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Dr. Michael Mardis on ESPN Radio

Dr. Michael Mardis was interviewed by ESPN radio outside of Thelkeld Hall on Move-in Day. Amongst the topics discussed were the history of Hilda Threlkeld (who was the Dean of Women), the fall semester opening with a record number of freshmen, and this year's outstanding



freshmen class. Also discussed was how vibrant campus life is now compared to twenty-five years ago when Dr. Mardis was a freshman at UofL and

how the university has grown over the past ten years. Dr. Mardis expressed how move-in was exciting—a lot like a sports game day.

TRIO Hosts College Survival Day

On Thursday, August 14, 2014, TRIO hosted their first annual College Survival Day program to help new TRIO students gain valuable information in making sure their school year got started off on the right foot! Participants heard about programmatic changes in TRIO for this academic school year as well as information pertaining to financial literacy, career development, study skills, building stress resilience, and much more! This event also gave new students the opportunity to network with current participants in the program. A great time was had by all! Special thanks to

campus partners including the Career Development Center, the Health Promotion Office, REACH, and Ekstrom Library for presenting to us and being so welcoming to our new students!!



Left to Right: Geoffrey Carter, Carlee Harlow, Joshua Clark, James Alcantara, Justin Puckett, Brittanie Sumrell, Naomi Deeds, Phon Cun

Speed School of Engineering Partners with Housing

The J. B. Speed School of Engineering partnered with Housing and Residence Life to create the new Engineering Living Learning Community, and helped the students move into West Hall.



Another LEED Certified Building on Campus!

The University of Louisville was notified June 3 that the recently completed Student Recreation Center has received LEED



(Leadership in Energy and Environmental Design) Gold Certification. Gold certification

is the second highest designation by LEED and USGBC (United States Green Building Council). The Student Recreation Center becomes the fourth LEED Gold certified project for the University and its seventh LEED certified building. To receive this designation the facility designers Omni Architects, Cannon Design, and CMTA Consulting Mechanical and Electrical Engineers, along with representatives of the university, incorporated numerous sustainability features in the building design and construction. These include:

- First university facility that is 100% cooled and heated by a Geo-thermal system
- Optimizing energy performance utilization automated indoor air quality and temperature control
- Solar hot water pre-heating system
- Utilization of building materials to reduce heat island effect
- Reduced water use fixtures
- Water efficient landscaping, storm water utilization for irrigation and groundwater infiltration eliminating most storm water discharge

- Utilization of building materials with recycled content and diversion of construction waste materials—80% of all waste was diverted for recycling

The new Student Recreation Center is another example of the university's commitment to long-term sustainability, carbon footprint reduction, and growing the university in an environmentally friendly manner.

Mastering the Process

Throughout the fall 2014 semester, TRIO will be providing their students with the opportunity to prepare for their future by offering their first annual Graduate School Academy: Mastering the Process. The academy provides prospective graduate students with the necessary tools and



resources to be a successful graduate school applicant. This elite, specialized program will help students gain a competitive advantage when applying to

graduate school by providing them information about getting into graduate school, finding the right graduate school, preparing for the GRE, writing personal statements, financing school, and building their resume. Participants will also go on a graduate school tour to Bellarmine University. At the conclusion of the academy, students will have completed graduate application packets ready for submission to prospective programs and universities.

UofL Benefits Community and Environment

UofL, along with 14 other colleges and universities, was selected nationally to participate in the pilot of the Give and Go Move Out collection drive. The drive is a program organized by Goodwill Industries International, Inc.® and Keep America Beautiful, in association with



the College and University Recycling Coalition (CURC) who all partnered with UofL's On-Campus Housing and Sustainability Office. The materials collected at UofL amounted to 3,041 pounds and are projected to generate \$2,400 in revenue, enough to fund 96

hours of Goodwill® services. This effort had a direct effect on the local community, including students and the environment by keeping useful items out of the landfill.



Dale Ramsay Takes the Ice Bucket Challenge

Catch the video of Dale Ramsay taking the Ice Bucket Challenge at Playfair on Move-in day.



Successful RSO and Student Involvement Fairs

The turnout was record-breaking for the RSO and Involvement Fairs this year. Over 1,000 people came each day. There were 51 organizations represented at the RSO Fair and 74 organizations represented at the Involvement Fair.

Black Out Preview Party

SOUL Event Breaks Records

SOUL 2014 reached record numbers, surpassing last year's attendance by 150. Over 750 students, staff, faculty and alumni did service projects at community agencies all around Louisville this year on the Saturday before classes started.



