



## January 2024

Welcome back, Yellowjacket Leaders!

Happy 2024! I hope each of you were able to get some much-needed rest and relaxation over the break. This semester is starting out strong with the [Winter Activities Fair](#), roller skating, the BSU step show, and many UR Late Night events. Don't forget that [Winterfest Weekend](#) right around the corner!

As always, please be sure to read this edition of the Insider to learn more about the resources available to your organization. Your contributions to campus life are truly appreciated, and my colleagues and I are committed to guiding you to reach your fullest potential.

Stay warm!

Brian Magee, Interim Director of Student Activities

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## Save-the-Dates

### **First Day to Transact (SAAC)**

Today, January 17th

### **Register for the Winter Activities Fair**

Today, January 17th by 11:59 p.m.

### **AlertUR Test**

Thursday, January 18th, 6 p.m.

### **Winter Activities Fair**

Friday, January 19th, 12:30 - 2 p.m.

### **First Supplemental (SAAC)**

Tuesday, January 23rd

### **Winterfest Weekend**

February 1 - 4th

### **Submit a Nomination for the Student Life Awards**

Monday, February 5th, 12 p.m.

### **Budget Training (SAAC)**

Tuesday, February 6th

### **Leadership Appreciation Reception**

Friday, February 9th, 3:30 - 5 p.m.

*Formal invitation to come.*

### **Last Day for Supplementals (SAAC)**

Tuesday, March 5th

### **Budgets Due (SAAC)**

Wednesday, March 6th

### **Last Day to Transact (SAAC)**

Tuesday, April 30th

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## **Winterfest Weekend**

Mark your calendars because Winterfest Weekend is almost here! Activities start February 1st and go through February 4th with the signature Winter Wonderland on Saturday February 3rd from 2-5 p.m. We will have everything this weekend including a tumbler giveaway, s'mores, build-a-buddy, and a one-of-a-kind comedy show at Kodak Theater! The Comedian will be announced soon on social media, so be sure to follow [WilsonComonsUR](#) for updates. Check out the Winterfest Weekend website for more details and to view the complete schedule. If you have an event that you would like to highlight on the Winterfest Weekend website, email [Jill Wulfenstein](#) by January 19th.

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## **Nominations for Student Life Awards**

The annual University Student Life Awards, otherwise known as The Rocky's, recognizes undergraduate students and Student Organizations who - through service to others, investment of talent and time, and pursuit of excellence - have significantly and positively impacted the

University of Rochester and/or surrounding communities. Nominations are open through Monday, February 5 at 12 p.m. (noon) EST. Review the available awards and submit nominations [here](#).

*Sponsored by the Office of the Dean of Students.*

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## **ECM Event Blackout Dates**

Events & Classroom Management (ECM) is heavily booked and will not be able to support any additional activities for dates listed below. Note: if you already have a confirmed reservation for an activity on any of the dates listed, ECM is expecting to support your activity.

- March 22-24
  - March 29-31
  - April 5-7
  - April 12-14
  - April 19-21
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## **Community Kitchen Training**

Is your organization interested in using the [Community Kitchen](#)? The Community Kitchen is stocked with all the basic kitchen equipment you would need for the majority of recipes - you only need to provide the ingredients. Reservations are required to have an approved kitchen user present. To become an approved kitchen user, you must [register and attend an in-person training](#) hosted in the Community Kitchen.

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## **Springfest Planning**

Springfest Weekend will take place April 25th – 28th, 2024! The weekend will feature a variety of traditional and reimagined events of student organization performances, shows, novelties, as well as Dandelion Day on Friday, April 26th.

If your organization would like an event represented on the Springfest calendar, please contact [Jill Wulfenstein](#) by 5 p.m. EST on Wednesday, March 13th. If your Student Organization would like to host an activity at the Dandelion Day Carnival, please contact the [Student Activities Board](#) by 5 p.m. EST on Wednesday, March 13th.

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## Leadership Opportunities

### Orientation Leader

Hone your leadership skills and mentor new students next year as an [Orientation Leader](#)! The Office of Orientation and New Student Programs is accepting applications for this important leadership role through Sunday, January 28 at 5 p.m. Already have summer plans? You can still help welcome new students and families to campus next fall as a [Welcome Week Leader](#) or [Welcome Week Volunteer](#). Time commitments and specific responsibilities vary by position, so be sure to [review the website](#) for full details on each role. You can also register for an [upcoming virtual information session](#) to learn more.

