7:00AM-4:00PM – Host/Registration Table Open – Main Campus Student Center 2nd Floor Gallery

7:30AM – Satellite Facilities Tour: Visit the new 28,000 square-foot Health Sciences Student Center Recreation Wellness Space and the 160-acre North Recreational Complex. Meet at the Conference Committee host table.

OPENING SESSION

9:00AM – General Opening Session – Main Student Center Ballroom B

9:30AM BLOCK

9:30AM - Well-being: PACK Has your Back: Students Helping Students – Main Student Center 249
Presented by Elizabeth Aimone, NCSU and Jarred Taylor, NCSU: At NC State, the top 5 impediments to academic success include: stress, anxiety, sleep deprivation, internet use, depression* and cold/flu*. These barriers are not unique to NC State; they are reflected nationwide. To address and combat the negative impacts of these obstacles, higher education professionals must utilize their greatest strength - the students. Studies display that peer education and referral processes can have the greatest impact on students accessing and receiving the services they need most. Capitalizing on the power of the peer, students will be able to identify, acknowledge, and support one another to build a thriving community and create a culture of wellness on their campus. *Depression and Cold/Flu are tied for 5th.

9:30AM - Student Development: Mo’ Money, Mo’ Opportunities: How to Raise Money for Student Development – Main Student Center 253
Presented by Sophie Rattray, UNCC: This presentation will discuss creating a Student Development Fund that will allow student employees to request funding for professional development. Join the presenter in learning ways to fundraise and market for student development. Pay it forward.
9:30AM - Aquatics and Facilities Roundtable – Main Student Center 320 Presented by Dana Lopez, ECU and Jeff Blumenthal, ECU: Join members of the Aquatics and Facilities community to discuss current topics of interest in the field.

9:30AM & 10:45AM - Director’s Roundtable – Main Student Center 337 Presented by Justin Waters, ECU. Join Directors from around the state to discuss topics impacting the association and the field of recreation and wellness.

10:45AM BLOCK

10:45AM - Business Administration: Member Appreciation Events – Main Student Center 249 Presented by Claire Smith, Duke University: This presentation is designed to give NIRSA members useful examples of Member Appreciation Events to take with them and program for their users. It will walk through the important things to remember while planning and evaluating programs. While a large focus will be directed to non-student members, it will include targeting the entire population of Campus Recreation Centers.

10:45AM – Professional Development: A Spoonful of Creativity Helps the Burnout Slow Down – Main Student Center 253 Presented by Chelsea Phipps, UNCG: Too often in our field, professionals feel the effects of burn-out, and struggle to remain motivated in the workplace. While many factors are involved, disinterest and disengagement can be significant contributors; individuals find themselves going through the motions and continuing the same path because “that’s how it’s always been done.” Well now’s your chance to mix things up! The impact of creative thought is powerful. While many people feel they lack creativity, it is a learned skill, easily improved by applying a few intentional strategies. Based on Roger Von Oech’s book “A Whack on the Side of the Head: How to Unlock Your Mind for Innovation,” this interactive presentation will focus on hurdles people face when approaching creativity, and how to overcome them. Attendees will learn how to open their minds, increase creative output, and apply it in the workplace; whether designing a new program, structuring a staff training, or simply reorganizing a storage space, a little innovation can go a long way. More importantly, it is often the much-needed boost to re-ignite your professional passion and motivation!

10:45AM - Adventure and Outdoor Pursuits Roundtable – Main Student Center 320 Presented by Adrienne Fike, ECU and Chad Baker, ECU: Join members of the adventure and outdoor community to discuss current topics of interest in the field.

10:45AM – Indoor Facility Tour – Visit CRW Indoor Facilities including the Student Recreation Center and Health Sciences Recreation Center. Meet at the conference host committee table – Main Student Center 2nd Floor Gallery.

LUNCH MEETING

12:00PM – Lunch, Keynote Speaker: Stephen Gray, and Business Meeting – Main Student Center Ballroom B
1:45PM BLOCK

1:45PM – Fitness and Facilities: Precor: The Functional Training Revolution – Main Student Center 249
Presented by Dave Elton, Precor: Join Precor’s Education Market Manager for North America to learn about the exciting advancements in functional fitness technology and equipment.

1:45PM – Strategies for Productive Dialogue During Challenging Times: How to Anchor Your Personal Well-Being in the Process – Main Student Center 253
Presented by Dr. Cara McFadden, Elon University: Engaging in difficult dialogue is an element of being a campus recreation professional. Professionals rarely have opportunities to receive education or train to develop the skill set to have productive dialogue. Participants will be challenged to use decision making behaviors to engage in productive dialogue around challenging subject matter.

1:45PM – Marketing and Communications Roundtable – Main Student Center 320
Presented by Jenny Gregory, ECU: Join members of the marketing and communications community to discuss topics of interest in the field.

1:45PM – Intramural and Club Sports Roundtable – Main Student Center 337, Breakout to 307
Presented by Jon Wall, ECU and Hannah Roberts, ECU: Join members of the Intramural and Club Sports communities to discuss current topics of interest in the field.

1:45PM – Outdoor Facility Tour
Visit CRW Outdoor Facilities including the North Recreational Complex and Blount Recreational Complex. Meet at the conference host committee table – Main Student Center 2nd Floor Gallery (weather permitting).

3:00PM BLOCK

3:00PM – FUMBLE: Students Dropping the Ball and Blaming Others for the Way it Bounces! – Main Campus Student Center 249
Presented by Jon Wall, ECU and Tori Hypes, ECU: All of us have had times our lives when we have not taken accountability for our actions, have tried to blame others, and acted like the victim or at least had that mindset. This presentation talks about strategies on how to teach our students accountability by not allowing them to have the victim mindset.

3:00PM – Student Development: Expanding Student Leadership Programs – Main Student Center 253

3:00PM – Fitness and Well-being Roundtable – Main Student Center 320
Presented by Suzanne McDonald, ECU and Abby Hubbard, ECU: Join members of the fitness and well-being community to discuss current topics of interest in the field.

3:00PM – Main Student Center 337 – Special Olympics Unified Sports
Presented by Andrea Stamm, Special Olympics NC: Join the Vice President of Sports at Special Olympics NC to hear about exciting opportunities in the state and around the nation to promote Special Olympics Unified Sports on your campus.