Personal Fitness Training Offered

The Intramural & Recreational Sports Department will begin offering personal training services for students, faculty, staff and alumni members of the SRC, and eventually the HSC. For the past year, several fitness staff members have been preparing for their personal training certification. The Intramural & Recreational Sports Department will host a two-day workshop for the staff members who will be instructed by the National

Exercise Trainers Association (NETA). Our nationally certified personal trainers will be committed to providing a comprehensive exercise program tailored to meet the individual needs and fitness goals of each client. The department

will offer one-on-one and small group (2-3 people) training. One-on-one training rates are as follows: Three sessions for \$60, five sessions for \$95, and ten sessions for \$190. Small group rates are charged individually (all parties must pay separately) and are as follows: three sessions for \$36/person, five sessions for \$60/person and ten sessions for \$120/person. The personal training package will include a free consultation as well as pre and post-assessment. All sessions will be one hour in length. The program is offered during all operating hours for both locations, SRC and HSC, but is subject to each trainer's availability.



Midwest Region of Delta Sigma includes 168 collegiate and alumnae chapters representing the states of: Illinois, Indiana, Kentucky, Michigan, Minnesota, Ohio, West Virginia and Wisconsin. Terina was also elected to represent the Midwest Region on the National Nominating Committee. She also served as the Regional Conference Coordinator for the conference that was held here in Louisville, June 19-22, 2014, where 2,100 members were hosted. Terina serves as the advisor of the UofL chapter of Delta Sigma Theta, Inc.

the center will be undergoing an upgrade in the cardio area. Twenty-seven new treadmills, recumbent bikes, elliptical trainers, spin bikes as well as a vibration plate will be coming in, and much of the old equipment will be going away. There will be seven new pieces of equipment that have never before been available for users of the facility. Students, faculty and staff of the HSC campus are excited about the upgrade and are looking forward to trying the new equipment.



New Seminar Offered Through TRIO

TRIO will be piloting a four-week retention seminar this fall using Skip Downing's On Course strategies. The program builds student success through teaching personal responsibility and will include students from TRIO, as well as Porter Scholars, AAMI, Excel, and the Hispanic Latina Initiative.



SA Grad Students Share Experience and Goals

Student Affairs recently coordinated a lunch with all of the division's Graduate Assistants and other staff who are working on an advanced degree this semester. It was a great opportunity for them to get together and share common themes as well



as get feedback about their experience within Student Affairs.

UofL Sorority Advisor Honored

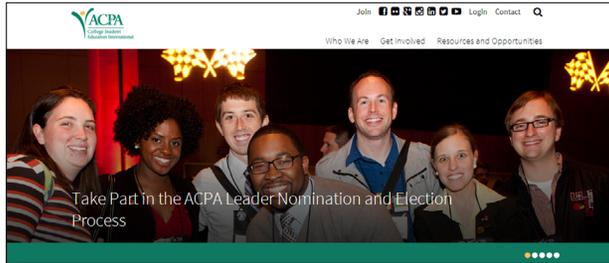
Terina Matthews was honored recently by being named the Delta Sigma Theta Sorority, Inc. 2014 Midwest Region Alumnae Member of the Year. The

HSC Fitness Center Upgrade

The HSC Fitness Center opened in 2002. Much of the equipment there is still original to the opening of the building. Over the next few weeks

UofL Grad Students at ACPA

UofL graduate students appear on the top banner of the ACPA website –<http://www.myacpa.org/>



Record Numbers for Cardinal Family Weekend

Participation is at an all-time high for Family Weekend with 1,000 tickets sold for the Family Weekend football game and more than 300 family members at the pre-game tailgate event! Family Weekend is a Cardinal tradition designed

for the entire family that includes various campus events, a pregame meal and tailgating party, and cheering on the Cardinal football team against ACC rival Wake Forest. To learn more about the fun event and exciting atmosphere of the 2014 Cardinal Family Weekend details visit: <https://louisville.edu/student/familyweekend/>



Person of Interest

Tanisha Allen is the Program Assistant at the Counseling Center, and previously held the Clerk, Sr. position. Her responsibilities include making sure the center stays on budget. When needed, she aids students with scheduling appointments and assists those that may be experiencing a crisis. While she was growing up, there was one thing everyone in her family did—sing. “My family is full of talented people. My mom, aunts, and grandmother all sang. My uncle even played the drums while he sang. It was a skill he taught my brother at a young age.” Tanisha remembers having to attend rehearsals and performances



all the time; and she sang in choirs at church and in school from the third grade to her senior year. “Because I was able to take an honors anatomy class in high school, learning all the bones, muscles and the mechanics behind them intrigued me.” Upon graduating from Jeffersonville High

