


The Student Organization Insider

April 2022

Dear Student Leaders,

We are in the home stretch! I love how both our Student Organizations and Rochester bloom in the Spring. There is the feeling of excitement in the air as so many of you are performing your big Spring shows IN PERSON. It's invigorating! As always, please read this edition of the Insider carefully, as there are many helpful tips on how to end the year successfully - including transitioning new leadership. Reminder, the last day to host any programs - virtual or in-person - is Wednesday, April 27th. Good luck on your final academic requirements and be sure to practice self-care as we move through this busy period.

Continue to stay well,

Anne-Marie Algier, Associate Dean of the Students

What's Inside:

1. [Join the QuadFox 5K Challenge](#)
2. [Advanced Reservations](#)
3. [Awards & Accolades](#)
4. [SOAR: Exceeds Expectations](#)

5. [Officer Transition & Activity Reflections](#)
6. [Save-the-Date: Fall Leadership Training](#)
7. [CASC 358: The Leadership Experience](#)
8. [Apply to Participate in Meliora Weekend 2022](#)
9. [Participate in Fall Welcome Week with Your Student Organization](#)
10. [Storage Reminder](#)
11. [Jackson Court Fire Pit Training](#)
12. [Student Input Needed - Sustainability Planning](#)
13. [Medallion Program Workshops](#)
14. [University Counseling Center Drop-In Groups](#)

Join the QuadFox 5K Challenge

[Registration is open for the annual QuadFox 5K!](#) Encourage members of your group to join the fun and complete as a bonding activity. You can run, jog, walk, roll, or dance to complete the 3.1 miles together. New this year, undergrads can complete the race in-person on April 24th via a designated campus course. (A virtual option is also available.) PLUS - participation counts towards the Class Year Challenge where the class year with the most QuadFox finishers will receive an additional prize! **Registration is open now through April 15th.** Complete and submit your time for the virtual component by April 24th and you may be eligible for a finishers t-shirt!

Advanced Reservations

As a reminder, if your Organization is planning to host a major event during the Fall semester, [now is the time to submit your reservation requests](#) (deadline is Tuesday, April 12th). Submitting requests now is an advantage for any Organization hoping to host a major event in any of the large event spaces on campus. More information regarding the process can be [found here](#). All submissions will need to reflect a 2nd and 3rd choice for location and date.

The VEMS contact for your Organization will continue to receive updates regarding the process, and will need to remain the designated officer who submits your Organization's requests.

Questions should be referred to the [Reservations Coordinator](#).

Awards & Accolades

Does your Organization have something exciting to share? Submit an Awards & Accolades Form to be featured in the next edition of the Insider!

- Congrats to **Model United Nations** for winning the **Best Large Delegation Award** at the North American Model UN Conference!
 - Congrats to **Quidditch** for receiving a **bid for Nationals** in Utah!
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SOAR: Exceeds Expectations

Thank you to all Student Organizations for completing the 2021 Student Organization Annual Review (SOAR). The Student Organization Administration & Review Committee (ARC) would like to recognize the Student Organizations below for receiving an Exceeds Expectations on their SOAR.

Cards Club | Friends of MSF (Doctors Without Borders) | Habitat for Humanity | Modern Languages and Cultures Undergraduate Council | National Society of Black Engineers | Red Cross | ROC Players | Sailing | SALSEROS | Society of Mathematics Students | Society of Physics Students | Society of Women Engineers | Society of Women in Astronomy and Physics | The French Culture Club | Undergraduate Chemistry Council | Undergraduate Film Council | Water Polo | Women's Rugby | Women's Ultimate Frisbee

Officer Transition & Activity Reflections

Don't forget - a successful executive board is not only the glue which holds your Organization together, but also the fuel which propels it in a forward direction. A successful officer transition is neither difficult nor very time-consuming; however, if you don't do it or do it wrong, your Organization will struggle in the upcoming semester. Visit our [Leadership Transition](#) page to

review a checklist you can use as an outgoing or incoming officer.

In addition to your officer transition, don't forget to submit your Spring [Activity Reflections](#) before the semester ends! It is important to include as many details as possible and you can consolidate some activity types to make this easier. In fact, one activity reflection form can be submitted to summarize all General Member Meetings (GMMs), rehearsals, or other ongoing semester long activities. This is one of your Organization's opportunities to share how and why your event, activity, or meeting went well or didn't. Be sure to reach out to your Organization's advisor if you have any questions!

Save-the-Date: Fall Leadership Training

The in-person component for Fall Leadership Training will be on **Tuesday, August 30th from 1 p.m. to 4:30 p.m.** (time subject to change). Virtual leadership training components will open at the end of August to complement the in-person experience. Be sure to schedule your arrival back to campus so you don't miss out!

We ask Organizations to send their President and Business Manager to this training, which also meets the Administration & Review Committee's SOAR requirement for 2022. If you have elections coming up, please ensure your new leaders have also saved this date.

