Welcome

With the fall quarter behind us and a new academic quarter starting, we are happy to share some information about winter celebrations and events offered by our division, as well as information on student learning, in this edition of Co-Curricular Connections.

Diversity is something to be recognized, cultivated and celebrated year round, but Martin Luther King, Jr. Day offers a specific opportunity to intentionally reflect on the importance of diversity. The Rev. Dr. Martin Luther King, Jr. Day Prayer Breakfast, a long standing tradition at DePaul, gives the university community a chance to take time to consider the life and accomplishments of the Reverend King, the contributions of African-Americans to the history and culture of the United States, and the importance of diversity to our nation, our communities and DePaul.

The promise of a new year brings with it the opportunity to continue to better ourselves, our health and our communities. In this edition, the Office of Health Promotion and Wellness has some helpful information about college student nutrition for you in conjunction with National Nutrition Month, which is March. I hope the information and tips inform your understanding of college student health and development, and aids in supporting a healthy and productive classroom or work place.

Finally, Vision2018 calls for us to build community and affinity among faculty, staff, students and alumni. The DePaul Activities Board (DAB), a student organization, is doing their part to encourage spirit and pride at DePaul, and have organized an expanded homecoming and spirit week from January 13 through 19, 2013.

We hope that you find one or two interesting activities to attend this winter, and we hope that you find the information in this edition of Co-Curricular Connections useful and informative!

Sincerely,

Cynthia Summers
Interim Vice President for Student Affairs
The Rev. Dr. Martin Luther King, Jr. prayer breakfast open to all, honors the life, legacy of MLK, Jr.

Contributor: Stefanie Smith, Program Coordinator, Center for Intercultural Programs

I Tweet a Dream?: Social Justice in the Age of Social Media is the theme of this year’s Rev. Dr. Martin Luther King, Jr. prayer breakfast, and the gathering promises to offer a fresh look at how we collectively advance the vision and legacy of the famed civil rights leader. Vision 2018 calls on the university community to “strengthen existing university-wide traditions to celebrate and promote our collective identity.” The breakfast, in its 15th year, gives faculty, staff and students at DePaul the opportunity to do just that.

The event, a long standing tradition at DePaul, honors the life and legacy of the Reverend Dr. and celebrates the culture and heritage of African-American communities. “The breakfast serves to unite our DePaul community and reaffirm our commitment to social justice, respect for human dignity and action towards positive social change,” said Stefanie Smith, program coordinator in the Center for Intercultural Programs. “The annual event presents us a new opportunity to understand the evolution of a specific historical moment and how each of us carries it forward.”

Mark Anthony Neal, PhD, a prominent scholar, author and lecturer from Duke University, will be the keynote speaker. The breakfast will also feature the first annual Rev. Dr. Martin Luther King, Jr. speech contest winner, Caullen Hudson of the class of 2013, as well as a theatrical performance and a selection performed by the DePaul Gospel Choir.

The breakfast will take place on Monday, January 21 from 8:30 to 10:00 a.m. in the Lincoln Park Student Center, Room 120AB.

To RSVP for the event, contact the Center for Intercultural Programs at 773.325.7759 or email the Center.

College student nutrition: Why it matters

Contributors: Shannon Lengerich, Director, Office of Health Promotion and Wellness and Jessica Peterson, Communications Coordinator, Student Affairs

The long term health effects of poor nutrition in college are staggering: obesity, high blood pressure, high cholesterol and diabetes later in life. On the other hand, a balanced diet can help students increase energy levels, promote a functioning immune system, improve their ability to cope with stress, and increase concentration and performance in school, thereby contributing to college success. Although most faculty and staff are familiar with the tenets and benefits of proper nutrition, many college students know little about and struggle with proper nutrition.

What can faculty and staff members do to help?

“Faculty and staff at a university have a vested interest in college student nutrition because the focus is on college student learning and success, and proper nutrition is key to that,” says Shannon Lengerich, director of the Office of Health Promotion and Wellness. With National Nutrition Month right around the corner in March... (continued on page 3)
College student nutrition: Why it matters (continued from page 2)

Lengerich offers these suggestions for encouraging good eating habits among college students:

- Start taking care of yourself, if you are not already. The better we take care of ourselves the more available we are to assist students, while also serving as role-models for a healthy lifestyle.
- Encourage students to take advantage of on-campus resources including the Office of Health Promotion and Wellness, the Dean of Students Office and the Ray Meyer Fitness Center.
- Provide healthy snack options during class or for student workers when you do offer treats. Nuts or raisins are good choices.
- Again, if you don’t already, talk to the students you know about stress management, especially around midterms and finals. Encourage them to exercise, get adequate amounts of sleep or even meditate!

