

# Co-Curricular Connections

Division of Student Affairs

Spring 2015

## Points of Interest

New late-night program,  
DePaul After Dark, offers safe,  
fun alternative on Thursday nights  
..... 2

Take care of yourself,  
take care of each other:  
New Bystander Intervention  
curriculum focuses on  
preventing sexual assault  
..... 3

Health and wellness module  
helps first-year law students  
*Prepare to Practice*  
..... 3

Student leadership development  
programs are moving  
..... 6

Student Affairs has a new website!  
..... 6

## Inside this Issue

Student Learning and  
Engagement 2

Student Affairs News 3

Get to Know Our Team 5

Data Points 7

Important Dates 8



DEPAUL UNIVERSITY  
DIVISION OF STUDENT AFFAIRS

## New late-night program, DePaul After Dark, offers safe, fun alternative on Thursday nights

By: Rocio Ortega

“Bingo!” shouts a DePaul student sitting in a packed room; not a single empty seat is to be seen among the 100 or so other students vying for the prize. Upon winning bingo, the student heads to the front of the room to ‘grocery shop’ and pick six items among a granola bar section, a fresh produce section and other products purchased from Whole Foods by the DePaul After Dark team.

This is pretty much how every grocery bingo game has played out during DePaul After Dark, a new late-night program for students that features free food, giveaways and a variety of fun and free activities. The Office of Student Involvement and the DePaul Activities Board, a mentored student organization, have partnered with the Ray and Student Centers to launch the program with the intent to provide students with an alternative to the typical Thursday night plans of college students. “It is something to do that is actually more fun than going out and partying,” said one DePaul student. The first two DePaul After Dark programs drew close to 600 attendees, making the program a resounding success.

Amy Mynaugh, director of Student Involvement, explained that DePaul may be a mostly commuter campus in the middle of a city packed with things to do, but that should not keep the university from providing options on campus. “We need to build community and offer students the opportunity to connect with one another on campus. When you feel like you genuinely belong to a community, you want to stay there,” says Mynaugh.

DePaul After Dark is a built-in study break, too, says Mynaugh. “To be successful, you cannot just hit the books 24/7. Students need to give themselves the

opportunity to recharge and consider their health and wellness. They need to be engaged beyond the classroom setting.”

The DePaul Activities Board, along with Tanya Vandermoon, program coordinator for campus activities, has taken the lead in planning these programs. It has all been created by students, and the activities are bounded only by the limits of their imaginations. Each program is given a different theme, and a variety of activities are staggered throughout the night to attract all kinds of students.

Rachael Driussi, president of the DePaul Activities Board, provides support for the volunteers during these events. “We dove right in and came up with ways to motivate students to attend and then get them to stay and enjoy multiple activities once they got there,” said Driussi. Shannon Daly, vice president of the DePaul Activities Board, said that DePaul After Dark is a university tradition in the making. “It has been exciting to watch the program grow over the quarter. For the first event, we had no idea that it would draw the crowd that it did,” said Daly.

Data show that the program is reaching a wide audience that includes commuter students coming from locations all across the city. As the pilot continues, the team will continue to gather information about the audience, including year of study, discipline and initial impressions of the event. This summer, they will review data and use it to improve DePaul After Dark, as well as identify university partners for the program. If you are interested in co-hosting or volunteering for an event, or just want more information about DePaul After Dark, contact [Tanya Vandermoon](#) at 773.325.2468.



Image courtesy of Jamie Moncrief, DePaul University

## Take care of yourself, take care of each other: New Bystander Intervention curriculum focuses on preventing sexual assault

By: Rocio Ortega

You are walking down a sidewalk on a sunny evening and notice a woman fall down while riding her bike. You think, for a second, that you should go and make sure she is okay, but you are already late for an appointment and, besides, someone else will surely see her and come to her aid. You let that thought comfort you, and go about your day.

This is the bystander effect, explained Shannon Suffoletto, director of the Office of Health Promotion & Wellness. “Essentially, the idea is that no one does anything to help because they believe someone else will rise to the occasion. That is a societal fact and it is one we want to change at DePaul. We want it to be the norm that we all feel a responsibility upon entering this community to take care of ourselves and others.”

