

Transcript from February 25, 2010 to February 25, 2010

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All times are Pacific Time

**February 25, 2010**

- 5:31 pm The\_SA\_Blog 30mins till our DAYTIME #sachat. We've got #studentaffairs busting through our laptops! <http://bit.ly/4o6NKH>
- 5:32 pm pereirap80 RT @The\_SA\_Blog: 30mins till our DAYTIME #sachat. We've got #studentaffairs busting through our laptops! <http://bit.ly/4o6NKH>
- 5:36 pm danielwmurphy Hmm.. OL Interviews or daytime #SACHAT ?! How abt I tweet their answers & you all analyze them. Have fun friends, will c u after selection.
- 5:40 pm debrasanborn Mini-tutorial on #sachat with @voiceofcollege. Hope he lurks with us today. And let me tell ya, he's tall. :)
- 5:41 pm guerino On duty tonight...thirsty thursday...oh boy... #reslife #sachat
- 5:41 pm sarahhcraddock Almost time for #sachat!!
- 5:43 pm kstrots wish i could participate in this week's #sachat, but alas... meetings. #acui2010 - bound tomorrow! see some of you there?
- 5:45 pm The\_SA\_Blog First time joining the #sachat? Start here &gt; <http://bit.ly/4o6NKH>
- 5:51 pm virajspatel getting geared up for my first ever #sachat!
- 5:51 pm m1hamilton lets see... dangelos steak and cheese, pearl jam pandora station, #sachat ... good thursday afternoon.
- 5:52 pm debrasanborn RT @The\_SA\_Blog: First time joining the #sachat? Start here &gt; <http://bit.ly/4o6NKH>
- 5:54 pm edcabellon #SAchat friends, I use TweetGrid to follow our chat! Here's a link to get yours: <http://ow.ly/1bhc1>
- 5:55 pm jacksonj Hi #sachat. What are we chatting about?
- 5:55 pm cindykane So excited for #sachat today starting in a few minutes! Join us if you roll with the cool kids in #studentaffairs!
- 5:55 pm princeje Hate that I won't be participating in Daytime #sachat today, I'll catch y'all on the dark side (aka primetime)
- 5:56 pm pereirap80 I'm getting real-time search results at TweetGrid <http://tweetgrid.com/> #sachat
- 5:56 pm cindykane #sachat
- 5:56 pm reyjunco My apologies, friends, my tweets over the next hour will be dedicated to #sachat
- 5:57 pm kevinclary #sachat
- 5:57 pm JenPaulin I'll be lurking this afternoon. RT @cindykane: So excited for #sachat today! Join us if you roll with the cool kids in #studentaffairs!
- 5:57 pm edcabellon It's time for my weekly #sachat, with my colleagues in #studentaffairs! Please excuse the extra tweets for the next hour!
- 5:57 pm m1hamilton RT @reyjunco: My apologies, friends, my tweets over the next hour will be dedicated to #sachat

5:57 pm pereirap80 Hi everyone. Looking forward to everyone's tweets #sachat

5:57 pm The\_SA\_Blog Join the #sachat Twibe group to find everyone who participates in #sachat: <http://www.twibes.com/group/sachat>

5:58 pm guerino I'll be here for the duration (hopefully!) #sachat

5:58 pm Ivanlysal Getting ready for #sachat - for those that aren't participating, please ignore me for an hour. In Sandburg Flicks if UWM folks want to join

5:58 pm princeje Maybe I will participate in #sachat, but only for a few minutes...

5:59 pm sarahhcraddock Participating in #sachat for the next hour. Join us!

5:59 pm KBHgal #sachat for a little bit!

5:59 pm bethbare Going to do my best to join today #sachat

6:00 pm laurapasquini Just joined a twibe. Visit <http://twibes.com/sachat> to join #SAchat

6:00 pm kevincleary Hi all! Last #sachat before #tpe!

6:00 pm reyjunco @bethbare Just being here is great! Welcome aboard :) #sachat

6:00 pm gracefama Thanks to a snow day, I can join the #sachat today!

6:01 pm debrasanborn RT @The\_SA\_Blog: Join the #sachat Twibe group to find everyone who participates in #sachat: <http://www.twibes.com/group/sachat>

6:01 pm edcabellon This chat the last #sachat I am having before meeting some of you in person next week! #soexcited

6:02 pm The\_SA\_Blog RT @edcabellon: This chat the last #sachat I am having before meeting some of you in person next week! #soexcited

6:02 pm edcabellon @renh77 Thanks Renee! You should join our #SAchat, already in progress :-)

6:02 pm princeje @edcabellon Well, I'm super jealous of all of you that get to meet in person #leftout #sachat

6:02 pm bryan\_koval Joining #SAChat from on the road this afternoon! Greetings from Lancaster PA!

6:04 pm KBHgal Be sure to get a whoopie pie! Yum. RT @bryan\_koval Joining #SAChat from on the road this afternoon! Greetings from Lancaster PA!

6:04 pm edcabellon @princeje As long as you're in Student Affairs after you graduate Jen, we'll meet at somepoint! :-)) #sachat

6:05 pm willistj hello #sachat from #ACUI2010!

6:05 pm The\_SA\_Blog MOD: We are chatting about Future Challenges in Student Affairs today... #sachat

6:05 pm The\_SA\_Blog MOD: Officially welcoming everyone to this week's DAYTIME #sachat !!! Let's get our #sachat on!

6:05 pm princeje @edcabellon I've got to make it to grad school first :D #sachat

6:05 pm The\_SA\_Blog MOD: New to the #sachat? Stand up and introduce yourself.

6:05 pm JGinese23 #sachat I know time is short but I think we should have stickers or something so people will know about the SAChat and the SA Collabo.

6:05 pm The\_SA\_Blog And perhaps as your moderator, I can remember to use the #sachat hashtag. :)

6:05 pm edcabellon Woot!! See you in a few days TJ! RT @willistj: hello #sachat from #ACUI2010!

6:06 pm bryan\_koval @KBHgal I have a hard enough time watching what I eat on the road without the Amish sweets! #SAchat

6:06 pm edcabellon @princeje We'll make sure you get there, just stay connected :-) #sachat

6:06 pm danryan490 Dan Ryan from University at Buffalo #sachat

6:06 pm princeje @JGinese23 There's a group of us working on stickers. :D #sachat

6:06 pm JGinese23 Joe Ginese - Babson College - Massachusetts - Soph Yr Programs Manager, Office of Academic Services #sachat

6:06 pm gracefama Hey all! Not new to #sachat but it's been awhile!

6:06 pm edcabellon Ed Cabellon, Director of the @BSCCampusCenter at Bridgewater State College #bsclife #sachat

6:07 pm lorrizanne i'm excited for today's #sachat! Please excuse my tweets for the next hour nonSAs #sachat

6:07 pm laurapasquini Hello from U of North TX in Denton #SAchat!

6:07 pm edcabellon @JGinese23 Hi Joe! Welcome aboard! #sachat

6:07 pm virajspatel Viraj from the University of Vermont #sachat

6:07 pm mccoleman Hey #sachat from the runway...trying to get to ACUI

6:07 pm edcabellon @danryan490 Hi Dan! Welcome! #sachat

6:07 pm brockter hey #sachat, I can't take part today, but we're live tweeting from an oncampus event @MSUStuLife if you care to observe!

6:07 pm The\_SA\_Blog @JGinese23 Hey Joe, where were you needing the stickers? Which conference? #sachat

6:07 pm JGinese23 RT @princeje: @JGinese23 There's a group of us working on stickers. :D #sachat That is AWESOME!

6:07 pm thestacyface is all jacked up on caffeine just in time for #sachat

6:08 pm m1hamilton Mike, reslifer at worcester polytechnic institute #sachat

6:08 pm lvanlysal so do any of you have a crystal ball regarding future challenges in student affairs? #sachat

6:08 pm klaudicina Kurt Laudicina - Montana State University Billings - Billings, MT - New Student Specialist/E-Comm Coordinator #sachat

6:08 pm Brown\_Melissa Melissa Brown: Grad Student #iupsahe doing a practicum at Pitt-Greensburg in Student Activites/leadership/service #sachat

6:08 pm lorrizanne @virajspatel welcome Viraj!! I'm glad another UVMer is here #sachat

6:08 pm bethbare Beth Bare, Assistant Director @BSCCampusCenter at Bridgewater State College #sachat

6:08 pm bryan\_koval Bryan Koval - Penn State Residence Life Coordinator #SAchat

6:08 pm KBHgal Kristen Hyman, LeaderShape #sachat

6:08 pm renh77 Joining #SAChat thanks to a friendly reminder from @edcabellon!

