



The Student Life Center Progress Report

Volume 1, Issue 1

Fall 2008

Greetings and A Progress Review by Betsy D. Simon

Holidays Greetings and Best Wishes from the Student Life Center. We are pleased to inform you that we have had a very successful fall semester and appreciate the role that so many of you played in helping us to "Connect the Dots." Students are our greatest resource at Coppin and they have performed at their very best here on campus and in the Community. As the students and I worked together on this Progress Report to you, we had to carefully screen the many activities and accomplishments to ensure that you receive a good overview of our accomplishments and future plans.

The next edition will feature How the Village Model (BDS 1993- an ecological student/community engagement approach) and Line-Dancing are being used to "Connect the Dots" for the Coppin Family and community partners while addressing the disparity issues of overweight, obesity, lack of physical activity, and diabetes among people of color. Students are learning about the science, role of policy, lack of resources, and being agents of change.

In this first publication, you will read about the populations we serve and the programming that support the services. You will also meet the students who have taken the lead in launching the Center's Awareness Campaign. The Student Life Center is student driven and its services will reflect a strong student presence. For those who are wondering if our eHealth Project will continue, the answer is a resounding Yes. The Student eHealth Educators, the lessons learned, and best practices from The CSU eHealth Project have been incorporated into the Healthy Campus 2010 Initiative, an integral part of the Student Life Center.

Especially, the students and I want to thank Dr. Joann Christopher-Hicks, Acting Vice President, DOSA, for her insight and support. Her response to middle states recommendations & campus data regarding mature students (more than 1200) and traditional commuter students (more than 2000) has resulted in the birth of the Student Life Center with its expressed mission to determine and address the needs of these populations. Students will play an important role as we investigate & plan. [Kudos to Dr. Christopher-Hicks.](#)



Betsy D. Simon, M.S., CHES, CPP
Director of the Student Life Center

Student Life Center Overview

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The Student Life Center (SLC), located on the lower level of the Tawes Center, has been designed to incorporate the Council for the Advancement of Standards for Higher Education (CAS) used by the Division of Student Affairs as well as adaptable best practices for adult learning, mature, and commuter student services. The Center is staffed by a Director and trained students with the support of professional volunteers.

SLC embraces a vision for a student body that realizes their potential as leaders and shapers of policy and implementers who influence their future and others locally, nationally, and globally. The overall mission is to create an educational and social environment through structure and experiences that empowers students to use evidence-based knowledge, experiences, social networks, and their innate abilities and resiliency to become active,

positive, and learned citizens. Additionally, all students will be encouraged and guided to practice evidence-based knowledge transfer among themselves, family, peers, and the community.

Services, resources, and social support activities are comprehensive, evidence-based, and reflective of the urban focused mission of Coppin State University. Student Life staff and trained volunteers serve as advocates, mentors, referral agents, and promoters of well rounded living for students.

Mature Students needs are addressed by capitalizing on the strengths that they bring to the University while bridging the gaps that exist for them through appropriate programming and utilization of University resources.

The Mature Student Society will enable them to collectively identify and address issues that reflect their specific needs &

aspirations.

The typical mature student may be: A current, returning, and first time university mature student, a non-traditional student, aged 25 and above, one requiring services based on expressed, obvious, and identified needs, one in need of campus and/or outside referrals, and one who is expected to change their level of involvement & service needs overtime.

Traditional Commuter Students needs are best addressed by first respecting and appreciating their decision, made by choice or circumstances, to commute to the University on a daily or class driven basis. The typical traditional commuter student may be: a part or full time employee, a commuter, aged 18 to 24 years old, a married or single parent, and a family member caregiver.

The Healthy Campus 2010 Initiative (HC2010)

The Healthy Campus 2010 Initiative (HC2010) is designed to offer all students an opportunity to assist in making Coppin State University a Healthy Campus for students, the Coppin Family, and Community Partners. Programming will be guided by the two overarching national goals for healthy people 2010 and their 467 objectives of which 178 target the college student specifically. HC2010 activities will be provided on a campus-wide basis with a student focus that utilizes lessons learned from the CSU eHealth Project, now considered a national model for ehealth student training and engagement.

The HP 2010 overarching goals are to 1. Increase the quality and years of healthy life and 2. Eliminate health disparities. These goals provide the direction for the 10 leading health indicators that guide SLC programming and referrals; namely, physical activity, overweight and obesity, tobacco use, substance abuse, responsible sexual behavior, mental health, Injury and violence, environmental quality, immunization, and access to health care.

Special Note: Six Coppin Student eHealth Educators served on Conference Panel and gave Poster Presentations at the National Library of Medicine eHealth Conference on June 10, 2008 at NIH in Bethesda MD. Because of our work with eHealth Project, Coppin has been chosen as a National Diabetes Goal Champion.