With this in mind, the Office of Health Promotion and Wellness launched a new bystander intervention training curriculum last fall. The program trains bystanders to intervene in a problematic situation and is a comprehensive, three-hour curriculum on sexual and relationship violence. Nationally, research has shown that bystander intervention is one of the most effective ways to prevent sexual and relationship violence on campus, explained Sexual Health and Violence Prevention Specialist, Rima Shah.

The training has already been offered to the Office of Multicultural Student Success STARS mentors. Orientation leaders, transfer student leaders and Chicago quarter mentors will complete the training in May.

*continued on page 4*

## Health and wellness module helps first-year law students *Prepare to Practice*

By: Rocio Ortega

‘If necessary, an oxygen mask will drop from above your seat...make sure your mask is secure before helping others.’ Upon boarding a plane, all passengers will hear some variation of these instructions during the pre-flight safety demonstration. Interestingly enough, these guidelines are also applicable to many other areas of day-to-day living, explains Brooke Halpern from University Counseling Services and Tom Judge, from the Office of Religious Diversity in the Loop.

Judge partnered with Halpern, an extern with University Counseling Services, along with the Office of Health Promotion and Wellness and the Lawyers Assistance Program to create a 75-minute module on health, wellness and balance as part of a new program called *Preparing to Practice*, or P2P. This is the first year of Law Career Service’s year-long mandatory P2P course for



first-year law students. The skill-building series introduces students to the legal profession and provides an overview of the strategic and personal skills critical for success in the professional world.

“If we want to help people as lawyers, or just everyday human beings, we have to make sure we take care of ourselves, first,” said Judge. “Legal education is challenging because there are surprising expectations set for these students. Once practicing law, their lives continue to be challenging. They have demanding clients and demanding employers. All of that pressure and stress

*continued on page 4*

## Bystander Intervention training

*(continued from page 3)*

The training is open to the entire DePaul community and is available for classes or student groups upon request. The module gives participants the opportunity to practice intervention techniques and skills and to learn to identify a potentially problematic situation. “We can give students, faculty and staff basic information, but what they really need is a place where they can safely practice intervening, and break down the cultural and psychological barriers of intervention,” stated Suffoletto.

Cristina Vera, a student at DePaul and the vice president of the Student Government Association echoed Suffoletto’s thought. “The most rewarding experience was putting into action what we had learned. We broke up into groups and had to critically think about appropriate actions to take in the scenarios we were given,” said Vera. “Now that I have been trained I feel more comfortable and prepared to intervene in ways that will not put me or others at risk.”

The new curriculum is currently being evaluated by faculty in the Psychology department. “One of the unique features of bystander intervention programs is that they encourage an entire campus community to change the culture and norms surrounding sexual and relationship violence. Hopefully this can lead to long term decreases in the prevalence of these forms of violence,” said assistant



Michelle Johnson of Health Promotion and Wellness with a student during a winter event

professor of psychology, Megan Greeson.

“Our evaluation team is working with the Office of Health Promotion and Wellness to collect data to understand students’ reactions to the workshops and their suggestions for making it more relevant and relatable to their lives,” Greeson continued.

In addition to the training, all incoming first year and transfer students entering DePaul next fall will participate in an online sexual assault prevention training module. This educational module, powered by Everfi, includes training related to sexual violence and relationships, as well as resources available at DePaul. For more information about the Bystander Intervention training, or to schedule a training for your class or department, contact [Shannon Suffoletto](#) at 773.325.5653.

## Health and wellness module helps first-year law students

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can push people to neglect their health and wellness. As a consequence, it’s important for people to have the spiritual and emotional resources needed to flourish in their lives and in their professions.”

Judge and Halpern have presented their module to four sections, each composed of around 60 students, who have engaged in conversation about their law school experiences. The presentation encourages students to think holistically about their mental, physical and spiritual health, and shows them ways to sustain a meaningful career, and a satisfying life for themselves and those who depend on them. Resources shared included handouts outlining 100 ways to reduce stress, the six areas of wellness and a self-care inventory.

Amanda Alasauskas, a student from the College of Law said, “It was eye opening to see all of the ways that we are able to take time for ourselves throughout the day to manage stress; whether it’s taking a nap, walking a dog or cooking a meal.”