6:08 pm gracefama Grace Fama, coordinator for leadership development at Binghamton university. #sachat

6:08 pm edcabellon Yay UVM friends @virajspatel @lorrizanne are here! #sachat

6:09 pm princeje @The\_SA\_Blog I just want a sticker to put on my laptop so people ask me questions which leads to free publicity for you. #sachat

6:09 pm lvanlysal Liz Van Lysal, Program Outreach Coordinator in University Housing at UW-Milwaukee. #sachat

6:09 pm rommelabad Rommel Abad - Sam Houston State University - Student Activities /Leadership & Service #sachat

6:09 pm guerino Dan Guerino, Mount Ida College #sachat

6:09 pm cindykane @EdCabellon Maribeth is here with me learning about #sachat

6:09 pm reyjunco Welcome new #sachat friends @bethbare @Brown\_Melissa @klaudicina @virajspatel and welcome back @gracefama

6:09 pm sarahhcraddock Sarah, reslifer at the University of Northern Colorado #sachat

6:10 pm pereirap80 Pete Pereira - Texas A&M University-San Antonio, Campus Activities #sachat

6:10 pm edcabellon It's time she's turned to the dark side :-) RT @cindykane: @EdCabellon Maribeth is here with me learning about #sachat

6:10 pm bethbare @sarahhcraddock welcome, I'm a Northern Colorado alum, go bears! #sachat

6:10 pm princeje Jennifer Prince, Meredith College, Raleigh, NC, - Student Leadership, Service, and Activities, Undergrad #sachat

6:10 pm lorrizanne Lori Alvarado - FYE Grad assistant at University of Vermont #sachat

6:10 pm edcabellon @guerino Mt Ida is in the chat too!?! Northeast is represented today! #sachat

6:10 pm JGinese23 #sachat first step stickers, next step t-shirts, third step - viral youtube video final step - obtaining more followers than Ashton Kutcher

6:10 pm bryan\_koval @Ivanlysal No crystal ball here, but as far as student issues go I think mental health support will become even more of what we do. #sachat

6:10 pm cindykane Hi! I'm Cindy Kane from Bridgewater State - Dir. of Student Involvement #sachat

6:10 pm uppervalleymom Will see if I can get my tweetgrid set up for #SAchat today. Will pop in and out, so excuse any delays. Thanks!

6:11 pm edcabellon @rommelabad Hi Rommel, welcome! #sachat

6:11 pm jacksonj Hey #sachat. Future Assoc Dir Stud Life at San Antonio College / Student Affairs blogger

6:11 pm sarahhcraddock @BethBare Awesome! Undergrad, grad? #sachat

6:11 pm reyjunco Rey Junco, Associate Professor, Lock Haven University - Technohippie & Geek #sachat

6:11 pm JGinese23 @The\_SA\_Blog #sachat NASPA 2010 in Chicago next week

6:11 pm edcabellon I hope that one day, #sachat will be a Trending Topic on Twitter #goal

6:12 pm tobiasblake #sachat Newbie. Toby Blake, Asst Dir Multicultural Stu Program - U Notre Dame

6:12 pm CBChernoff Cara Chernoff - in between institutions #sachat

6:12 pm princeje Well, I hate to tweet and run, but I've got to grab lunch before heading to work at 2. Catch y'all on the dark side (aka prime time) #sachat

6:12 pm guerino @edcabellon Thats right Ed, small school doing big things! haha #sachat

6:12 pm edcabellon @tobiasblake Welcome Tobias! #sachat

6:12 pm bethbare @sarahhcraddock undergrad, class of 2003 what's your role at UNC? #sachat

6:12 pm lorrizanne @bryan\_koval I agree about mental health. It's tough with many counseling offices strapped for resources #sachat

6:13 pm Ivanlysal If mental health is an issue, do pros and grads feel that we have enough training to handle increase in issues in the future? #sachat

6:13 pm bryan\_koval @lorrizanne Or maybe that's just what's on my mind this week at work. I've been knee-deep with acutely distressed students. #Sachat

6:13 pm renh77 EdM student at BU...first time chatter! #SAchat

6:14 pm pereirap80 @Ivanlysal I think it depends on your position. I got constant training when I was a reslifer #sachat

6:14 pm cindykane Welcome to the new people and shout out to the Northeast! #sachat

6:14 pm KBHgal Future struggle - preparing students for a life/jobs that don't even exist yet #sachat

6:15 pm JGinese23 @Ivanlysal #sachat I don't but I think the increase in the amount of sessions at conferences and webinars has been beneficial.

6:15 pm renh77 Any insights for a gal starting research for a paper on how technology is changing SA? #SAchat

6:15 pm reyjunco @Ivanlysal There are two movements in SA about that - I'm with the side that counseling skills are imperative #sachat

6:15 pm m1hamilton @Ivanlysal i would say no, not enough training, which i think is stressing out understaffed counseling departments #sachat

6:15 pm jacksonj @acpaprez made a great point on our podcast last week. We need to take a proactive approach to the mental health of our campus #sachat

6:15 pm edcabellon @Ivanlysal I don't think we are prepared. It take a huge paradigm shift for all of us to be properly trained. #sachat

6:15 pm gracefama @Ivanlysal I never took a counseling class - def don't feel like I can handle the "big" mental health issues #sachat

6:15 pm danryan490 IS there a point where institutions will stop trying to be stop duplicating services that exist in the community? #sachat

6:15 pm Ivanlysal @pereirap80 our live-in staff get mental health training, but not others. #sachat

6:15 pm cindykane @Ivanlysal I think we do so much counseling and so many SA pro's dont know where their boundaries need to end... #sachat

6:15 pm lorrizanne @Ivanlysal i've been told that it's not our job to counsel, but rather to refer them to another office. i wish i had more training #sachat

6:15 pm Brown\_Melissa No, we don't have enough training, are still discovering all the aspect of mental health we need to learn about #sachat

6:16 pm JGinese23 RT @cindykane: I think we do so much counseling and so many SA pro's dont know where their boundaries need to end... #sachat I AGREE

6:16 pm bryan\_koval @Ivanlysal I think it depends on your grad program. I feel prepared, but the ongoing follow up that falls on us can be intense. #sachat

6:16 pm edcabellon @renh77 I have some, and we can talk about it over the phone later! :-)) Too much for 140 characters! #sachat

6:16 pm CBChernoff @Ivanlysal Reslife great at training on it, others working on it, esp. with faculty. Noticed trend to create Case Manager pos. in SA #sachat

6:16 pm gracefama @pereirap80 @Ivanlysal Thats a good point - I'm in leadership/activities so the student contact is very different #sachat

6:16 pm uppervalleymom @The\_SA\_Blog Danielle, Asst Director for Student & Public Programs at Rockefeller Ctr for Public Policy at Dartmouth College (NH) #sachat

6:16 pm lvanlysal @renh77 contact me after #sachat. sounds lot like my capstone paper.

6:17 pm reyjunco @JGinese23 @cindykane that's why we need good training about boundaries & examining ourselves #sachat

6:17 pm Brown\_Melissa @gracefama & @lvanlysal- I took a counselling course & still don't feel fully prepared, especially if they don't go to counseling. #sachat

6:17 pm pereirap80 @lorrizanne That's very true. There's a "leave it to the pros" mentality at a lot of places #sachat

6:17 pm AndreaHart Hello all! Popping in for a little bit. I'm Andrea, Student Activities, U of New Mexico! #sachat

6:17 pm The\_SA\_Blog RT @lorrizanne: @lvanlysal i've been told that it's not our job to counsel, but rather to refer them to another office. i wish i had more training #sachat

6:17 pm EMACAdvise Academic Advisor at UT Dallas. Will be in and out during today's #sachat.