### Student Alumni Ambassador (SAA)

The SAAs are a select group of undergraduate students who serve as a bridge to our University alumni community by representing the student body, giving them a glimpse of current student culture, and sharing their personal Rochester experience! This program provides opportunities for networking across the University and alumni community, shaping future student and alumni programs, and developing both personal and professional skills as a student and beyond.

Qualities that make up an SAA:

- Positive, responsible, and enthusiastic.
- Enjoy meeting new people and expanding their professional and personal networks.
- Strong interpersonal communication skills.
- Familiar with current campus initiatives, as well as the University's history and mission.

Applications will close at midnight on Wednesday, February 7<sup>th</sup>. To find out more information and apply, check out the [SAA website](#), and by following along on Instagram [@uofr.saa](#).

Questions? Contact [Karen.Carhart@rochester.edu](mailto:Karen.Carhart@rochester.edu).

*Please note that you must be enrolled during the 2024-2025 academic year to apply. Those studying abroad this spring are welcome to apply.*

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## **Mindful University Project Classes**

### **YogaVibe Classes On-Campus**

The Mindful University Project is collaborating with [YogaVibe](#) to offer free classes on campus every day with a variety of experienced instructors.

YogaVibe is a Rochester-based studio that is committed to an embodied liberation that explores awareness through movement. The classes are free for all UR students and R Club members, held in the Leibner-Cooper Room at the Goergen Athletic Center. Classes are offered throughout the academic year, except during University holidays. You can [register here](#), and walk-ins are welcome.

### **Calming U Meditation Classes**

Unleash the potential of mindfulness, emotional intelligence, and self-compassion in this empowering 4-week course tailored to University of Rochester students from the Mindful University Project. Embrace a calmer, more focused, and growth-oriented mindset to conquer academic challenges and flourish throughout your college journey.

By attending all four sessions, you will receive a giveaway of your choosing: The Mindful Self-Compassion Workbook, a meditation cushion, or a yoga mat. See the schedule and register:

- [Thursdays with Laura](#), 2/8 - 2/29, from 9-10:15 AM via Zoom
- [Mondays with Whitney](#), 2/12-3/4, from 7-8:15 PM in the Douglass Community Room
- [Fridays with Debra](#), 3/22-4/12, from 10:30-11:45 AM via Zoom
- [Thursdays with Rebecca](#), 3/28-4/18, from 3-4:15 PM in Genesee 325

*Open to all students, staff, and faculty at the University of Rochester.*

### **Qigong Classes On-Campus**

The Mindful University Project is now offering weekly Qigong classes, open and free to all University of Rochester students and R-club members. This class will offer the skills and philosophies of Qigong, an ancient system that uses the body, mind and breath to improve mental and physical health. Come learn some deep self-care, held every Monday at 4 PM in the

Goergen Athletic Center for the Spring 2024 semester! You can [register here](#), but walk-ins are also welcome.

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## Get Connected with Your Organization's Alumni

Looking for ways to connect with alumni of your student organization? Check out the *Get Connected* program through the Office of Alumni Relations and Constituent Engagement!

We can help you:

- Communicate with your alumni by email or newsletter, including requests for financial support.
- Invite alumni to campus events.
- Involve alumni as speakers or panelists—in-person or virtually.
- Host a student organization/alumni event, including milestone anniversary celebrations.

To get started, review the [Get Connected info sheet](#), talk with your advisor, and submit a [proposal form](#)!

Questions? Contact Ahren Henby at [Ahren.henby@rochester.edu](mailto:Ahren.henby@rochester.edu).

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## Medallion Leadership Workshops

The Medallion Program provides workshops, interactive activities, and personal reflection to develop leadership capabilities through a flexible three-tiered journey. Register on CCC for access to attend. You do not need to be enrolled in the Medallion Program to attend.

Student organizations can request any workshop for their organization [here](#). Email the [Medallion Program](#) if your organization is interested in co-sponsoring one of these workshops!

Workshop	Date	Time	Domain
MLK Commemorative Address: Rachel Swarns	Fri. 1/19	6-7:30 p.m.	Interpersonal Competence/Knowledge Acquisition (email <a href="mailto:medallion@rochester.edu">medallion@rochester.edu</a> for attendance)
Toward a More Perfect Union: Social Responsibility and Justice	Mon. 1/22	5-6 p.m.	Civic Engagement
Motivating the Middle	Tues. 1/23	6-7 p.m.	Interpersonal Competence

Event Planning and Promotion	Mon. 1/29	4-5 p.m.	Knowledge Acquisition
Walk It Like You Talk It: Aligning Your Actions with Your Values	Tues. 1/30	7-8 p.m.	Cognitive Complexity

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## AlertUR

The spring semester test of AlertUR will be on Thursday, January 18th at 6 p.m.

