



THE HUSKER ADVOCATE

DIVISION OF STUDENT AFFAIRS
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Message from Juan N. Franco

As we begin the year 2013, the year of the snake for those of you who follow the Chinese calendar, we can reflect on all that has occurred this academic year and look forward to things yet to come.

Work continues on our new residence hall, University Suites, located east of Knoll Hall, which will open in time for next fall. Also under construction is another, yet to be named, residence hall to the east of University Suites.

As you may know, students approved a fee increase to construct a new campus recreation facility on East Campus and an Outdoor Adventures facility on City Campus (shown below). Construction on the East Campus facility is scheduled to begin in the summer of 2013 and is scheduled to be open in 2015. The Outdoor Adventures construction will begin this semester and is scheduled to open in January, 2014.



We are also looking at renovating the older part of the Nebraska City Union. Three architecture firms presented to the selection committee, and the firm "Workshop" was selected. They will be making presentations to the campus community and seeking input from interested parties.

Of interest to many on campus is the possible privatization of the University Health Center. The Board of Regents will consider the recommendation to privatize same at their March 15, 2013 meeting. If approved, Bryan Hospital will take over management of the Health Center probably this summer. They will then begin construction of a new Health Center building in the parking lot east of the Beadle Center.

This is an exciting time for our students as student elections near. Three parties – Revive, Engage and Sense – are participating in debates in preparation for the March 6 election. Much is at stake, as the winners take on the responsibility of being the student voice and representing student interests to the administration.

We recently hosted the UNL Parents Association Faculty and Staff Recognition Awards. Approximately 140 faculty and staff were recognized and presented with a certificate. This is a unique program in that awardees are nominated by parents, after consulting with their sons or daughters. The next big event will be the Outstanding Student Leadership Awards in which one male and one female student win a scholarship equivalent to one semester's in-state tuition.

I wish you the best for the rest of the semester.

-Juan N. Franco

Find calendar information at:

UNL Calendar:
<http://events.unl.edu/>

Student Affairs Calendar:
<http://stuafs.unl.edu/>

Student Involvement:
<http://involved.unl.edu/>

Featured Department. . . Student Money Management Center

Student Money Management Center Named Outstanding Financial Counseling & Planning Education Center



The Student Money Management Center, a financial education program for UNL students offered through a partnership between Student Affairs, ASUN, and Child, Youth & Family Studies, was recently awarded the title of Outstanding Financial Counseling & Planning Education Center. This award is given by the Association for Financial Counseling & Planning Education, an organization committed to developing the profession of personal finance by promoting best practices and innovative approaches to financial education, and developing leaders in the profession of financial counseling and planning education.

Erin Wirth, the program's coordinator and a financial counselor, said she is pleased that the program is being recognized.

"This award shows we can compete against the best financial education programs in the nation. We were pleased to see we were considered for this award along with a large number of other high-quality financial education programs. We are happy with the progress we have made in our first 2 ½ years and look forward to continued growth and improvement," Wirth said.

The Outstanding Financial Counseling & Planning Education Center award was based on the Student Money Management Center's: service commitment and how they respond to the needs of the target audience; delivery of programs/counseling/resources and how they are consistent with audience needs and learning styles; commitment to work with appropriate collaborators; timeliness of delivery; and overall program creativity and quality.

Carla Talmadge, a junior and the program assistant, said she is ecstatic that the Student Money Management Center won the award.

"It's a nice validation that all our hard work is paying off. We try our best to help our students gain personal finance education. It's nice to know that other professionals in the personal finance field think our efforts are exceptional."

The goal of the Student Money Management Center is to help students develop ways to better manage their finances and empower them to make good financial decisions. The program offers students opportunities to learn more about money management through one-on-one money management coaching sessions with either a peer coach or a professional financial counselor, peer-lead financial education workshops, and a variety of financial education resources.