6:17 pm KBHgal Not prepared, lines of what is expected to do are blurred, the desire to help/nurture/support could send us too far past that line. #sachat

6:17 pm edcabellon @uppervalleymom Hi Danielle, welcome! :- ) #sachat

6:17 pm reyjunco @Brown\_Melissa @gracefama @lvanlysal One counseling course does not a counselor make #sachat

6:17 pm m1hamilton @bryan\_koval but i feel even if you grad program was in counseling and you are in reslife/another dept you need to refer to an extent #sachat

6:18 pm The\_SA\_Blog RT @reyjunco: @lvanlysal There are two movements in SA about that - I'm with the side that counseling skills are imperative #sachat

6:18 pm pereirap80 I think that it's interesting that a lot of SA grad programs don't cover counseling unless your program is in that dept #sachat

6:18 pm laurapasquini I agree with many of the #SAchat thoughts around prep for mental health & counseling issues. Many SA pro's are not always ready to handle

6:18 pm reyjunco Having appropriate boundaries & counseling skills involves more reflection and self-work than classroom learning #sachat

6:18 pm sarahhcraddock I feel like I have some training with mental health issues, but my dept supports drawing a boundary - I'm not a mh professional. #sachat

6:18 pm danryan490 Our health Centers don't "do surgery" - perhaps Counseling centers should not be expected to handle the heavier MH issues? #sachat

6:18 pm bryan\_koval My boundaries are pretty good . . . it's a challenge when upper-level administrators expect a particular level of intrusiveness. #SAChat

6:18 pm cindykane @reyjunco @jGinese23 Agreed on the need for training, and I worry even more about our RA's and other para-pro's who take on too much #sachat

6:18 pm edcabellon @pereirap80 @lorrizanne That has to do a lot with liability. Without proper training, how we best can help is to refer. #sachat

6:18 pm JGinese23 The problem is most SA pro's have a M.Ed. but for those of us who went another route (MBA) we didn't even get a slice of counseling #sachat

6:19 pm reyjunco Most SA professionals don't understand that sometimes to truly help, we have to challenge/confront our students not try to "fix" #sachat

6:19 pm Brown\_Melissa @reyjunco- Agreed, I would never call myself a counselor...I do &quot;informal counseling&quot; and refer, refer, refer #sachat

6:19 pm pereirap80 @edcabellon Good point. #sachat

6:19 pm The\_SA\_Blog RT @KBHgal: Not prepared, lines of what is expected to do are blurred, the desire to help/nurture/support could send us too far past that line. #sachat

6:19 pm Ivanlysal @reyjunco So true. I took intro to counseling and I am DEFINITELY not a counselor. #sachat

6:19 pm thestacyface My biggest concern with mental health issues is helping students recognize signs and report appropriately. #sachat

6:19 pm bethbare @sarahhraddock so you must know Jay Brooks, tell him I said hello. He was my advisor when I was on UPC #sachat

6:19 pm reyjunco @Brown\_Melissa Great point - we do need to do lots of training about how/when to refer #sachat

6:20 pm JGinese23 @cindykane that I think is another issue we need to focus on, what r we asking 18/19 yr olds as RAsOLsTAs deal with? 2 much? #sachat

6:20 pm edcabellon @Brown\_Melissa @reyjunco Agreed, me too! #sachat

6:20 pm CBChernoff I think the challenge isn't on training on how to counsel, but how to identify, recognize boundaries and connect w/resources #sachat

6:20 pm pereirap80 I feel lucky 'cause my SA program was counseling based & I was a res lifer for 5 yrs #sachat

6:20 pm bryan\_koval @m1hamilton You're totally right, and that is what I do . . but once the referral is made the student still lives in the community. #Sachat

6:20 pm The\_SA\_Blog RT @thestacyface: My biggest concern with mental health issues is helping students recognize signs and report appropriately. #sachat

6:21 pm jacksonj When it comes to the mental health of a campus, we are looking at it from a reactionary standpoint. How can we be proactive? #SACHAT

6:21 pm reyjunco @Ivanlysal to be a &quot;counselor&quot; one needs a dedicated worldview, focus, and training #sachat

6:21 pm EMACAdvise But I find that several people expect SA profs to be knowledgeable about counseling. #sachat They will often refer to us before counseling.

6:21 pm JGinese23 RT @reyjunco: @Brown\_Melissa Great point - we do need to do lots of training about how/when to refer #sachat agreed

6:21 pm bryan\_koval @m1hamilton These types of issues become a community issue . . . supporting roommates, parents, etc. #Sachat

6:21 pm Brown\_Melissa The challenge becomes when students don't seek the help we refer them too, and they still come to us. #sachat

6:21 pm Ivanlysal @thestacyface so important. I called police for a severely mentally disturbed student in the middle of campus - was the only one! #sachat

6:22 pm m1hamilton @bryan\_koval agreed. #sachat

6:22 pm The\_SA\_Blog RT @jacksonj: When it comes to the mental health of a campus, we are looking at it from a reactionary standpoint. How can we be proactive? #SACHAT

6:22 pm JGinese23 Proactively, we need to remove the stigma of going to disability services/counseling services/asking for HELP! #sachat

6:22 pm KBHgal RT @reyjunco: Most SA professionals don't understand that sometimes to truly help, we have to challenge/confront our students not try to &quot;fix&quot;; #sachat

6:22 pm The\_SA\_Blog RT @Brown\_Melissa: The challenge becomes when students don't seek the help we refer them too, and they still come to us. #sachat

6:22 pm m1hamilton i feel that i counsel almost as many parents as i do students. sometimes. #sachat

6:22 pm edcabellon I think we also need to keep the mental and emotional health of our SA professionals in mind also #doingmorewithless #sachat

6:22 pm bryan\_koval RT JGinese23: Proactively, we need to remove the stigma of going to disability services/counseling services/asking for HELP! #sachat

6:22 pm lvanlysal @jacksonj we need to stop tip-toeing around the mental health issue and expecting those with needs to identify themselves.. #sachat

6:22 pm cindykane Does any campus have good examples of counseling staff that are really good at outreach to help decrease the stigma? #sachat

6:23 pm laurapasquini @pereirap80 Good pt - Res Life staff (as former RLSer) - experience helping studs lends 2 good recognition/counselling skills basics #SACHat

6:23 pm lorrizanne @JGinese23 Agreed, everyone is dealing with mental health! #sachat

6:23 pm The\_SA\_Blog RT @edcabellon: I think we also need to keep the mental and emotional health of our SA professionals in mind also #doingmorewithless #sachat

6:23 pm thestacyface Ed raises a really good issue. On-call, long hours, etc -- we're under tremendous pressure and stress. #sachat

6:23 pm The\_SA\_Blog RT @cindykane: Does any campus have good examples of counseling staff that are really good at outreach to help decrease the stigma? #sachat

6:23 pm JGinese23 Perhaps it is not advertised the right way. I mean isn't it more a re-active advertisement usually? &quot;have a problem call us&quot;; #sachat

6:24 pm m1hamilton @cindykane we have an outreach coordinator position that works with 3-4 student counseling groups their job is to b visable #sachat

6:24 pm pereirap80 @jacksonj Unfortunately, a lot of things we do are not proactive and it's gonna get worse w/ less resources as cuts continue #sachat

6:24 pm The\_SA\_Blog RT @thestacyface: Ed raises a really good issue. On-call, long hours, etc -- we're under tremendous pressure and stress. #sachat

6:24 pm uppervalleymom RT @edcabellon: I think we also need to keep the mental and emotional health of our SA professionals in mind also #doingmorewithless #sachat

6:24 pm JGinese23 vs. Do you think you have a problem? Do you feel stressed? Come visit us! #sachat

6:24 pm edcabellon @thestacyface With the economy the way it is, I know its just going to magnify instead of going away. #sachat

6:24 pm lorrizanne @The\_SA\_Blog @cindykane there's a student group called &quot;Active Minds&quot;; trying to change the stigma assoc. w mental health #sachat

6:24 pm Brown\_Melissa @thestacyface- Plus most campuses counseling center or health center services are not available to us #sachat

6:25 pm JGinese23 I think one of the biggest would be perhaps moving the counseling centers to the center of campus. Usually they aren't. #sachat

6:25 pm The\_SA\_Blog RT @JGinese23: vs. Do you think you have a problem? Do you feel stressed? Come visit us! #sachat

6:25 pm jacksonj @cindykane I think there are several mental health offices that have taken a big hit with cutbacks. #sachat

6:25 pm thestacyface @edcabellon So true. I was on call continuously for 18 mos in my position. I wasn't in a good place when someone finally intervened. #sachat

6:25 pm m1hamilton Our counseling center is also very present within our RA training program, throughout the year they do about 10 hours of training #sachat

6:25 pm KBHgal Stevenson Univ (MD) has an outstanding Wellness Center. Physical&emotional/mental approach. This holistic view helps their rep. #sachat

6:25 pm virajspatel @cindykane at the univ. of illinois at urbana-champaign counselors routinely attend daytime student events at cultural centers #sachat

6:25 pm m1hamilton including 2 hours just on self care for RA's. #sachat

6:25 pm uppervalleymom @lorrizanne We have an Active Minds group here on campus. I've been impressed that the student leaders are coming to us for training #sachat

6:26 pm NASPATweets @The\_SA\_Blog Had a good article on this in Ldrshp Exchnge awhile back...think Cornell was doing some creative outreach #sachat

6:26 pm reyjunco @edcabellon Two things: 1. Those who go into our field, need the most help with balance 2. We need to intentional teach balance #sachat

6:26 pm thestacyface @JGinese23 Their defense is they don't want students to feel 'watched' entering. Do you think this is a real issue for students? #sachat

6:26 pm lvanlysal Maybe we could provide examples of 'normal' stress levels so students recognize when their mental health differs from that. #sachat.