**CSU Student eHealth Educators
NLM.NIH Conference Panel**
(not pictured-Simon, Alford)

Charles B. Wright Leadership Institute



Robert Wilson, Student Senate President 2007(left), congratulates Professor Betsy D. Simon (center), as Dr. Pierre Wright (right), UNCFSP presents the eHealth Grant Award.

The Charles B. Wright Leadership Institute was established in December 2000 and fosters student leadership development and enhancement through two programs; the Emerging Leaders Program and the Experienced Leaders Program. Both are designed to:

- Prepare students for effective leadership in multicultural environments
- Provide participants with opportunities to develop their individual leadership styles
- Assist in building skills in communication, group management, and understanding group dynamics.
- Expose students to networking opportunities that promote leadership development
- Assist students in the acquisition of a leadership transcript that may be conferred at the completion of the student's undergraduate requirements.



Miss Coppin 2008 reviews Physical Activity Poster prepared by Joyce Castro Rexach, eHealth Educator.



Mr. Coppin 2008, Mr. Blues & Gold 2006, and Alexander Hodge, HEED student, mentors City ALC Male Youth for a Day on Coppin's campus.

Civic Responsibility and Community Engagement will serve as the vehicles for collaborative efforts among all segments of the student body. This will enable them to serve as policy influencers and agents of change through programs such as the:

- Charles B. Wright Leadership Institute
- Healthy Campus 2010 Initiative
- National Diabetes Goal Champion Campaign
- Partnering with the National Diabetes Program
- ehealth Community Outreach Trainings
- Annual CSU Students Mentor for A Day Program for Special Needs Youth
- Policy Awareness and Action Projects
- Disparity Issues across the Lifespan
- Relevant current local, national, and global issues

The January/February 2009 Start-Up Agenda

Welcome Back Newsletter
Student Needs Survey
Student Leadership Retreat
Civic Responsibility 101: Policy, Practice, and Action
Grant Writing and Development
Discussion Groups for Mature Students and Traditional Commuter Students
Stress-Less Nights Out
Needs-Based Learning Sessions
Research and Technology Awareness Institute
Healthy Campus 2010 Initiative Launches National Diabetes Goal Champion Campaign
Student Life Center Website's Debut
Economy Share and Swap Corner will be Launched
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About SLPAC Student Leadership

Hello, my name is Joyce Castro Rexach, I am the Chairperson for the Student Life Programming Advisory Council (SLPAC). We are working with Mrs. Simon in the Student Life Center to help make a better environment for our fellow Coppinites and Our Coppin Family. As a CSU eHealth educator I am pleased to see the progress that we have made with the eHealth project, its great to see that this is something that the University has agreed to keep on campus. The SLPAC consist of five different components and four out of the five are facilitated by Coppin students. We have the Mature Students Society (Brenda Reeder, Facilitator), Traditional Commuter Students Group (Paul Williams and Lakiesha Williams, Co-Facilitators), The Healthy Campus 2010 Initiative (Tiera Carter and Kalimah Dickens, Co-Facilitators), and The Charles B. Wright Leadership Institute (Mrs. Betsy Simon), The Civic Responsibility and Community Engagement Project, Candace Sewell, Facilitator. We form the Executive Committee and meet every Thursday from 3:30-4:30 PM in Student Life Center on the lower level of the Tawes Center.

Joyce Castro
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Mature Student Society



A special message from Brenda Reeder will be featured in the next edition.

Civic Responsibility and Community Engagement

Good Day, my name is Candace Sewell and I am the Facilitator for Civic Responsibility and Community Engagement. Information about our plans will be forth coming in the next newsletter but if you have any questions or concerns you may contact me at CSewell00@student.coppin.edu.

Special Thanks

Special Thanks To
 Joyce Castro-Rexach
 for her untiring efforts toward
 completing this newsletter.
 and
Contributors
 Paul Williams
 Candace Sewell

Traditional Commuter Students

Greetings my name is Paul Williams, I am Co-Facilitator of the Traditional Commuter Students Group (TCSS). My main goal is to encourage the participation of the traditional commuter students in various campus-wide activities such as the eHealth program. I also want to be a liaison between the students and other program facilitators on the concerns and ideas of the traditional commuter students. I understand that students of this population tend to have very busy schedules involving both jobs and families, but I want to ensure that a majority interested will feel very much involved, to some extent, even if they can not always be present at certain events and activities.

We as a team meet weekly and discuss issues related to TCSS. So far we discussed having activities at times that are more convenient for students, healthy snack alternatives, extended hours for key student services, and leaving packets of information at the information desks for students that cannot make certain activities. Feel free to leave messages for me at the Student Life Center on the lower level of the Tawes Center or contact me by email at:

PWilliams05@student.coppin.edu.