Bonnie Tunick, assistant director of Law Career Services, believes that Judge and Halpern’s module is one of the most successful P2P sessions yet. “Going through law school, or any educational experience, is like a three-legged stool,” said Tunick in an interview. “You have your academics, your career development and then the third leg, which is all about you: get enough sleep, eat right, exercise and balance your work with time for friends and family. That third leg also needs to be strong or else your stool will fall over. This wellness part of P2P helped us make that leg of the stool stronger.”

Tunick hopes that these types of programs will help students take a more holistic approach to law. “If students are not happy or whole in their lives, they are going to take that pressure wherever they go,” she stated. For more information about the P2P program, contact [Tom Judge](#) at 312.362.6699.

# Get to Know Our Team

Please help us welcome new staff members who joined us during the winter and spring quarters.



Kate Lower  
Alcohol and Substance  
Abuse Prevention Specialist  
Health Promotion and  
Wellness

**Kate Lower** is a licensed clinical professional counselor and board-certified dance/movement therapist, who provides support to students and faculty dealing with substance abuse and addiction.

With more than 8 years' experience in health and wellness, Kate brings a holistic, mind-body approach to defining and strengthening emotional and physical well-being. She leads campus-wide engagement and prevention programs to deepen awareness about the effects of substance abuse and to promote healthier, happier decision-making.

Kate joined DePaul in January 2015 and is excited to engage with students, staff and the entire campus community to nurture a more dynamic, vibrant, healthy DePaul.



Jennifer Harris  
Consulting Psychiatrist  
University Counseling  
Services

**Jennifer Harris** joined University Counseling Services (UCS) as consulting psychiatrist in March 2015. In this role she collaborates with Counseling Services staff to care for students who seek help with a wide range of difficulties or concerns. Sometimes, this involves prescribing and monitoring medication or treatment. Students are seen for psychiatric evaluation when referred by UCS psychologists, and then may continue their care at UCS or be referred to clinicians in the community.

Prior to joining the UCS staff, Jennifer was staff psychiatrist at The University of Chicago's Student Counseling Service for five years.

Jennifer has a bachelor's degree in English and American literature from Bowdoin College. She completed her MD degree at the University of Pittsburgh School of Medicine, and then trained as a resident and served as chief resident in general adult psychiatry at Brown University Alpert School of Medicine. She completed her training with a one-year fellowship in University Student Mental Health at The University of Chicago.



Kimberly Everett  
Director  
Office of Multicultural  
Student Success

**Kimberly Everett** began serving as the Director of the Office of Multicultural Student Success on April 6, 2015. In this role, she is responsible for developing, implementing and assessing strategies that contribute to the persistence and graduation of low-income college students, first generation college students, and students of color.

Prior to her role as director of the Office of Multicultural Student Success, she founded the African American Resource Center at Northeastern University. Additionally, Kimberly has past experience as an academic advisor within the TRiO program at Iowa State University.

She earned her BS in elementary education and will earn her PhD in educational leadership and policy studies from Iowa State University.



Aaron White  
Technology Project  
Coordinator  
Student Affairs

**Aaron White** has served as the information technology project coordinator in Student Affairs since February 2015. In his role, he assists the division of Student Affairs with projects related to technology, data and information management, and web development and maintenance. He also provides training to staff regarding the use of information systems and software, and supports divisional assessment, communication and research initiatives by creating online forms, surveys and

communications.

Prior to his role as project coordinator, Aaron worked as a technology graduate assistant for DePaul's division of Students Affairs. He has also worked at AAR Corp as a web developer from 2010 to 2012, and held several student positions at DePaul during his undergraduate experience as far back as 2007.

Aaron completed an MS in e-commerce technology and a BS in information systems at DePaul University. He also holds a BS in international business administration from Linköping University in Sweden.

## Student leadership development programs are moving

As of July 1, 2015, the Student Leadership Institute will no longer be a stand-alone department and leadership programs will be integrated into the Office of Student Involvement on the 2nd floor of the Lincoln Park Student Center. Housing student leadership programs in Student Involvement is another step that Student Affairs is taking to more strategically and efficiently provide co-curricular programs and services for students.