6:26 pm cindykane @thestacyface Agreed! So, how can we demonstrate to campus leadership what it takes to adequately respond to mental health issues? #sachat

6:26 pm JGinese23 #sachat another idea would be to tie counseling services into other programs - movie nights, pizza nights, instead of just trainings

6:26 pm bryan\_koval Our health services office has done some good proactive programs on stress, exercise, etc . . . not sure what the response has been. #SAChat

6:26 pm KBHgal @thestacyface 18 mos is too long for an intervention to finally occur! #sachat

6:26 pm The\_SA\_Blog RT @reyjunco: @edcabellon Two things: 1. Those who go into our field, need the most help with balance 2. We need to intentional teach balance #sachat

6:26 pm laurapasquini @lorrizanne Mentioned Active Minds - here's the link => <http://www.activeminds.org/> #SAChat

6:26 pm reyjunco @lvanlysal Uh uh... 'normal' is not a good metric in this case #sachat - what's normal for you isn't normal for me.

6:26 pm edcabellon @reyjunco That starts in our Grad Programs and not encouraging the 50 hr internships. It's time to #breakthecycle #sachat

6:26 pm thestacyface @lvanlysal Just got a fabulous resource on this from the CDC. I'll scan and share. Tracks 'mentally unwell' days self-reported. #sachat

6:26 pm JGinese23 @thestacyface I think that is funny for this generation who will blog their hearts out and photo journal their lives! #sachat

6:27 pm bethbare @Ivanlysal examples are a good idea and very helpful to students #sachat

6:27 pm DougS39 @jacksonj Hard to be proactive with some issues when students can't identify- still like the mindset. Training peers is a thought. #sachat

6:27 pm KBHgal RT @reyjunco: @edcabellon Two things: 1. Those who go into our field, need the most help with balance 2. We need to intentional teach balance #sachat

6:27 pm cindykane How about professionals? RT @lorrizanne: student group called &quot;Active Minds&quot; trying to change the stigma assoc. w mental health #sachat

6:27 pm gracefama @The\_SA\_Blog @cindykane Binghamton has peer health Educators with a street team mentality - get out there and talk to students #sachat

6:27 pm Brown\_Melissa But how do display &quot;normal&quot; stress levels and balanced lives when supervisors don't support living life in that manner? #sachat

6:27 pm reyjunco Medical model is not appropriate to apply to mental health issues and stress #sachat

6:27 pm thestacyface @KBHgal @Ivanlysal We could dedicate an entire #sachat to my experience at this place.

6:27 pm KBHgal YES RT @edcabellon @reyjunco That starts in our Grad Programs and not encouraging the 50 hr internships. It's time to #breakthecycle #sachat

6:27 pm m1hamilton i think because our counseling is so present with RA's they make great refferals. we have 3-4 ras that go regularly #sachat

6:27 pm edcabellon @thestacyface I know many new pros who experienced similar experiences. It's just not healthy or worth it. #sachat

6:27 pm reyjunco @hollyrae Thank you! Drop me a line anytime :) As you know, I'm excited by my research #sachat

6:28 pm mupsi27 Make sure you are not letting FERPA and HIPPA get in the way of helping studnets that may have mental health needs. #sachat

6:28 pm EMACAdvise @cindykane former campus has student groups, 1 about wellness was successful. brought more students to counseling center. #sachat

6:28 pm reyjunco @edcabellon Absolutely. Let's all remember that as we move up through the ranks and also start teaching #sachat

6:28 pm JGinese23 #sachat I think it may be time to go back to school and have more programs offering certificates for existing pros to learn more..

6:29 pm JGinese23 @cindykane former campus has student groups, 1 about wellness was successful. brought more students to counseling center. #sachat

6:29 pm Brown\_Melissa @edcabellon: @reyjunco I applaud#breakthecycle I've been the lone voice for this way too much in my program #notatraditionalgradst. #sachat

6:29 pm The\_SA\_Blog RT @mupsi27: Make sure you are not letting FERPA and HIPPA get in the way of helping students that may have mental health needs. #sachat

6:29 pm reyjunco @Brown\_Melissa At some point, somebody has to draw the line #boundaries #takecharge #sachat

6:29 pm jacksonj @thestacyface @cindykane We need to stop sacrificing ourselves saying &quot;I will do it for the kids&quot; It hurts us in the long run #sachat

6:29 pm pereirap80 @edcabellon I agree. I also think grads & pros need to stand up for their own mental health and be honest w/ colleagues & bosses #sachat

6:29 pm sarahhcraddock We all enjoy this field so much, but I feel like many of us struggle in maintaining healthy boundaries. #sachat

6:29 pm laurapasquini Successful wellness programs at colleges/universities often include peers. Students can relate well to other students. #SAchat

6:29 pm m1hamilton @jacksonj easier said than done #sachat

6:29 pm cindykane When does a call for balance become a priority for the SA Profession? Not just grad internships and res directors, either... #sachat

6:30 pm sarahhcraddock That, and I sometimes feel like lip service is given to balance, but not true support from admin. #sachat

6:30 pm edcabellon FYI: I had the pleasure of speaking to both @reyjunco and @lorrizanne on the phone this week. Both were amazing :- ) #sachat

6:30 pm hollyrae conversations about staff stress level and employee assistance opportunities taking place now in #sachat (very timely, awesome)

6:30 pm reyjunco @pereirap80 One issue is that the tenure track is generally not conducive to balance. It's a process to try to remove balance. #sachat

6:30 pm lorrizanne @cindykane professionally, we worry more about our students' mh than our own. we talk about work-life balance, but hard to practice #sachat

6:30 pm reyjunco @edcabellon You are too kind. The pleasure was all mine. #sachat

6:30 pm pereirap80 RT @jacksonj: We need to stop sacrificing ourselves saying "I will do it for the kids"; It hurts us in the long run #sachat

6:30 pm jacksonj @DougS39 I agree, but I was thinking more about how can we change the environment, are we doing roommate matching wrong, etc #sachat

6:30 pm bryan\_koval @sarahhcraddock Yes! Balance, but on the administration's terms! #Sachat

6:31 pm lorrizanne @edcabellon haha, thanks Ed. You're amazing too! Great mentor! #sachat

6:31 pm JGinese23 RT @sarahhcraddock: We all enjoy this field so much, but I feel like many of us struggle in maintaining healthy boundaries. #sachat

6:31 pm mupsi27 If we as SA professionals take use of counseling services it allows us to make better recommendations to our students #sachat

6:31 pm lvanlysal So many of my colleagues can't get over work/life balance issues. As others mentioned, I fear we're molding students in the same way #sachat

6:31 pm Brown\_Melissa @cindykane- Hopefully not before it's too late and too many people burnout. #sachat

6:31 pm The\_SA\_Blog We've had great discussion on mental health challenges of our students and selves. Are there other new challenges? #sachat

6:31 pm edcabellon @pereirap80 Agreed. Folks can't be afraid to speak their minds about this issue. It's too important to ignore or put aside. #sachat

6:31 pm sarahhcraddock What about support for balance for single professionals vs. those that are partnered? #sachat

