the top. The Odyssey gives UCF students the opportunity to push themselves

physically and mentally as they take on the many controlled adventurous situations. Approximately, 184 students participated in this recent adventurous event.

The Challenge Course hosts Open Night Climbs twice per semester. The event is free for UCF students with UCF identification. Up to one non-UCF guest per ID is allowed. Closed

toed shoes and athletic attire are required, and jewelry is not allowed. No registration is required for the event.



Open Night Climb



UCF Zeta Beta Tau Members

Fraternity Goes Above and Beyond

The UCF fraternity Zeta Beta Tau was the recipient of the Joseph E. Glaser Award, “By Going Above-and-Beyond in 2011-12,” which was presented by the Zeta Beta Tau national office. To qualify for this award, chapters must raise and donate a minimum of \$100 per brother or sponsor a significant philanthropic project within the year. But to win the award, a chapter must not only raise a substantial amount of money for a worthwhile charity, it must also demonstrate creativity and bring positive awareness in doing so. Greg Mason, director for Fraternity and Sorority Housing, said: “Philanthropy and giving back to the community is an integral part of the values of fraternity life, and we at UCF encourage all of our fraternity and sorority members to be actively engaged in performing community service as well as raising money to benefit those in need. The Delta Iota Chapter of Zeta Beta Tau espouses such values and has proven to be a leader on campus in this area.”

UCF Laundry Goes Carbon Neutral

Housing and Residence Life has become one of two housing programs in the State University System and one of only 40 in the country to partner with Mac-Gray Campus Solutions to use a carbon neutral laundry program. Mac-Gray, who recently won the bidding process for laundry services at UCF, facilitates the “Lighten the Load” program to offset 100 percent of the greenhouse gas emissions derived from laundry equipment. Through investment in carbonfund.org, Mac-Gray will offset over 549,000 lbs. of carbon dioxide produced by UCF residents each year.

H&RL has a long established commitment to environmental awareness from recycling in the halls and the Greenhouse Living Learning Community to participation in the Annual Kill-a-Watt Energy Conservation Competition. “This is one of many green initiatives Housing offers and we are proud to participate in campus sustainability efforts and reduce our carbon footprint while promoting environmental awareness among our residents,” said Christi Hartzler, executive director H&RL.

RWC Recognized for its Sustainability Efforts and Environmentally Friendly Design

The Recreation and Wellness Center has earned the prestigious Leadership in Energy and Environmental Design [LEED] Gold Certification from the United States Green Building Council.

The center is primary used for student recreation and wellness including space for cardio, fitness, racquetball and multi-activity courts, multi-purpose rooms, an Olympic style lap pool and an 186,000 gallon Leisure Pool.

The RWC expanded to a 150,000-square-foot facility in 2010 and one of the goals was to earn the LEED Silver Certification. The USGBC is the nation’s leader in recognizing sustainable building and construction.

Listed are just a few in a number of key green and energy efficient areas in which RWC earned high scores:

- Innovative design
- Quantity and quality of storm water management
- Reducing heat island affect by providing a highly efficient reflective roof
- Water use reduction with the use of low-flow fixtures and efficient landscaping
- Reducing and recycling demolition and construction debris which diverts waste from landfills
- Employing local manufacturers
- Using low emitting materials for a healthier environment for students or members using the facility
- Controllability of the lighting system to reduce energy use and costs
- Providing a thermally comfortable facility that reduces energy and costs

“We are so proud and pleased to receive this certification,” said James Wilkening, director for RWC. “The RWC takes great pride in not only being good partners within the UCF community but within the global society as well as shares a glimpse of that commitment.”

The Ultimate Knight Nationally Recognized

After its third year in the current structure, The Ultimate Knight orientation presentation has taught over 19,000 incoming first time in college students how to:

Get Involved, Get Smart, Get Diversified, Get Real, Get Savvy, Get to Work, Get Healthy, and Get Global in order to Get It All Together in their



first year as students. The Ultimate Knight presentation was selected as the “National Orientation Directors Association Innovative Program” award recipient at the national NODA Conference.

Coordinated by Emily Jensen in the Office of First Year Experience, The Ultimate Knight energetic and engaging program, has seen its success because of the dedication demonstrated by the student presenters. Each year, upperclassmen are selected and trained to present the information to incoming FTIC students, and each presenter has the opportunity to make their own mark on the presentation. These presenters write their stories, film videos and rehearse throughout the spring semester. Over the summer, the formal presentation is given over 34 times. Students who had the opportunity to present the program have gained a life-learning experience.

In the coming summer, Paulina Dubov, Robby Locco and Alison Nadelberg will present The Ultimate Knight. Their work is cut out for them, as the presentation will debut a new series of videos and presentation format. The presenters are up for the hard work though, as Locco explains: “I am excited to present The Ultimate Knight because I want to give a presentation that incoming students will remember throughout their time here at UCF.” Dubov agrees and believes that presenting The Ultimate Knight “will give me the opportunity to make a difference in the incoming freshman’s lives. It will be fun to share my experiences at UCF and hopefully impact other students.”

Knights Circle Renovations Complete

In fall 2011, UCF Housing and Residence Life resumed affiliation with the Knights Circle student apartment community, formerly known as Pegasus Landing. This partnership provides housing to nearly 2,500 students from the UCF, Valencia College, Seminole State College and Full Sail University.

In fall 2012, 34 buildings will open with access to a full residence life staff providing direct services for students on-site in conjunction with campus partners. Communitywide initiatives include educational and social programming, community college liaison program, and for the first time—a first-year experience living learning community. Area coordinators Greg Andrews, Ellen Hughey and Rosie Cogswell, along with graduate and resident assistants will partner with the Counseling and Psychological Services, Career Services, Wellness and Health Promotion Services, and First Year Advising and Exploration to provide a first-year experience for Knights Circle residents. “We are excited about the renovations and all of the new initiatives and programs available to our students at Knights Circle,” said Maureen Hawkins, assistant director H&RL.