School, she attended Kentucky State University and majored in Biology. While attending KSU, she continued singing by joining the Gospel Ensemble and became a member of Zeta Phi Beta Sorority, Inc. “When I think of my days at KSU, those are the days I miss. I loved being on the road every weekend and singing.” She says there is one thing you will not catch her doing, “I don’t do solos.” Nowadays you can find Tanisha with her family. Her mom recently survived cancer of the parietal gland, which has made Tanisha appreciate her family even more. They are her source of inspiration, make her want to do better, and keep her on her toes. Tanisha has four nieces and two nephews that have become a significant part of her life. Soon she will begin to work on her Bachelor’s degree—again majoring in Psychology.

Did You Know?

Did you know that October is Careers in Student Affairs month?



<http://gemini.utb.edu/studentaffairs/SA/d/CareersMonthACPA%20%281%29.pdf>



RA Staff 2014



Welcome New Staff!

Dr. Aesha L. Tyler is the new Director of Counseling Services in the Counseling Center. She is a native Chicagoan and comes to the University of Louisville from the University of



Kentucky, where she was a Senior Staff Psychologist and Outreach Coordinator. She completed her undergraduate education at the University of Michigan-Ann Arbor and received a Master’s Degree in Clinical and Community Psychology from the University of Illinois at Urbana-Champaign.

Dr. Tyler obtained a PsyD in Clinical Psychology in 2009 from the Chicago School of Professional Psychology, and her clinical interests include multicultural/diversity issues, LGBTQ concerns, anxiety & depression, health psychology, and stress management. Dr. Tyler uses Cognitive Behavioral, Interpersonal, and Multicultural theories and interventions in her clinical work. In her spare time, she enjoys live music, creative arts, cooking/baking, and spending time with loved ones. Dr. Tyler is excited about taking on a leadership role at the Counseling Center and helping UofL continue to provide the very best services and care to all students.

Brett Meadors is the new Program Coordinator for Guest Services, Marketing and Assessment for On-Campus Housing. He helps with all of the assessment and marketing for Housing and Residence Life, as well as manages the summer conferencing and short-term housing programs. Prior to coming to the University of Louisville, Brett worked as a Resident Director at Georgia Southern University in Statesboro, Georgia. Though he is originally from Lexington, he attended Clemson University for his undergraduate B.A in Sociology, and received his Masters in Educational Leadership and Policy—Student Affairs from the University of Utah.

Amy Chambers is the Residence Life Coordinator (RLC) at Community Park and Billy Minardi Hall.

She has come to Louisville from Southeastern Wisconsin. She received her BS in Elementary Education from DePaul University and her MS in Student Affairs from Eastern Illinois University. After graduating from EIU, Amy worked at the University of Wisconsin – Parkside for three years. She is more than thrilled to be in Louisville at UofL! “I am very excited about being a part of such a wonderful on-campus housing and Student Affairs team, and at an institution with such infectious school spirit. I hope to meet you all very soon, if I have not already. Go Cards!”



Addina Tritle will be working primarily at the Health Science Campus Fitness Facility. Addina completed her BS in Sport Administration in the fall of 2012 at the University of Louisville. She will be beginning a Master’s Degree in Sport Administration. While a student, she served as her sorority Intramural Chair and received the Most Outstanding Intramural Chair Award from the Intramural and Recreation Sports Department in 2012. She held several leadership positions within her sorority while doing community service for the city of Louisville. Addina is newly married and has one dog named Bandit.



Chelsea Case will be working with Fitness and Facilities. She graduated from the University of Louisville with a Bachelor of Science in Psychology and a Minor in Wellness Coaching in May 2014 and plans on pursuing her MBA from the College of Business at UofL. She has been a certified group fitness



instructor since 2011. Chelsea enjoys teaching group cycling, boot camp and total body fitness classes at the SRC. She will be helping with the coordination of group fitness classes and helping launch the personal training program. She is also an avid sports fan.