6:31 pm jacksonj @m1hamilton True that are institutional pressures, but they would never ask a faculty to teach an extra class without getting paid. #sachat

6:31 pm m1hamilton the other question is if we dont have balance what example are we setting for our student staff. #sachat

6:31 pm mupsi27 Also, helps us not go crazy, and see the importance of self. #sachat

6:31 pm cindykane Too often I see pro's stress levels attributed to their own lack of ability to multitask or their lack of emotional intelligence... #sachat

6:31 pm pereirap80 Tip for job hunters: You should be asking & researching how an employer encourages balance #sachat

6:32 pm reyjunco Don't trip - we're not ER doctors. If we take time for ourselves, what's going to happen? #notalwaysoncall #sachat

6:32 pm m1hamilton @sarahhcraddock luckily my wife did this before me so she gets it. #sachat

6:32 pm edcabellon RT @sarahhcraddock: What about support for balance for single professionals vs. those that are partnered? #sachat

6:32 pm JGinese23 @sarahhcraddock I AGREE! So often I see single professionals staying later because &quot;well they have kids so I'll stay behind&quot;; NO NO #sachat

6:32 pm debrasanborn Balance? As in I should limit my 13 hour days? #sachat :)

6:32 pm edcabellon Agreed! RT @pereirap80: Tip for job hunters: You should be asking & researching how an employer encourages balance #sachat

6:32 pm bethbare RT @pereirap80: Tip for job hunters: You should be asking & researching how an employer encourages balance #sachat

6:32 pm pereirap80 @reyjunco True. I think the work environment in higher ed as a whole doesn't encourage balance #sachat

6:32 pm reyjunco @cindykane My view is that there's a lack of ability to set boundaries #sachat

6:33 pm reyjunco RT @edcabellon: Agreed! RT @pereirap80: Tip for job hunters: You should be asking & researching how an employer encourages balance #sachat

6:33 pm debrasanborn RT @The\_SA\_Blog: We've had great discussion on mental health challenges of our students and selves. Are there other new challenges? #sachat

6:33 pm sarahhcraddock @JGinese23 Right! I almost want to argue that since I'm single, I need more time to create my own social group! #sachat

6:33 pm m1hamilton @jacksonj well that speaks to the value of the institutions. we need to prove learning outside the classroom is learning #sachat

6:33 pm bryan\_koval @The\_SA\_Blog Another new challenge is the disconnected between Boomer supervisors and Millennial entry-level staff. #Sachat

6:33 pm lorrizanne Great tip! RT @pereirap80: Tip for job hunters: You should be asking & researching how an employer encourages balance #sachat

6:33 pm BeccaFick RT @jacksonj: @thestacyface @cindykane We need to stop sacrificing ourselves saying &quot;I will do it for the kids&quot;; It hurts us in the long run #sachat

6:33 pm cindykane @Brown\_Melissa I think the burnout stuff is swept under the rug often. We need to talk about it on a visible level, like .. #sachat

6:33 pm virajspatel RT @bethbare: RT @pereirap80: Tip for job hunters: You should be asking & researching how an employer encourages balance #sachat

6:33 pm edcabellon @lvanlysal It doesn't help that this generation of students are pre disposed to multitasking anyway. #sachat

6:33 pm reyjunco We can't take care of others if we can't take care of ourselves #sachat

6:33 pm bethbare it's a good sign when my boss and I RT about balance at the same time #sachat

6:33 pm JGinese23 @sarahhcraddock I'd join you in that argument. #sachat it's crazy!

6:33 pm The\_SA\_Blog RT @bryan\_koval: @The\_SA\_Blog Another new challenge is the disconnected between Boomer supervisors and Millennial entry-level staff. #Sachat

6:34 pm sarahhcraddock @reyjunco Our dept model is that we're not always on call...but we are always on call. Very strange. #notalwaysoncall #sachat

6:34 pm bryan\_koval @sarahhcraddock I'm partnered, so I've always benefited from that inequity . . . ;) #Sachat

6:34 pm cindykane Amen!!! RT @reyjunco: Don't trip - we're not ER doctors. If we take time for ourselves, what's going to happen? #notalwaysoncall #sachat

6:34 pm tobiasblake #sachat So I need to identify a constituency and focus my efforts there... Do a few things well, rather than a lot of things poorly...

6:34 pm lvanlysal Other new challenges - adapting our practice to accommodate veterans returning from active duty. It's been awhile. #sachat

6:34 pm gracefama @pereirap80 @edcabellon YES - we need a shift in SA - create an environment where it's OK not to be super human #sachat

6:34 pm debrasanborn RT @bryan\_koval: Another new challenge is the disconnected between Boomer supervisors and Millennial entry-level staff. #Sachat

6:34 pm edcabellon @bethbare Yes it is :- ) #sachat

6:34 pm reyjunco @BeccaFick @jacksonj @thetacyface @cindykane If you believe in "DIFTK" then you must stay mentally/physc healthy for them #sachat

6:34 pm mupsi27 I say just do not link your work email to your phone, it has created an easy escape for me. Create your cut offs and stick to them #sachat.

6:34 pm The\_SA\_Blog RT @lvanlysal: Other new challenges - adapting our practice to accommodate veterans returning from active duty. It's been awhile. #sachat

6:34 pm BeccaFick Wish I could participate in #sachat today, but I'm preparing for a law final and student interviews this afternoon. #inedamentalhealthday

6:35 pm danryan490 How much notice is your college paying to the fastest growing sector in Higher Ed? - The online schools (that don't provide MH help) #sachat

6:35 pm The\_SA\_Blog RT @mupsi27: I say just do not link your work email to your phone, it has created an easy escape for me. Create your cut offs and stick to them #sachat.

6:35 pm Brown\_Melissa I'd add to the Boomer/Millennial discussion GenX and Millennial staff, I'm in that boat. #sachat

6:35 pm JGinese23 it's not ok to be super human in higher ed? #sachat you mean I can ditch the cape and uniform under my work clothes??

6:35 pm reyjunco @tobiasblake Like Kool Aid, we should know how thin we can spread ourselves to still be effective #hadtousekoolaid #sachat

6:35 pm bryan\_koval @lvanlysal That's a good one . . . I'm not sure if our campus has anything formally in place to support vets. #sachat

6:35 pm reyjunco @BeccaFick Take a mental health day! Don't say it! Do it! :) #sachat

6:36 pm m1hamilton @JGinese23 i dont want to ditch the cape... #sachat

6:36 pm sarahhcraddock @mupsi27 Hard to do when your work provides your phone. #sachat

6:36 pm lorrizanne @Brown\_Melissa as a millennial, i'm not familiar with how it plays out in the workplace. Any examples? #sachat

6:36 pm debrasanborn @JGinese23 I wouldn't go that far. Superheroes still needed in #studentaffairs. Keep the cape. #sachat

6:36 pm reyjunco @danryan490 You should hear the MH stories I hear from colleagues in online ed. Wow. #sachat

6:36 pm laurapasquini Boomer supervisors & Millennial entry staff? What about just diff. working styles regardless of age, level etc? Grp dynamics mgmt #SAchat

6:36 pm mupsi27 @jginese23 no keep the cape and uniform it makes it more fun, just ditch things that push you over the edge #sachat

6:37 pm JGinese23 #sachat sounds almost like union talk. I mean teachers have it. what would that do to SA profs around the country??

6:37 pm The\_SA\_Blog RT @laurapasquini: Boomer supervisors & Millennial entry staff? What about just diff. working styles regardless of age, level etc? Grp dynamics mgmt #SAchat

6:37 pm reyjunco @sarahhcraddock @mupsi27 Work may provide phone, but YOU provide them with the expectation you will respond to email/call 24/7 #sachat

6:37 pm pereirap80 Good point @Ivanlysal My institution is actively trying to recruit them to our campus. #sachat

6:37 pm edcabellon @reyjunco @BeccaFick And even more important, don't ask for permission. Approach it as "I'm taking \_\_\_day" off" and do it :- ) #sachat

6:37 pm BeccaFick @mupsi27 I disconnected my work email from blackberry for #lent, but Im pretty sure I'm going to keep it that way. #sachat

6:37 pm reyjunco @sarahhcraddock Then, you are always on call. Pffft to that model. #sachat

6:38 pm laurapasquini Time mgmt & self-care isn't something that we should just teach students - rather MODEL. Practice unplugging from time to time. #SAchat

6:38 pm sarahhcraddock @reyjunco There have been documentations related to not answering calls at my institution. #sachat

6:38 pm m1hamilton i find that the biggest disconnect i have is with technology. Luckily i work in an office where i am very supported in new things. #sachat

6:38 pm Brown\_Melissa @lorrizanne There is a disconnect that happens in ways we work. Example- I prefer working on projects alone- millenials groups #sachat

6:38 pm voiceofcollege @DebraSanborn 6'3" ;. Been in a meeting...hope it's been a great chat so far #sachat

6:38 pm cindykane @mupsi27 I don't agree with needing to avoid linking work email to phone... it helps me delete junk to focus on what's important. #sachat

6:38 pm mupsi27 @sarahhcraddock, that is true i guess then it is best judgement based on Subject line, I say do not let it ruin a good time #sachat.