◆ Welcome to SDES ◆

*New Employees or employees who changed positions within SDES:
August 2012 - December 2012*

- **Richard Wade Arnold**, psychologist, Counseling and Psychological Services
- **Letica Bedaw**, program assistant, CAPS
- **Anthony Blanchard**, maintenance worker, Recreation and Wellness Center
- **Anthony Campbell**, office assistant, Health Services
- **Lauren Carrington**, licensed practical nurse, HS
- **Robert “Clay” Coleman**, director, Fraternity and Sorority Life
- **Latoya Dove**, fiscal assistant, HS
- **Stephane Dorilas**, senior computing specialist, Student Union
- **Loren Dungee**, teacher’s aide, Creative School for Children
- **Jennifer Evans**, psychologist, CAPS
- **Candice Franco**, psychologist, CAPS
- **Monica Friedman**, financial assistant counselor, HS
- **Veena Garib**, associate director, Career Services
- **DeKarla Harper**, fiscal assistant, HS
- **Maureen Hawkins**, associate director, Wellness and Health Promotion Services
- **Sally Holland**, teacher’s aide, CSC
- **Rebecca Holmes**, student counseling specialist, WHPS
- **Timothy Korkuc**, end user computer specialist, CAPS
- **Jeffrey Land**, assistant director, CAPS
- **Jeffrey Lawler**, end user computer specialist, Housing and Residence Life
- **Philip Magyar**, end user computing specialist, CS
- **Jesus Martinez**, custodial worker, RWC
- **Stacie McLeod**, coordinator, Registrar’s Office
- **Cyndia Morales**, assistant director, Multicultural Academic and Support Services
- **Michelle Munoz**, program assistant, H&RL
- **Elizabeth Nemece**, office manager, Student Disability Services
- **Ann Marie Palmer**, coordinator, Student Rights and Responsibilities
- **Ana Baez Perez**, pharmacy technician, HS
- **Brandee Popaden-Smith**, assistant director, CS
- **Ame Proietti**, office manager, Information Technology
- **Linda Rutsyamuka**, program assistant, HS
- **Gregory Saunders**, coordinator, First Year Advising and Exploration
- **Bridget Savage**, program assistant, CAPS
- **Jeffrey Stuckey**, executive administrative assistant, SDES
- **Chanda Torres**, assistant vice president, SDES
- **Eddie Villarrubia**, senior secretary, H&RL
- **Jamie Young**, coordinator, FYAE

SDES Inaugural Inclusion and Diversity Showcase

In celebration of the 20th Anniversary of Diversity Week and UCF’s 50th Birthday Celebration, SDES sponsored an Inclusion and Diversity Showcase for the Division of Student Development and Enrollment Services on October 17. The goal was to showcase what various departments and units are doing within SDES to promote inclusion and celebrate diversity.

SDES embarked on a new journey for the division in spring 2011. SDES has over 200 employees who have officially completed their SDES Diversity Certification process. The Inclusion and Diversity Showcase was a way of showcasing how individuals within their area have used their certification to help better

Cupcakes for the Heart

Volunteers from SDES hosted “Cupcakes for the Heart”—a fund-raiser to benefit the American Heart Association’s Heart Walk. The massive 1,000 cupcake display spelled out “I heart UCF,” and donations totalled just over \$1,000. The event is one of SDES’ top fund-raisers for the Heart Walk. “It’s nice to see the team come together and make an event like this happen,” said Megan Pabian, co-captain of the SDES Heart n’ Soles team. “People were supportive of the cause, a few even declined a cupcake but wanted to donate anyhow.”



L-R: Happy faces at the end of the celebration
Jeffrey Stuckey, Elvis Wanamaker, Laverne Turner

SDES Holiday Celebration

Thank you to all who came out to the SDES Holiday Celebration. Everyone had a great time whether it was ice skating, going down the slide, getting their photo keepsake or just sitting down relaxing and talking to co-workers. Nine offices competed in the Holiday Spirit Decorating Competition with the following offices winning 1st, 2nd 3rd Place respectively: Recreation and Wellness Center, First Year Advising and Exploration, and Student Conduct.



Housing and Residence Life information table

internal operations within your specific unit or department. Thank you faculty and staff for your commitment to Diversity Education and for helping to “Build a Community of Success.”



SDES warming up for the walk

SDES Stretches Their Legs

SDES participants dressed in casual clothing gathered in front of the Reflecting Pond for a group photo before walking around campus for the SDES Healthy Knights Kick-Off in August. Kimberly Halliday, Recreation and Wellness Center, mapped out the invigorating route for SDES. The walk was approximately 1.7 miles.

Participants had a chance to visit some of SDES campus landmarks where there was SDES office information, freebies and/or refreshments.

The finish was at Ferrell Commons where everyone enjoyed a short program, refreshments and fellowship. It was a great opportunity to stretch the legs, get a little exercise and enjoy each other’s company.

Staff Volunteer to Set Up at 5K

In fall 2012, Office of Student Rights and Responsibilities staff members volunteered with the Make-A-Wish Foundation to help with its Glo-Run-Wish 5K event that took place on Memory Mall. They assisted with the set up for the event which was a glow in the dark run to benefit the foundation. Ann Marie Palmer, case manager for OSRR, said that: “It was a great experience to go and help with the set up for Glo-Run-Wish 5K. I’m happy to see students and staff working together to improve the lives of others in the community.”