Lynn Gold is the new Reservations and Conference Services Coordinator for the Office of Student Involvement. She graduated from the University of South Carolina in May 2014 with a Master’s degree in Higher Education and Student Affairs. As a graduate student, she worked at the National Resource Center for the First-Year Experience and Students in Transition. Her undergraduate work was at George Mason University where she pursued a degree in Government and International Politics. Lynn was a presenter at NACA South 2013 and was published in the May 2014 and August 2014 issues of Campus Activities Programming. In her spare time, Lynn enjoys baking, cuddling her two cats, and spending time with her boyfriend – a fellow UofL employee!



Brittany Barnes is a new Department Assistant in the Office of Student Involvement. She is a UofL alumna from Radcliff, KY and is currently a College Student Personal graduate student. As the Department Assistant, she assists Pam Curtis with the Game Changers and Alternative Service Break Board programs. Throughout the semester, you will see her involved with MLK Jr Day of Service, the Student Awards, and Mr. & Ms. Cardinal. You can also feel free to email her events and updates to put in the Student Involvement newsletter.



Two ways you can help Student Affairs!

Ruby Casiano is a Staff Psychologist/Training Coordinator in the Counseling Center. She comes to the University of Louisville from the University of Northern Iowa where she worked as a



Staff Psychologist for four years. She earned her undergraduate and graduate degrees from the University of Oklahoma. She has two BAs –in English Literature and Psychology, a M.Ed. in Community Counseling, and a Ph.D. in Counseling Psychology. While finishing her doctoral training,

Ruby completed a pre-doctoral internship at Texas Woman's University's Counseling Center in Denton, TX where she specialized in the areas of university mental health, trauma, women's issues, diversity/multi-cultural training, and therapist training and supervision. Ruby's work is influenced by how the important relationships in an individual's life impact how they navigate their world and she uses the therapeutic relationship as the foundation for her work with students.

Mackenzie Adriance is the new Career Coach in the Career Development Center. She has previously worked as the Assistant Director of Career Services for Ivy Tech Community College in

Sellersburg, IN. She received both her Bachelor of Science in Communication and her Master of Education in College Student Personnel from the University of Louisville. She is currently the At-Large Member on the Board of Directors for the Career Development Professionals of Indiana, an active member of YPAL (Young Professional Association of Louisville) and serves on the advisory board for her sorority, Sigma Kappa at Indiana University Southeast.



Ashlea Boyer is the new Program Assistant, Sr. for the Career Development Center. Ashlea moved

to Louisville in 2008 to attend the University of Louisville. She obtained her undergraduate degree with a double major in Communication and Sociology. She is an animal lover and enjoys spending her free time outdoors with her four legged friend. One of her passions is yoga, where she specializes in bikram and vinyasa practices. Ashlea loves this university and is eager to be back on campus.



Kimberly Cherry is a new counselor in the Counseling Center She is a Licensed Marriage and Family Therapist and has a Masters in Marriage and Family Therapy from Abilene Christian University. Before joining the staff at the University of Louisville, Kimberly worked in community mental health at Seven Counties Services for six years, where she gained extensive training and experience working with diverse populations. She is committed to supporting individuals with an array of emotional difficulties. Her clinical interests are in the areas of trauma, gender and sexuality, relationships, mood, and anxiety. Her approach is collaborative, and her goal is to provide a safe space for self exploration, awareness, acceptance, and healing.



Jenna Lyons is a GA in the Office of Student Involvement. She is from Columbia, SC and went to Newberry College where she earned her Bachelor of Arts degrees in Religion and Philosophy concentrating on Philosophy with a minor in Spanish. Jenna worked for Sigma Sigma Sigma



sorority for two years as a consultant. She has traveled all of the U.S., from Las Vegas to Miami, to Philadelphia, etc. She is currently in the College Student Personnel program here at UofL. Her hobbies are traveling, trying new food, reading, and concerts.

Farewell to Student Affairs Staff

Leslye Erickson recently accepted a position at Oregon State University, where she will oversee the Center for Career and Professional Networking. She is looking forward to the new challenges this position offers and is excited about being closer to her grandchildren and husband's family in Oregon.



Abby Nordquist recently left the Counseling Center for another ACC school. Abby and her spouse, Dr. Nordquist are now rooting for Otto the Orange(Syracuse University). Abby accepted a position with the Counseling Center and Dr. Nordquist accepted a position as Assistant Professor in Writing & Rhetoric Writing. Dr. Nordquist recently defended his Ph.D at UofL. While we will miss them both, we wish them well.



Alex Jenkins and **Rebekah Tilletson**, both GA's in the Vice President's office have left UofL. Alex is in Washington D.C. looking for a career in Criminal Justice and Rebekah is pursuing her photography career.