6:38 pm JGinese23 RT @edcabellon: Approach it as "I'm taking \_\_\_day" off" and do it :- ) #sachat Hard to do as a "new" professional.

6:38 pm sarahhcraddock RT @edcabellon: And even more important, don't ask for permission. Approach it as "I'm taking \_\_\_day" off" and do it :- ) #sachat

6:38 pm tsand RT @BeccaFick: @mupsi27 I disconnected my work email from blackberry for #lent, but Im pretty sure I'm going to keep it that way. #sachat

6:38 pm debrasanborn @JGinese23 Union? Take away my flexibility to pick my kids up from school on an evening when I will be working all night? #sachat

6:38 pm reyjunco @edcabellon @reyjunco @BeccaFick If supervisors dont understand, then you've got bigger problems @ work than just taking 1 MH day #sachat

6:38 pm bryan\_koval @laurapasquini The #SAchat crowd may be the wrong people to talk to about unplugging . . . ;)

6:38 pm uppervalleymom Just wanted to say that I seem to think that work/life &quot;balance&quot; is a misconception - in reality, priorities can and should shift #sachat

6:38 pm The\_SA\_Blog RT @m1hamilton: i find that the biggest disconnect i have is with technology. Luckily i work in an office where i am very supported in new things. #sachat

6:39 pm The\_SA\_Blog RT @laurapasquini: Time mgmt & self-care isn't something that we should just teach students - rather MODEL. Practice unplugging from time to time. #SAchat

6:39 pm rommelabad From Gage Paige's Blog on Balance - Clarity about our wants and our needs is a first step toward finding true balance. #sachat

6:39 pm The\_SA\_Blog RT @bryan\_koval: @laurapasquini The #SAchat crowd may be the wrong people to talk to about unplugging . . . ;)

6:40 pm The\_SA\_Blog RT @rommelabad: From Gage Paige's Blog on Balance - Clarity about our wants and our needs is a first step toward finding true balance. #sachat

6:40 pm edcabellon @BeccaFick Good for you! #sachat

6:40 pm mupsi27 With the email, I am saying what works for me just make sure electronic communication is not keeping you from personal com #sachat

6:40 pm JGinese23 RT @jacksonj: I love how I find more #studentaffairs professionals during every #sachat How can we get more &quot;seasoned&quot; profs on here

6:40 pm edcabellon Me too! :-) RT @jacksonj: I love how I find more #studentaffairs professionals during every #sachat

6:40 pm reyjunco @m1hamilton If you show colleagues/students that you are always connected, they will expect that you will always be available. #sachat

6:41 pm lvanlysal a big issues in the UW-system right now is creating student engagement portfolios to demonstrate learning and reflection. #sachat

6:41 pm sarahhcraddock @reyjunco Correct. I agree with you. #sachat

6:41 pm debrasanborn @JGinese23 The guaranteed raises would be nice. But giving up the flexibility that I now enjoy is not worth it. #sachat

6:41 pm mupsi27 I think the switch ITD show if we cannot find mental balance how can we help our students? #sachat

6:41 pm The\_SA\_Blog RT @lvanlysal: a big issues in the UW-system right now is creating student engagement portfolios to demonstrate learning and reflection. #sachat

6:41 pm m1hamilton @reyjunco oh believe me i know. i have established over 3 years that i am always around. i need a life change :) #sachat

6:42 pm JGinese23 RT @debrasanborn: The guaranteed raises would be nice. But giving up the flexibility that I now enjoy is not worth it. #sachat agree

6:42 pm cindykane @reyjunco @m1hamilton No one says you have to answer the emails you get...again, ability to set boundaries as you said before! #sachat

6:42 pm laurapasquini #SAchat TO DO: have diff phone numbers, email accts, IMs, Social Networks, etc for work & home. BALANCE!

6:43 pm Brown\_Melissa #SAchat TO DO: have diff phone numbers, email accts, IMs, Social Networks, etc for work & home. BALANCE!//This works!!! I have them! #sachat

6:43 pm bryan\_koval @Ivanlysal Who's pushing for these portfolios? Students? Top-down? #SAchat

6:43 pm tobiasblake @m1hamilton @m1hamilton In #StudentAffairs I think of myself as having to be on a students schedule... I'm OK with that most days #sachat

6:43 pm jacksonj I hit burnout because I loved my job, and put too much into it. It stinks when you get burned out on something you love #sachat

6:44 pm mupsi27 I am new to this will some one tell me what it&apos;s stands for. I am really off today #sachat

6:44 pm JGinese23 @debrasanborn #sachat I'm just seeing tweets about the tech divide. I wonder how many babyboomers are on the chat or SSAOs?

6:44 pm thestacyface @Ivanlysal My RAs do a reflection portfolio as part of the rehiring process. #sachat

6:44 pm rommelabad Gage Paine's Blog on balance. A must read. <http://bit.ly/bRdzFF> #sachat

6:44 pm JGinese23 RT @thestacyface: @Ivanlysal My RAs do a reflection portfolio as part of the rehiring process. #sachat AWESOME IDEA!

6:44 pm lorrizanne agreed! RT @jacksonj: I hit burnout bc I loved my job, and put too much into it. It stinks when you burn out on something you love #sachat

6:45 pm Ivanlysal @bryan\_koval top-down. It's one of the action items in the UW-System Growth Agenda <http://bit.ly/bcgQUd> #sachat

6:45 pm jacksonj That is why I always tell young prof, or grad students to go home. Tell them I want them to love #studentaffairs 20 years from now. #sachat

6:45 pm uppervalleymom Which is not to say that I advocate lack of boundaries! I've been attempting to match my #1 priority (family) w/ where I spend time #sachat

6:45 pm edcabellon @Ivanlysal I'm presenting at #ACPA10 with @cindykane and @cholbrook357 on Eportfolios with our mentoring program. #sachat

6:45 pm bryan\_koval @thestacyface That's an awesome idea! Do you give them guidelines or any sort of rubric? #SAchat

6:45 pm thestacyface @Ivanlysal It's been the best tool for gauging their growth and commitment. #sachat

6:46 pm reyjunco @rommelabad I think we are all in agreement here. What is &quot;balanced&quot; for me, may not be the same for anyone else #sachat

6:46 pm aprilsheninger @m1hamilton #sachat I find the same thing in true about tech. As an instr designer, I am tasked w exploring tech, but it seldom catches on.

6:46 pm thestacyface @bryan\_koval They get guidelines -- situational reflection, community reflection, programming reflection. #sachat

6:46 pm lorrizanne @edcabellon that sounds great! I'll definitely try to be there #sachat

6:46 pm mupsi27 @ivanlysal are the portolios a push from the mental health advocates on campus. It might help to ask them to help #sachat

6:46 pm debrasanborn @JGinese23 Few SSAO's here or on Twitter that we have found. @ericstoller created list: <http://twitter.com/ericstoller/ssaos> #sachat

6:46 pm Ivanlysal @edcabellon good luck on your presentation (and @cindykane) I'm sure it will be great! #sachat

6:47 pm reyjunco @aprilsheninger You mean, you present new tech ideas and no one adopts them? #sachat

6:47 pm JGinese23 #sachat in regards to TECH and the future. Do you see Twitter pages and Blogs coming in on resumes now with professionals?