CASC 358: The Leadership Experience

CASC 358: The Leadership Experience is a 2-credit course offered on Wednesdays 2-3:15 p.m. during the Fall semester for students who hold a Student Organization officer position or are on a varsity athletic team.

This course allows student leaders to work through their organizational goals by utilizing leadership theories, styles, and the resources of peers. The course will also broaden ones understanding of leadership practices and connect the work with their own leadership experience.

To register for The Leadership Experience course, [complete this interest form](#) to receive the

Instructor Permissions Code. For more information, please contact [Brian Magee](#), Senior Associate Director. *This course meets the requirements for the Medallion Program.*

Apply to Participate in Meliora Weekend 2022

Opportunities to participate in Meliora Weekend 2022 are limited. Please [submit an application](#) if your Student Organization is interested in being involved or hosting a stand-alone event. **All applications are due by Friday, April 22nd.** All Student Organization events must be registered through this process in addition to the CCC Activity Registration process for the weekend.

Participate in Fall Welcome Week with Your Student Organization

Help welcome new students to River Campus this August! The Office of Orientation and First-Year Programs (OFYP) is excited to welcome back Student Organization programs and performances as a part of the Welcome Week experience for the Class of 2026 and new transfer students.

Is your Organization interested in performing? Want to host an event? Learn more about the available opportunities and how to apply on [the OFYP website](#). Questions? [Contact](#) OFYP.

Storage Reminder

As the semester winds down, please be sure to go through any assigned storage your Organization has. If you need help disposing large, bulky items, or just a significant amount of trash please [request assistance through this form](#).

All access to Student Organization storage is removed on the last day of classes.

Jackson Court Fire Pit Training

If you would like to be trained on how to use the fire pit in Jackson Court, we encourage you to sign up for the Friday, April 8th training at 3 p.m. To reserve a spot, call (585)276-4682 by Wednesday, April 6th. Only individuals who have been properly training can make a reservation for the fire pit.

Student Input Needed - Sustainability Planning

The University has launched a planning process to create its first-ever sustainability plan. The plan will include University-wide goals, to be approved by leadership, and high-level strategies to achieve those goals.

The Sustainability Planning Team has developed a survey to collect thoughts and ideas about sustainability efforts and practices across campus to help us inform our planning efforts from all members of the UR community.

Deadline to [submit your feedback](#) is **11:59 p.m. Wednesday, April 13th**.

Medallion Program Workshops

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

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

Workshop	Date	Time	Location	Domain
Active Listening	Thurs, April 7	5-6 p.m.	Zoom - Register	Practical Competence
Anti-Racist Leadership	Thurs, April 7	5-6 p.m.	Genesee 325 - Register	Intrapersonal Development

Pitch Imperfect	Thurs, April 7	6-7:30 p.m.	iZone - Register	Cognitive Complexity
Map Your Own Ikigai (Map Your Mind)	Fri, April 8	3-4 p.m.	Douglass Commons 401 - Register	Practical Competence
Safe Zone Training - Sorority & Fraternity Edition	Fri, April 8	3-4:30 p.m.	Wilson Commons 122 - Register	Civic Engagement
Start Up Storytelling - Becoming a Master of Pitching	Tues, April 12	4-5 p.m.	Schlegel 301A - Register	Cognitive Complexity
Conflicts 101	Fri, April 15	3-4 p.m.	Douglass 401 - Register	Interpersonal Competence
Safe Zone Training - Sorority & Fraternity Edition 2	Fri, April 15	3-4:30 p.m.	Wilson Commons 122 - Register	Civic Engagement

University Counseling Center Drop-In Groups



UNIVERSITY COUNSELING CENTER

DROP-IN GROUPS

April 2022

The UCC will offer drop-in groups for all UofR students during the month of April focusing on the following themes:

TERMINATING RELATIONSHIPS/FRIENDSHIPS

MONDAYS, APRIL 4, 11, 18, & 25 AT 4PM

MEETING ID: 95130623067

EXAM ANXIETY

FRIDAY, APRIL 29 AT 3 PM

MONDAY, MAY 2 AT 3 PM

MEETING ID: 92025882011

OVERCOMING PERFECTIONISM

THURSDAYS APRIL 7 & 21 AT 1PM

MEETING ID: 98988850456

TIPS FOR MANAGING PERFORMANCE ANXIETY

THURSDAY APRIL 7 AT 7PM

MEETING ID: 94910003813

SELF-CARE AND COPING STRATEGIES

THURSDAY, APRIL 14 AT 1PM,

TUESDAY, APRIL 19 AT 1PM,

THURSDAY, APRIL 28 AT 1PM.

MEETING ID: 96034972959

OUR HEALING BREATH

***FOR STUDENTS OF COLOR, LED BY CLINICIANS OF COLOR.**

FRIDAYS APRIL 1, 15, 29 AT 1PM

MEETING ID: 91331096501

CRISIS ABROAD

FRIDAY, APRIL 8 AT 1PM

WEDNESDAY, APRIL 20 AT 9AM

MEETING ID: 94745912492

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