



STUDENT LIFE AND DEVELOPMENT ST. CLOUD STATE UNIVERSITY

This is the first edition of a series of monthly newsletters from the Division of Student Life and Development to all employees aimed at improving communications with campus including information, announcements, updates and services offered.

From the Desk of the Vice President

Happy New Year!

The Student Life and Development staff are working with students in many ways to assist and support students as they live into and through the implications of COVID19 on their studies and their lives. We also continue to stand ready to assist students in their efforts to make connections amongst themselves and to gain social justice for their communities.

The organization structure for Student Life and Development Division has changed in a few substantive ways. Three (3) functional areas were established and each functional area has or will have a new lead position.

1. Student Engagement includes [Campus Involvement](#), Residential Education formerly named [Residential Life](#) [e.g. the programming and engagement support provided to students by Resident Hall Directors and Community Assistants] and [Student Conduct](#). The functional area is led by the Dean of Students, Jennifer Sell Matzke, effective January 6, 2021. Jen's contact information: Atwood Memorial Center room 110, 320.308.6290, jsmatzke@stcloudstate.edu.
2. [Integrated Student Care](#) includes Alcohol and Other Drug Prevention [e.g. UChoose, Collegiate Recovery Program] Counseling and Psychological Services, Medical Clinic and wellness [e.g. peer wellness coaching]. The functional areas will be led by a position that has not yet been finalized.
3. Atwood, Housing and Retail includes [Atwood Memorial Center](#), Camps and Conferences, [Food Service](#) and Housing Operations formerly named Residential Life [e.g. contracts, facilities, residence hall desk operations and room assignments]. The functional area is led by the Executive Director for Atwood Housing and Retail, Matt Trombley, effective January 6, 2021. Matt's contact information: Atwood Memorial Center room 110, 320.308.4787, mjtrombley@stcloudstate.edu.

The departments of the [American Indian Center](#), [Career Center](#), [the LGBT Resource Center](#), [Multicultural Student Services](#), [Student Accessibility Services](#), [the Veteran Resource Center](#) and the [Women's Center](#) continue to report directly to the Vice President.

If you have any questions about the changes in SLD, I encourage you to contact me at sld@stcloudstate.edu.

Clare Rahm
Interim Vice President, Student Life and Development

Arrivals and Departures

Arrivals

Matt Trombley has accepted a new role in the Division of Student Life and Development as the Executive Director for Atwood, Housing, and Retail Operations. An alumni of SCSU, Matt brings 20 years of experience in student affairs in the area of student union operations and student activities. He is excited to work with the talented teams in Residential Life and Atwood Center and work collaboratively across the division to serve students and the campus community!

Jen Sell Matzke has enthusiastically accepted the new role of Dean of Students in the Division of Student Life and Development. Jen is an alumna of St. Cloud State University and a first generation college student (shout out to the College of Education) and St. Catherine University (Organizational Leadership). Jen has 25 years of experience in Higher Education, with experience in a variety of areas including residential life, academic advising, orientation, alcohol and other drug prevention, health promotion, etc. She has most recently served as Associate Dean of Students and Executive Director of Residential Life. She also serves as a Deputy Title IX Coordinator. Jen recently became a certified Gallup Strengths Coach. She lives in St. Augusta with her partner (also an alum of SCSU) and two children (ages 17 and 12) and their most adorable dog, Rosey.

Rebecca Kotz is the Gender Violence Prevention Program Coordinator and the Assistant Director of the Women's Center. She brings 9 years of experience in anti-violence advocacy, social justice, and human rights work at various non-profits throughout Minnesota. Prior to coming to SCSU, she worked at the Central MN Sexual Assault Center for the past six years. She earned her Bachelor's in Political Science at St. Cloud State and her Master's in Social Justice & Community Organizing at Prescott College. She is passionate about bold feminist leadership, advocacy, and liberatory education to create lasting social change.