Students have complex, stressful lives that cause poor eating habits

The National Institutes of Health notes that college students tend to engage in problematic eating behaviors, such as unhealthy dieting, skipping meals, eating a lot of fast foods, and not eating enough fruits and vegetables and dairy products. Lengerich says this is because “students lead complex lives, and must balance school, work, families, relationships and other extra-curricular activities, all while finding their purpose in life.” This balancing act, in addition to long, stressful nights, 24/7 access to food (much of it high calorie and low nutritional value), and tight budgets contribute to poor eating habits in college.

Poor eating habits in college cause weight gain, which contributes to chronic disease

According to a 2012 article published in Applied Physiology, Nutrition and Metabolism, 70 percent of college students were found to gain weight between their freshman and senior years, and the average weight gain was 12 pounds. National College Health Assessment (NCHA) 2012 data also tells us that 34 percent of college students have Body Mass Indices that put them in the overweight to obese range. Weight gain and obesity increases the risk for certain chronic diseases later in life, such as heart disease and diabetes.

For more information on nutrition or health promotion and wellness in general, contact Shannon Lengerich in the Office of Health Promotion and Wellness at 773.325.5653.

Data Points

**Did You Know?**

- 70 percent of college students were found to gain weight between their freshman and senior years, and the average weight gain is 12 pounds.
- 34 percent of college students have Body Mass Indices that put them in the overweight to obese range (NCHA, 2012).
- Only 6.4 percent of college students get the recommended five servings of fruit and vegetables each day.

DePaul Athletics announces Big East All-Academic team honorees, half-time recognition ceremony

Contributed by: Kate O’Brien, Director, Athletic Academic Advising

150 student-athletes were named to the 2011-2012 Big East All-Academic Team by earning a 3.0 or higher GPA for the year. Athletes on the All-Academic team as a whole averaged a 3.339 GPA. A conference-best five teams earned the highest GPA in the Big East conference for their respective sport: golf, men’s soccer, men’s tennis, women’s basketball, and women’s tennis. Additionally, DePaul’s golf team earned the highest GPA in Division I golf for the third consecutive year, while our women’s basketball team was ranked third in the nation for the second time.

Student Affairs would like to make special mention of our department of Athletic Academic Advising, whose professional staff provides informed, competent and holistic advising for student-athletes in order to help them accomplish their education, career and life goals. “Our student-athletes, coaches and administration are all committed to academic excellence and are very supportive of the work Athletic Academic Advising does,” said Kate O’Brien, director of Athletic Academic Advising. “The academic accolades our student-athletes receive year in year out are a testament to their hard work, as well as the dedication and support from their coaches and advisors.”

Please join Athletics and Athletic Academic Advising in honoring our Big East All-Academic Team at the annual halftime ceremony on Tuesday, February 5 at 6 p.m. at Allstate Arena. The men’s basketball team takes on its conference rival, Villanova University.

The first 100 faculty or staff members who RSVP and agree to join us on the court at halftime will receive a DePaul Nike shirt.
Show your pride in DePaul and join the DePaul Activities Board for spirit week, homecoming, January 13-19, 2013
Contributors: Tanya Vanderboom, Program Coordinator, Office of Student Involvement and Jessica Peterson, Communications Coordinator, Student Affairs

Af*fin”i*ty n. Kinship generally; close agreement; relation, conformity; resemblance; connection. Webster’s Revised Unabridged Dictionary, 1913 edition.

The university’s latest strategic plan, Vision2018, asks the members of the university community to work toward increased student, alumni, faculty and staff affinity for the university. Connection to the university enhances the student experience, encourages student success and builds pride among the entire university community.

Homecoming activities are a traditional affinity-builder on campuses across the country, and DePaul is no exception. If you are looking for a way to build affinity or exercise some Blue Demon pride, consider participating in some of the homecoming events that the DePaul Activities Board (DAB) has planned during spirit week, which begins January 13, 2013 and culminates with men’s and women’s basketball games on Saturday, January 19.

Some planned events include:

Sunday, January 13
Ritzin’ up the Res Halls
The residence halls decorate the entrances to build spirit among the residents. If you would like to be a judge, contact the Office of Student Involvement at 773.325.7361

Thursday, January 17
DePaul gear day, tailgate and pep rally
Wear DePaul blue on Thursday and then attend the tailgate and pep rally at McGrath-Phillips Arena Thursday, beginning at 6:00 p.m.! Members of the pep band and dance team perform at the rally, and men’s coach Oliver Purnell and women’s coach Doug Bruno speak to build spirit before the basketball games. All are invited.