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The Stress Free Zone – An Example of an Excellent Student Affairs Event

Interview with Deb Henderson, Wellness Educator, University Health Center

Event Description:

Stress Free Zone (SFZ) is organized by Health Education and Outreach of the University Health Center. SFZ is an opportunity for students to take time off and participate in healthy activities to reduce their stress, decompress, and relax during the week prior to finals. It is a three day event. The first day is held in the East Campus Union-First Floor Commons Area, the second and third days are held in the Nebraska Union-Union Square. The SFZ offers a variety of great “stress free” activities; such as color yourself silly, plus a huge assortment of craft ideas to let the imagination run wild, make your own stress ball, free chair massages, pet a dog (pet therapy), photo booth-create a lasting memory with friends, decorate a cookie, eat an apple, enjoy free Pepsi products, play the Wii, and much more. Plus, there is great information and giveaways at the event to help students identify stress, along with tips and techniques on how to manage stress.



Main Purpose and Reason for the Event:

We recognize this is a very stressful time in students’ academic lives. As Wellness Educators in Health Education and Outreach at the University Health Center, we feel it’s critical to provide activities and information that encourage healthy behaviors for students to help reduce stress. It is important to realize stress is all around us and impacts us daily. There is healthy stress and unhealthy stress. The SFZ is one way students can be educated on the fact that stress is okay and that it is part of life, but to know how to deal with it is what really matters. The best advice we can give to students is to know yourself; pay attention to your body. Find out what causes you stress and find ways to reduce and manage that stress. Coming to events like the SFZ encourages appropriate ways to manage stress. The bottom line is stress is something we live with all our lives and the sooner a person finds healthy ways to manage their stress the better off they will be. According to the UNL ACHA-NCHA data collected October 2012, students indicated stress was the #1 academic impact that affected their individual academic performance over the last 12 months.

Recently, Channel 7 News covered the SFZ and recognized the importance of having events to help students with their stress. The news story can be found on the University Health Center’s You Tube channel at <http://www.youtube.com/watch?v=UJfry-5k0p0>.

The Student Affairs Programs Involved with the Event:

- UNL Health Education and Outreach-University Health Center
- UNL Student Money Management Center
- UNL Campus Recreation
- We also collaborated with several entities on campus, such as both Unions-Reservations, Dining Services, Operations Manager, Pepsi Student Fund. We also utilized a multitude of sites that provided space for us to promote our event with flyers, such as Love Library, the Gaughan Center, UNL Campus Recreation, just to name a few. A community resource that provided a service for the SFZ included Lincoln Pet Partners, which is solely on a voluntary basis.

Event Outcome:

Over the course of the 3-day event, well over 800 students participated in the SFZ.

Comments Received from Students:

The majority of students who participated in the event were very appreciative of the activities, time, and energy that were put into the event. They felt it was very advantageous to help them relax, even if it was only for a short period of time. We felt we accomplished our goal in helping students relax and by providing an atmosphere in which they could feel like they didn't have a care in the world!

Contribution to the Success of the Event:

The collaboration of everyone involved and the vested interest we all have to make sure all students are academically successful while attending UNL, giving them the tools to excel with their education while here and moving toward a rewarding life after graduation. A very detailed event planning checklist is also a must!

Advice on how to develop and execute a successful event:

- ✓ Always be willing to "think outside the box."
- ✓ Utilize the tools you have available.
- ✓ Never be satisfied with what you have.
- ✓ Always look for ways to improve on what you have already built.
- ✓ Surround yourself with others that have the same goals as you.
- ✓ Once again, a very detail orientated event planning checklist.
- ✓ And last but certainly not least, wonderful co-workers who work cohesively together to carry out this fulfilling endeavor

UNL Student Affairs Spring Celebration – March 22, 2013

Join Vice Chancellor Juan N. Franco and your colleagues as we celebrate the people of Student Affairs! We will enjoy some ice cream, have a chance to meet others in the Division of Student Affairs, and learn about each other.

So, mark it on your calendar and register to attend at <http://stuafs.unl.edu>.

Here are the details: **When:** March 22, 2013 at 2:00-3:30 p.m.
 Where: Abel/Sandoz
 Notes: Remarks from Dr. Franco at 2:45 p.m.

We hope to see you there!