6:47 pm edcabellon RT @aprilsheninger! The same thing in true about tech. As an instr designer, I am tasked w exploring tech, but it seldom catches on. #sachat

6:47 pm reyjunco Ditto! RT @lvanlysal: @edcabellon good luck on your presentation (and @cindykane) I'm sure it will be great! #sachat

6:47 pm lvanlysal @mupsi27 come to think of it, i'm not aware of a single mental health professional who's engaged in the conversation. #sachat

6:48 pm lvanlysal @mupsi27 frankly, the administrators were suprised to see SA folks at a portfolio showcase last week. #sachat

6:48 pm pereirap80 @JGinese23 I wouldn't be shocked. Blogs can be used as a port of a portfolio #sachat

6:48 pm bryan\_koval @thestacyface If you would be comfortable sharing, could you send me any materials you have to get me started? #Sachat

6:48 pm lvanlysal @JGinese23 i plan on adding my social media info to my resume next time around #sachat advise students to do the same if confident in it

6:49 pm edcabellon @JGinese23 My tech skills, along w/blogs and Social Media stuff, are on my resume. (They're going to goolge me anyway right?) #sachat

6:49 pm reyjunco @lvanlysal It's up to you to drag them into it :) #sachat

6:49 pm thestacyface @bryan\_koval Absolutely. DM me your e-mail addy. Happy to share! #sachat

6:49 pm mupsi27 @lvanlysal it might be a great place to start in order to help students really find reflection about self through the portfolios #sachat

6:49 pm edcabellon Agreed, and for writing samples. RT @pereirap80: @JGinese23 I wouldn't be shocked. Blogs can be used as a port of a portfolio #sachat

6:49 pm debrasanborn @bryan\_koval @thestacyface Ditto. #sachat

6:49 pm JGinese23 @lvanlysal @pereriap80 - that is great to know! I think I may do the same if I can get my blog off the ground with purpose. #sachat

6:49 pm cindykane We are starting to do a lot of reflective blogs with students who attend pro conferences #sachat

6:50 pm tobiasblake @JGinese23 I include my Twitter account on my resume... #sachat

6:50 pm Brown\_Melissa @jginese23 Depends of if it's your personal or professional blog/twitter I'd say #sachat

6:50 pm m1hamilton as a professional that does a lot of graphic materials i have been keeping a portfolio on issuu.com love the way it shows materials #sachat

6:50 pm JGinese23 RT @edcabellon: Agreed, + for writing samples. RT @pereirap80: I wouldn't be shocked. Blogs can be used as a port of a portfolio #sachat

6:50 pm The\_SA\_Blog RT @cindykane: We are starting to do a lot of reflective blogs with students who attend pro conferences #sachat

6:50 pm mupsi27 @lvanlysal That is interesting, do you think the portfolios will help students or just stress them out more? #sachat

6:50 pm edcabellon And they're GREAT! RT @cindykane: We are starting to do a lot of reflective blogs with students who attend pro conferences #sachat

6:50 pm reyjunco @cindykane We had a great chapter on academic blogging in our NDSS book - msg me for reprints #sachat

6:50 pm lorrizanne @tobiasblake are your tweets only about #studentaffairs? #sachat

6:51 pm uppervalleymom @thestacyface We do reflection as part of studnet program debriefs, would love to see any templates that you use! #sachat

6:51 pm princeje Enjoying some Chicken Noodle Soup while lurking in on the last few minutes of #sachat

6:51 pm JGinese23 @mupsi27 @lvanlysal #NicholsCollege requires all undergrads to do this from 1st yr to Sr yr. It is extremely rewarding. #sachat

6:51 pm thestacyface @debrasanborn Ditto, as in you want the portfolio info too? #sachat

6:52 pm lvanlysal @mupsi27 I think it will help them make sense of their college experience from beginning to end. not required yet, so no stress. #sachat

6:52 pm m1hamilton hiring people out there. how would you see it if you got a resume with a @ twitter name on it? #sachat

6:52 pm edcabellon Thanks @lvanlysal @reyjunco! I just follow @CindyKane's lead (always works out well with her) :- ) #sachat

6:52 pm thestacyface @uppervalleymom Absolutely. DM me your e-mail address, happy to share. :) #sachat

6:52 pm laurapasquini The concept of ePortfolios may be a mute pt. Students should develop online presence NOW w/ vids, blogs, photos, SNs & more! #SAchat

6:52 pm debrasanborn @thestacyface Ya Ya. :) #sachat

6:52 pm reyjunco @tobiasblake @JGinese23 I'm not sure how I feel about including Twitter acc't on CV/Resume. First though = No #sachat

6:52 pm danryan490 Before you publish your social media information, search your info yourself from the perspective of an employer #sachat

6:52 pm mupsi27 With future programming it is good to look at the stresses it might add to students this could help with lowering MHissues #sachat

6:53 pm The\_SA\_Blog RT @laurapasquini: The concept of ePortfolios may be a mute pt. Students should develop online presence NOW w/ vids, blogs, photos, SNs & more! #SAchat

6:53 pm JSFrier hey! @lorrizanne what's this #sachat business about?

6:53 pm pereirap80 I've learned that SM, blogs, etc can be a powerful self-branding tool. If I use SM properly, why not put it on my resume? #sachat

6:53 pm bethbare RT @danryan490: Before you publish your social media information, search your info yourself from the perspective of an employer #sachat

6:53 pm edcabellon @m1hamilton It would be fine with me. It shows that they're using current technology could add value to our department! #sachat

6:53 pm reyjunco Then again, I'm nuts - I change my mind based on new information and further reflection :) #sachat

6:53 pm reyjunco RT @danryan490: Before you publish your social media information, search your info yourself from the perspective of an employer #sachat

6:53 pm thestacyface @debrasanborn I'll put you on the VIP list. :) #sachat

6:53 pm JGinese23 wouldnt it be interesting if some undergrads caught wind of #sachat and decided to participate. &quot;go straight to the customer&quot;

6:54 pm reyjunco ALWAYS search yourself - then you can figure out what you need to &quot;clean up&quot; online #sachat

6:54 pm lorrizanne @m1hamilton yup! i embed issuu.com into my professional website. it's great! #sachat

6:54 pm lvanlysal @m1hamilton if you put your social media info on resume, that gives hiring manager permission to check it, IMHO. #sachat

6:54 pm The\_SA\_Blog RT @danryan490: Before you publish your social media information, search your info yourself from the perspective of an employer #sachat

6:54 pm tobiasblake RT @danryan490: Before you publish your social media information, search your info yourself from the perspective of an employer #sachat

6:54 pm edcabellon YES RT @laurapasquini: ePortfolios may be a mute pt. Students should develop online presence NOW w/ vids, blogs, photos, SNs & more! #sachat

6:54 pm The\_SA\_Blog RT @reyjunco: ALWAYS search yourself - then you can figure out what you need to &quot;clean up&quot; online #sachat

6:54 pm uppervalleymom RT @danryan490: Before you publish your social media information, search your info yourself from the perspective of an employer #sachat

6:54 pm lorrizanne RT @m1hamilton: hiring people out there. how would you see it if you got a resume with a @ twitter name on it? #sachat

6:55 pm reyjunco @lvanlysal @m1hamilton If the hiring manager knows what they are doing, they are going to check it. They don't need your permission #sachat

6:55 pm JGinese23 @edcabellon i.e. Tufts taking youtube videos for entrance. #sachat

6:55 pm pereirap80 True RT @lvanlysal: @m1hamilton if you put your social media info on resume, that gives hiring manager permission to check it, IMHO. #sachat

6:55 pm m1hamilton @edcabellon i think people would be crazy not to put their twitter on an application sending to you :) #sachat

6:55 pm lvanlysal @reyjunco unfortunately not everything can be cleaned up. Google Elizabeth Van Lysal and you'll see a bad love poem I wrote in 1997 #sachat

6:55 pm studentforcenow RT @laurapasquini: The concept of ePortfolios may be a mute pt. Students should develop online presence NOW w/ vids, blogs, photos, SNs & more! #SAchat

6:55 pm reyjunco @lorrizanne @m1hamilton I would think it was great! But I know for a fact I'm in the minority #sachat

6:56 pm reyjunco @lvanlysal And that's exactly why.... I don't write poetry #sachat

6:56 pm lvanlysal @JGinese23 there are some undergrads in #sachat. @jontingley for example.

6:56 pm The\_SA\_Blog We only have a few minutes left in the DAYTIME edition of #sachat. Final thoughts on future #studentaffairs challenges?