Saturday, January 19
Basketball games
The men’s basketball team plays at 11 a.m. at Allstate Arena and the women’s basketball team plays at 7 p.m. at McGrath-Phillips Arena. Purchase tickets.

DAB plans and sponsors homecoming and spirit week, and they hope that their plans for this year will expand student, faculty and staff involvement in homecoming and engender greater school spirit.

“I’m excited about homecoming this year, in particular,” Tyler Hensala, president of DAB, stated. “In past years, it’s been about just the [basketball] games and the dance. This time around, we’re really trying to get the entire DePaul community involved in spirit week, [in addition to] the big events, to generate some Blue Demon pride across the university.”

For more information about how you can participate in spirit week and homecoming events, call the Office of Student Involvement at 773.325.7361
Advancing Student Learning on Diversity

Contributor: Scott Tharp, Interim Director, Center for Intercultural Programs

Scott Tharp is the interim director of the Center for Intercultural programs where he creates and facilitates educational experiences to increase cultural competence. He also works as an independent diversity trainer and consultant.

A longer version of this article was originally published in the September/October 2012 issue of About Campus, a publication of College Student Educators International (ACPA).

A majority of college students feel that diversity is important and seek help in negotiating what often feels like a social and emotional minefield. While many staff and faculty have knowledge and experience in developing students’ cultural competencies, I would like to outline four core areas of competence for educators.

1. Be aware of and own your social identity and its impact on others
   Educators should explore all of their social identities and actively acknowledge their social identities in their own reflection, conversation and engagement with others. This awareness allows educators to authentically engage students, which inspires trust and models sincere understanding, respect and commitment to diversity work. This is necessary to challenge and support students in their own similar reflections and interactions.

2. Expand your knowledge and application of social identity development theories
   Many developmental theories exist that examine how individuals engage their own cultural difference and that of others, thoroughly outlining the development of an individual’s understanding of identity. These theories help facilitators answer questions about participants including how they currently embrace or reject their social identities, the rationale behind emotional and/or cognitive resistance and how relationships between different identities influence how meaning is made within these identities.

3. Work to recognize how multiple social identities and power interface with society on an individual, community and institutional level
   The range of knowledge in diversity education requires breadth and depth. It is essential to be knowledgeable about diversity within dimensions of social identity including race, ethnicity, nationality, sex, gender, sexual orientation, (dis)ability, religion, and social class. However, educators must also engage students where they are across various social identities. When students need an educator to make strong connections to other social identities such as nationality and (dis)ability, educators might need to do extra exploration and research in order to speak knowledgably and make connections between participants’ different social identity-based experiences.

4. Carefully consider your approach to curriculum development and facilitation of diversity education
   Process and content are equally important when teaching about diversity. Because some students feel culturally competent based solely on lived experiences or a single program or workshop on diversity, educators should carefully consider pedagogical best practices to effectively advance students’ understanding of diversity. It is important to be knowledgeable and seasoned in such methods in order to avoid using generic methods that may seem like a good idea, but fail to adequately engage students, address holistic growth, or prove to be volatile.

Diversity education is important for college students to be successful in today’s global society. The Center for Intercultural Programs works with faculty and staff to meet our students’ needs. Our partnerships have led to positive experiences resulting in impactful learning, such as with first year students in Chicago Quarter courses. After completing a standardized workshop offered to 103 courses in the 2013 fall quarter, 82.3 percent of participants demonstrated an enhanced understanding of how they embody diversity. With strong collaborations, educators at DePaul come closer to ensuring that our students represent the best of our mission and have a deeper commitment to diversity.
There are a number of trends at the national level that have a significant impact on the university’s and the division’s work with students. In this edition, we highlight the trend of the growing cost of health insurance and its affects on college students and universities.

Cost of health insurance rises, fewer students are covered and fewer universities are requiring students to be covered

Healthcare and health insurance remain important topics at universities across the nation, especially since the Affordable Health Care Act (AHCA) was signed into law in March 2010 (See Liang, 2010; Lipka, 2011; Lipka, 2010; and Turner, 2010), and the Supreme Court decision on the Act in June 2012 did not fundamentally change the law (Levey, 2012).

Many public institutions of higher education require students to have health insurance, and a debate swirls around this topic (see Collier, 2009; Lipka, 2010). Because the cost of premiums on student insurance policies will increase with AHCA-mandated changes to coverage limits and pre-existing conditions, many colleges and universities are dropping student health insurance plans and no longer requiring students to show proof of insurance (Radnofsky, 2012).