AlertUR is the emergency notification system for the University, including the Medical Center. In the event of an emergency, alerts are sent by voice, text, and email message. The purpose of the test is to activate the AlertUR system and check that you can be reached immediately. Before the January 18th test, students and employees should review their contact information at <https://alert.rochester.edu> and add a cell phone number if one is not listed or is not current; sign in with your Active Directory ID and password. For more information on AlertUR, visit <http://tech.rochester.edu/faqs/alertur-fags>.

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## Activity Registration & Weekend Highlights Reminders

As a reminder, all Student Organizations who are planning activities must abide by all of the [Activity Registration Policies](#). Please submit your activities through CCC early and on time! If you are unsure on how to submit an Activity Registration, check out this [how-to video](#).

Additionally, if you need to review your Activity Registration:

1. Open and log into CCC.
2. On the left-hand side of your web browser, locate the "My Activity" drop-down menu.
3. Select "My Surveys/Forms".
4. Locate the form submission you would like to review.
5. Click the three dots on the right-hand side of the submission. Select "View". Do not select the hyperlink for the form.



6. Once you have reviewed your submission, do not hit "Save". Instead, close/exit the form window.

Did you know that the event description your organization uses in CCC is used in the weekly edition of the Weekend Highlights? Because of this, it is important to make sure the event description includes information, such as, registration information, ticket pricing, sponsors, etc. Think of the descriptions as a base of information to students reviewing the event and keep in mind that they are also pulled and used for Weekend Highlights. The more detailed you can be, the better! Connect with your organization's advisor if you need help writing a good event description.

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## **BIC Workshop Request Form**

Interested in requesting a workshop from the Paul J. Burgett Intercultural Center (BIC)? Review the information below, and [request a workshop through this form](#).

# PAUL J. BURGETT INTERCULTURAL CENTER WORKSHOP REQUEST FORM

Now on CCC!



## ABOUT THE PAUL J. BURGETT INTERCULTURAL CENTER (BIC)

The mission of the Paul J. Burgett Intercultural Center (BIC) is to promote cultural awareness and engagement, educate on issues of identity, culture, and diversity, and provide avenues for intersection and opportunities for collaboration.

## WORKSHOPS

- Creating an Inclusive Community
- Intercultural Communication & Awareness
- Safe Zone Training
- Exploring Implicit Bias, Microaggressions, & Bystander Intervention
- Understanding Privilege & Taking Action
- Opening the Door to an Anti-Racist Campus: Foundations

## SUBMIT A REQUEST HERE



## CONTACT US

@ur\_bic  
bicerochester.edu

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## **New Passio Go! App Replaces TransLoc**

Passengers riding University shuttles can conveniently track shuttle locations using the newly introduced Passio Go! mobile app. The user-friendly app replaces the Transloc app and provides comprehensive information about specific routes, schedules, and stops. Riders can also set bus arrival alerts and tag favorites, saving time and reducing wait times at bus stops. Additional alerts for route changes or delays keep all riders informed. To use Passio Go!, download the free app for your [Apple iOS device](#) or [Android](#), or visit the [University's Passio Go! site](#) on your computer or smartphone. Visit the [Transportation site](#) for more information.

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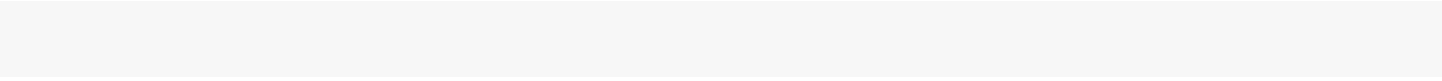
This publication is brought to you by Wilson Commons Student Activities: The Student Organization Insider is WCSA's monthly e-newsletter for student organization executive boards and advisors. The Student Organization Insider (SOI) is intended to keep student leaders informed on opportunities and updates from their areas of advisement: Students' Association, Athletics, the Interfaith Chapel, Fraternity and Sorority Affairs, Residential Life, Center for Community Engagement, the Hajim School, and Wilson Commons Student Activities. The SOI will not focus on information available to students through the Weekend Highlights, and it will not be used to advertise student organization events. Instead, this newsletter is a unique and specialized publication with information and opportunities that are relevant to you as student leaders.

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**Wilson Commons Student Activities**

University of Rochester

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