Aaron Lor currently serves as the Residence Hall Director of Shoemaker Hall here at SCSU. Aaron was born in the great city of Seattle, Washington but grew up in Omaha, Nebraska, where he earned his Bachelor of Arts in Biology. Aaron graduated last spring with his Masters of Arts in Student Affairs Administration in Higher Education from Ball State University in Muncie, IN. He started his journey in Higher Education and Student Affairs as a First Year Peer Mentor during his third year of undergrad in the Thompson Learning Community at the University of Nebraska at Omaha. After two years as a Peer Mentor, he became a Resident Assistant and truly fell in love with student affairs from there. During his time at Ball State University, he was an Assistant Residence Hall Director and held practicum positions in the Multicultural Center and Student Center Programs. Aaron feels extremely blessed and excited to serve the SCSU community and cannot wait for what the future holds for him in this position!

Brandon Daley has accepted a role in the Department of Residential Life as a Residence Hall Director of Case Hall, Hill Hall & Stateview Apartments. Brandon is originally from Long Island, New York, obtaining a Masters in Higher Education Administration from Stony Brook University this past May. He has worked with students previously as an Orientation Leader, helping incoming students get acclimated to a new college environment, and has worked with student clubs and organizations to help put on programming to build the overall campus community. Brandon is very excited to help build more community in the residence halls and foster meaningful connections with students here at SCSU!

Departures

Andria Belisle, Director Student Accessibility Services (contact Judith Siminoe, Special Advisor to the President, for Student Accessibility related questions)

Counseling and Psychological Services

Group Opportunities for Students

Counseling & Psychological Services (CAPS) - Spring 2021

*All groups conducted via private Zoom.



We all know that student mental health is of critical importance to success, and we are all aware that the past year has intensified existing challenges and introduced new ones.

[Counseling and Psychological Services](#) is offering group sessions for the spring 2021 semester. We continue to offer some of the traditional group formats but we are also offering some programs focused on wellness, self-care, and stress management practices. You can find further description in the attachments.

Please share this information with any students that may be interested. Students can call during office hours to sign up, or email counseling@stcloudstate.edu. Information about groups and our other service, as well as other resources and self-help links are available at our [homepage](#).

Did you know?



[HuskiesConnect](#) is our engagement platform for students, faculty, and staff that provides a list of organizations, events on campus, and involvement records to track experiences at St. Cloud State University.

Here are a few functions of HuskiesConnect and how they can assist your area:

- Event Promotion
- Online Locations
- RSVP Functions
- Attendance Tracking
- Event Surveys and Feedback

If you want to learn more about these functions, we have created step-by-step tutorials which can be found on our HuskiesConnect profile under [HuskiesConnect Resources](#).

Self-Exploration + Connection + Support

Group Opportunities for Students

Counseling & Psychological Services (CAPS) - Spring 2021

**All groups conducted via private Zoom.*



Group Offerings ~ Please call or email CAPS for a Zoom link or to Register

- ♦ **Understanding Self & Others:** Meeting Day/Time: Tuesdays, 9:30-10:45 am
- ♦ **TransConnections: A Group for Trans & Gender Nonconforming Students:** Meeting Day/Time: Contact CAPS for Group Time
- ♦ **Finding Your Calm:** Meeting Days/Times: (Two Options): Mondays, 10:00-10:30 am or Thursdays, 10:00-10:30 am
- ♦ **Managing Anxiety:** Meeting Day/Time: Thursdays, 3:00-4:00 pm

Questions? Call 308-3171 or Email counseling@stcloudstate.edu

Group Descriptions - Spring 2021

*All groups held via Zoom.

♦ Understanding Self & Others

This group offers members the opportunity to increase self-awareness, gain confidence, and improve how they relate to others. It is intended to be a safe and supportive place to hear from others and try out new ideas and ways of being. Building and maintaining healthy identity and relationships can also be helpful in improving mood, managing anxiety, and dealing with long held struggles as well as day-to-day stress.

♦ TransConnections

This group is for individuals who want to connect and discuss identity, personal growth and challenges, and building relationships in a supportive space for trans and gender nonconforming students. This group is facilitated by a cisgender male counselor.

♦ Finding your Calm

This group is a weekly, 30-minute series providing an opportunity to manage stress and anxiety through guided relaxation exercises, mindfulness practice, self-care strategies, and daily affirmations. This opportunity is open to all students who feel they could use such practice to manage daily stressors.

♦ Managing Anxiety

This five-session seminar series is an introduction to understanding anxiety and some of its causes and impacts. The series will provide an overview of a variety of coping strategies and will include opportunities to explore and discuss ways to understand and co-exist with challenging emotions.