At DePaul, the National College Health Assessment (NCHA) conducted in spring 2010 found that 12 percent of DePaul students were without health insurance as compared to 6 percent of the national sample of college students.

Because state funding for public-sector mental health and substance abuse treatment has undergone cutbacks (National Alliance on Mental Illness, 2011), the ability to refer students off-campus when necessary and appropriate is already difficult. The fact that a high number of DePaul students are also uninsured further complicates matters.

A composite report of faith-based institutions that have completed the NCHA has found that 0.9 percent of students at these schools reported lacking health insurance compared to 12.5 percent at DePaul.

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**Important Dates**

**Winter Events Presented by the Division of Student Affairs and our Partners**

**Homecoming Tailgate and Pep Rally**
Thursday, January 17
6:00 and 6:30 p.m.
Lincoln Park, McGrath-Phillips Arena
Call the Office of Student Involvement for more information, 773.325.7361

**DePaul Gear Day**
Thursday, January 17
All day
Show your pride and wear DePaul blue to work or class.

**Homecoming Men’s and Women’s Basketball games**
Saturday, January 19
Men’s game, 11 a.m., Allstate Arena
Women’s game, 7 p.m., McGrath-Phillips Arena
Purchase tickets

**The Rev. Dr. Martin Luther King, Jr. Prayer Breakfast**
Monday, January 21
8:30 to 10 a.m.
Lincoln Park Student Center, 120AB
RSVP required. Call the Center for Intercultural Programs for more information, 773.325.7759

**Center for Intercultural Programs Winter Calendar of Events**
The Center for Intercultural Programs is offering a number of programs and events during the winter quarter that explore diversity and identity.

**Big East All-Academic Team Award Ceremony**
Men’s basketball vs. Villanova (ceremony at halftime)
Tuesday, February 5, 2013
6 p.m.
Allstate Arena
In this edition of Co-Curricular Connections we are profiling two areas in the division: student advocacy and community relations and diversity, empowerment and inclusion. Student advocacy and community relations consists of Athletic Academic Advising, Adult, Veteran and Commuter Student Affairs, The Center for Students with Disabilities, the Dean of Students Office and University Counseling Services. The diversity, empowerment and inclusion area consists of the Office of Multicultural Student Success, The Center for Intercultural Programs.

**Student Advocacy and Community Relations**

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<td>Kate O’Brien</td>
<td>Director, Athletic Academic Advising</td>
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Athletic Academic Advising helps student-athletes maximize their academic potential by mastering the pressures of participating in a sport and earning a college degree. The staff provides time management training, tutoring, registration assistance and other academic support services. The department also coordinates the National Collegiate Athletic Association’s Life Skills Program.

The Office of Adult, Veteran and Commuter Student Affairs assists these student populations in their transition to college and supports them in achieving their educational goals. By collaborating with key partners, the office provides services, resources and programs that address the specific needs of adult, veteran and commuter students.

The Center for Students with Disabilities (CSD) is DePaul University’s designate to coordinate accommodations and other services to students in accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act. As such, CSD regularly works with students with documented diagnoses of a range of disabilities such as learning disabilities, ADHD, medical conditions, chronic illness, mental health disorders, and physical/visual disabilities, among others.

The Dean of Students Office (DOS) at DePaul University promotes student development, health, wellness and ethical decision making in an inclusive and validating educational environment so that we may have a campus of successful and socially responsible students. The office offers an array of advocacy services, inclusive and educational programs, policy development, health and wellness services, and incident management for personal and/or community emergencies.

**Diversity, Empowerment and Inclusion**

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<td>Director, Office of Multicultural Student Success</td>
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University Counseling Services is committed to a student-centered, developmental approach. Its purpose is to assist students in defining and accomplishing personal and academic goals. Daily walk-in hours are available for URGENT needs at both campuses. UCS offers individual, couples and group counseling sessions.

The Center for Intercultural Programs provides transformative curricular and co-curricular educational experiences that encourage students, faculty and staff to think broadly and critically about cultural identity and adopt strategies to confront systems that do not recognize the dignity of the individual. The center also works with strategic campus partners to support and advocate for substantive and culturally relevant student engagement and leadership development.

The Office of Multicultural Student Success is dedicated to supporting first-generation college students, low-income college students and/or students of color. We offer empowerment programs that students can participate in for one year or for their entire time at DePaul. Our programs look to support students at key moments in their college experience so they can be academically and socially successful.

Co-Curricular Connections is a publication of the Division of Student Affairs at DePaul University. Inquiries and comments are welcome. Please contact us at 25 E. Jackson Blvd Suite 1400 or via e-mail at depaulsanews@depaul.edu.

Please take a moment to tell us how we are doing.