Bridgett Thornberry, Chris Potts and Jenny Todden

have left Housing and Residence Life at UofL. Bridgett is now the Senior Administrative Assistant for the Dean of Students on JCTC's South West Campus. Chris is the Assistant Director for staff selection and training and Student Orientation at the University of Oregon. Jenny Todden is the Assistant Director of West Campus at the University of Florida.



called him the "Ice Man") to make sure the bottled water stayed cold. His efforts helped to make our students feel welcome during the first two days of classes."

On Campus Housing Staff, Housing and Residence Life

"I would like to recognize all of the On Campus Housing Staff, both HRL and ULH,inc, for their fantastic work with move in day. I heard nothing but great things from families and students about their move in day experience!"



High Fives for SOUL Helpers:

"Thanks for all your help with SOUL during Welcome Week" **Brian Buford, AJ Jones, Dr. Margaret Pentecost, Roxanne Gillenwater, Eddie Bobbitt, Chelsea McKendree, Cynthia Morse, Andrea Shaw, Elizabeth Hammond, Runora Jeffery, Katie Adamchik, Geri Morgan, Katy Garrison, Allison Colvin, Nisha Gupta, Tamara Russell, Megan Clifton, Michelle Pinckney, Jeffrey Cross, Warren McIntosh, Kathy Meyer, Errol Wint, ShirDonna Lawrence, Lynn Gold, Danielle Dolan, Khotso Libe, Lory King, Brooke Isbell, Candace Lamb, Lynetta Mathis, Toree Parrish, Megan Willman, Katie Partin, Amanda James, Maurini Strub, Henry Cunningham, Julie Onnembo, Tim Moore, Chris Davis, Jessy Rosenberg, Leondra Gully, Michelle Henderson, Wes Partin, Brittany Barnes, Victoria Spencer, Shelley Tewell, Tajah McQueen, Tammy, Alvey Thomas and her lovely daughter,** and an extra special thanks to the woman who puts the Zing in AmaZing! —**Heidi Elmer.**

High Fives

Heidi Elmer, Student Involvement "For helping coordinate another wonderful and successful Day of SOUL for more than 750 people. She works diligently to secure service sites for the event that represent and reflect the diversity of our great city. Students leave the event having made connections with their peers, as well as with a community partner. The Office of Student Involvement is so very proud of Heidi and the work she contributes to our mission."



David Rice, Intramural Sports "David did an excellent job of coordinating the stocking and re-supplying of the Welcome Tents. In 90+ degree heat, he made numerous ice runs (George Howe



Save the Date



September 26–28, Cardinal Family Weekend

October 23, Salad & Conversation, Student Involvement, 12-1pm

October 31, Divisional Staff Meeting, SAC MPR, 9am

November 25, Coffee & Conversation, DRC, 8:30-10am

December 11, Coffee & Conversation, Intramurals, 9-10:30am

January 14, Coffee & Conversation, Housing, 8:30-9:30am

February 20, Coffee & Conversation, Career, 9-10:30am

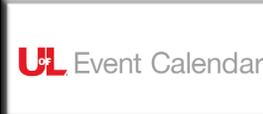
April 21, Coffee & Conversation, DOS, 9-10:30am

May 18, Coffee & Conversation, Counseling, 8:30-10:30am

Reference Corner

Here are four websites to keep handy. Click on the buttons here and then bookmark them on your web browser. When you have events you want students to attend, be sure to submit them to be placed in the Student News and Events weekly email, Digital TVs and UofL Event Calendar. Just click on the appropriate button on the right and follow the directions. The Follow the Bird button will take you to the Student News and Events Facebook page. Feel free to "like" our page.









Special Thanks

The following people helped produce this issue of Vibrations by gathering information, writing, taking photographs, proofreading, submitting articles, and/or submitting photos. Special thanks go to: Brittany Barnes, Pam Curtis, Dr. Glenn Gittings, Shirley Hardy, Ashley Hazen, Jeremy Johnson, Dr. Michael Mardis, Michelle Massey, Laura Mercer, Frank Mianzo, Tim Moore, Julie Onnembo, Dr. Kathy Pendleton, Nadine Petty, Matt Real, LeeAnn Riffle, John Smith, Shannon Staten, Beverly Wolford and all of those who helped produce this issue of Vibrations for your contributions to this newsletter.

The Student Affairs Vibrations newsletter is edited by Susie Cucura, Student Affairs Publications and Marketing Coordinator, susie.cucura@louisville.edu.