Student leadership development programs and services are key to many students' experiences at DePaul, so all of the scholarships and many of the programs and services that the Student Leadership Institute currently offers will continue to exist, and students will be served by the Office of Student Involvement. The exact offerings are still to be determined, and a communication will go out to students and key partners in June with the final details.



Photo courtesy of Maria Toscano, DePaul University

## Student Affairs has a new website!

Student Affairs is happy to announce that our webpage has a new look, and is easier than ever to navigate. [Visit it now!](#)

Information about the programs and services we offer to encourage student progress and success is now available in one place, rather than spread out across 25 department-related websites. And, students can now find support based on the question they have or the issue they are facing, rather than by department.

Information about the following is included on the site:

- Student Life, including student organizations
- Support services, such as counseling and health services
- Support for specific populations, such as adults, commuters, students with disabilities, and LGBTQ students, among others
- Diversity and culture programs
- Spirituality programs
- On-campus events
- Parent and family programs

[Visit today](#), and explore how the division of Student Affairs contributes to the DePaul student experience and student success!

## DePaul After Dark

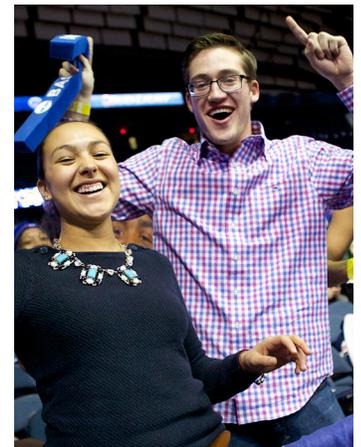
A program that offers a safe and healthy alternative to more destructive behaviors and habits that students tend to engage in on Thursday nights.

- 833 participants engaged in DePaul After Dark in January and February. 668 of those students were unique participants.
- 357 students attended the first DePaul After Dark, which was held in January and had a *Treat Yourself* theme.
- 234 students attended the second DePaul After Dark in February, which had a *Rock Stars* theme.
- 242 students attended the DePaul After Dark event held during Blue Demon Week. It was in the Ray Meyer Fitness and Recreation Center, and had a retro sports theme.
- 2 events are scheduled for April: the April 9 event had a TV theme, and the April 16 event has a carnival theme.



## Blue Demon Week

- 400+ scholarship donations were made during the Blue Demon Giving Challenge.
- 647 students attended the Blue Demon Dance
- 15 affinity-building events were held during the week.
- 1,750 computer screens had the Blue Demon Week is Here! image, which is about 85% of computers on campus.
- 40 chalked images were applied to the sidewalks around the Lincoln Park Campus.
- 10 large scale banners were hung across Lincoln Park and the Loop.



# Important Dates

## Sexual Assault Awareness Month, April

The Sexual Health and Violence Prevention specialist in the Office of Health Promotion and Wellness has coordinated a number of programs and events throughout the month of April for [Sexual Assault Awareness Month](#).

## DemonTHON

Friday, April 24 to Saturday, April 25, 2015  
5:00 p.m. to 5:00 p.m.

Lincoln Park, McGrath-Phillips Arena

DemonTHON is a year-long fundraising organization benefiting Ann & Robert H. Lurie Children's Hospital of Chicago. The 24-hour dance marathon on April 24-25 is the celebration of the year-long fund raising efforts done by students at DePaul. [Donate online](#), or [go here to volunteer](#).

## LGBTQA Awareness Month, May

Opening breakfast

Friday, May 1

9:00 to 11:00 a.m.

LGBTQA Student Services has coordinated a number of programs and events throughout the month of May for LGBTQA Awareness month. [RSVP for the opening breakfast](#) featuring Julia Serano, who will discuss her book, *Excluded: Making Feminist and Queer Movements More Inclusive*.

## Vincentian Service Day

Saturday, May 2

8:00 a.m. to 3:30 p.m.

Join the Vincetian Community Service Office and over 1,400 students for a day of service in and around Chicago. Culminates with the Vincent Festival from 1:30 to 3:30 on the Lincoln Park Campus Quad.



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*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, Chicago, IL 60604 or via e-mail at [depaulsanews@depaul.edu](mailto:depaulsanews@depaul.edu). Please take a moment to tell us how we are doing.*

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