6:56 pm edcabellon Please help me grow my #studentaffairs Twitter list <http://ow.ly/1biGv> I'm almost at 400! #sachat

6:56 pm laurapasquini What will happen when you are Googled? Hopefully there will be something online - employers DO search. #SAchat

6:56 pm reyjunco And also why I don't update my blog more frequently. I'm careful about what I say - to the point of it hindering my blogging #sachat

6:56 pm heatherecoleman RT @EdCabellon Please help me grow my #studentaffairs Twitter list <http://ow.ly/1biGv> I'm almost at 400! #sachat

6:56 pm lorrizanne @JSFrier it's a weekly chat for student affairs professional. #sachat

6:56 pm JGinese23 @lvanlysal oh rock on! #sachat

6:56 pm The\_SA\_Blog @lvanlysal @JGinese23 @princeje is also an undergrad. #sachat

6:57 pm The\_SA\_Blog RT @edcabellon: Please help me grow my #studentaffairs Twitter list <http://ow.ly/1biGv> I'm almost at 400! #sachat

6:57 pm The\_SA\_Blog RT @laurapasquini: What will happen when you are Googled? Hopefully there will be something online - employers DO search. #SAchat

6:57 pm edcabellon @m1hamilton That is very true sir :- ) #sachat

6:57 pm studentforcenow RT @laurapasquini: What will happen when you are Googled? Hopefully there will be something online - employers DO search. #SAchat

6:57 pm reyjunco Final Thoughts - We're going to continue to be asked to do more with less. Hold your ground & own your boundaries & your balance #sachat

6:57 pm laurapasquini @reyjunco Reminds me - I should also post to my blog as well. Thanks! #SAchat

6:58 pm The\_SA\_Blog RT @reyjunco: Final Thoughts - We're going to continue to be asked to do more with less. Hold your ground & own your boundaries & your balance #sachat

6:58 pm bryan\_koval I fear that the future of student affairs will continue to include me listening to Hall & Oates in my office. #SAChat

6:58 pm reyjunco I feel like Lao-Tzu today #sachat

6:58 pm Brown\_Melissa Great chat! I'm bouncing out for a meeting and event prep. Thanks all! #sachat

6:59 pm uppervalleymom I blog, but not about #studentaffairs - I don't want to start a whole new blog, where should I search for opps to share my thoughts? #sachat

6:59 pm lvanlysal Ok folks, it was great chatting. Need to go talk to some campus colleagues about this eportfolio business for a grant. #sachat.

6:59 pm lorrizanne address your needs for mental health. model good mh for students. tech is changing SA. great chat! #sachat

6:59 pm m1hamilton keep trying new things with technology. the way you present your case is key, show the benefits. people will catch on. #sachat

6:59 pm debrasanborn Final Thoughts: Use assessment and measurements of your programs' success to your advantage. Make certain the info is out there. #sachat

6:59 pm aprilsheninger @lvanlysal That is how I would interpret it. How legal it is to search Twitter or FB to see what their social side is w/o cause? #sachat

6:59 pm laurapasquini As my old crew coach said: Harmony. Rhythm. Balance. Keep paddlin', #SAchat friends.

6:59 pm The\_SA\_Blog RT @bryan\_koval: I fear that the future of student affairs will continue to include me listening to Hall & Oates in my office. #SAChat

6:59 pm jacksonj I agree with @reyjunco It is ok to do less with less sometimes. You have a long career and will need the energy. #sachat

6:59 pm Dramanique RT @reyjunco: Final Thoughts - We're going to continue to be asked to do more with less. Hold your ground & own your boundaries & your balance #sachat

7:00 pm sarahhcraddock See you later, #sachat!

7:00 pm reyjunco @debrasanborn This is so true. Become assessment mavens. #sachat

7:00 pm JGinese23 awesome chat #sachat can't wait for next week!

7:00 pm jacksonj @aprilsheninger I think you need to assume every employer will be searching for you in google. #sachat

7:00 pm reyjunco RT @jacksonj: I agree with @reyjunco It is ok to do less with less sometimes. You have a long career and will need the energy. #sachat

7:00 pm debrasanborn @reyjunco At the center of your being you have the answer; you know who you are and you know what you want. ~Lao Tzu #sachat

7:00 pm Dramanique RT @reyjunco: RT @danryan490: Before you publish your social media information, search your info yourself from the perspective of an employer #sachat

7:01 pm pereirap80 Final Thought - I think the economy is going to impact our work for the foreseeable future and we're already underfunded! #sachat

7:01 pm The\_SA\_Blog RT @laurapasquini: As my old crew coach said: Harmony. Rhythm. Balance. Keep paddlin', #SAchat friends.

7:01 pm reyjunco I think I'm going to phrase the rest of my tweets today as Haiku #sachat

7:01 pm bethbare later #sachat, time to enjoy my Shammrock Shake and get some work done!

7:01 pm The\_SA\_Blog RT @reyjunco: @debrasanborn This is so true. Become assessment mavens. #sachat

7:01 pm JGinese23 @pereirap80 thus why technology will continue to play an important role. more efficient but is it as effective? #sachat

7:01 pm The\_SA\_Blog RT @jacksonj: @aprilsheninger I think you need to assume every employer will be searching for you in google. #sachat

7:01 pm danryan490 How legal it is to search Twitter or FB to see what their social side is w/o cause? No one needs cause. Just Wi-fi #sachat

7:01 pm m1hamilton looking for followers also, help me get to 100 by the end of the day. #studentaffairs and remember the #ffsa tag tomorrow :) #sachat

7:05 pm reyjunco Have a fantastic day #sachat friends. See you soon.

7:05 pm The\_SA\_Blog RT @JGinese23: have a good week everyone! #sachat awesome interaction and chat! it was like a drive-in conf. without leaving my desk :)

7:06 pm lorrizanne @The\_SA\_Blog: MOD: Take 1 minute and share your final thoughts on this weeks #sachat: <http://bit.ly/8gqEU9> #sachat

7:06 pm JGinese23 RT @lorrizanne: @The\_SA\_Blog: MOD: Take 1 minute and share your final thoughts on this weeks #sachat: <http://bit.ly/8gqEU9> #sachat

7:07 pm edcabellon #StudentAffairs #sachat #greeklife friends, please welcome @maribethJflakes to Twitter! Another BSC pro on board :- ) Great work @CindyKane!

7:07 pm JGinese23 #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat

7:07 pm debrasanborn @bryan\_koval Wrote about assessment in #studentaffairs here too #sachat <http://bit.ly/czxDmB>

7:08 pm JGinese23 #sachat if we all did that, we'd be a trending topic.

7:08 pm The\_SA\_Blog RT @JGinese23: #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat #sachat

7:08 pm alex\_hardestyMI RT @heatherecoleman: RT @EdCabellon Please help me grow my #studentaffairs Twitter list <http://ow.ly/1biGv> I'm almost at 400! #sachat

7:09 pm JGinese23 RT @EdCabellon Please help me grow my #studentaffairs Twitter list <http://ow.ly/1biGv> I'm almost at 400! #sachat

7:12 pm jacksonj Come Get Your Chickering Seven Button <http://bit.ly/9kzptR> #sachat #studentaffairs

7:12 pm Tartipants RT @edcabellon RT @JGinese23: have a good week everyone! #sachat awesome interaction and chat! it was like a drive-in ... <http://foook.com>

7:15 pm The\_SA\_Blog RT @jacksonj: Come Get Your Chickering Seven Button <http://bit.ly/9kzptR> #sachat #studentaffairs

7:15 pm jollyjinstler i'm sad i missed #sachat :(

7:15 pm debrasanborn RT @jacksonj: Come Get Your Chickering Seven Button <http://bit.ly/9kzptR> #sachat #studentaffairs

7:16 pm edcabellon OK, back to the goal today of #InboxZero. Thanks #sachat friends, see you tonight! :-)

7:18 pm Brown\_Melissa @jollyjinstler It was good! #sachat

7:20 pm NASPATweets W/ mental health mentioned as 1st #sachat issue/noting ltd resources #studentaffairs folks may want to check out new bk <http://cot.ag/bh9K1A>

7:21 pm NASPATweets MH issue of Ldrshp Exchnge just referred to: <http://cot.ag/atdx8L> (reqs login; subscribe at <http://bookstore.naspa.org>) #sachat