



# MCPA Pathways

## President's Corner

### Greetings Membership!

As you are gearing up for the start of another academic year on your campus, MCPA is also gearing up for a year full of professional development opportunities for our membership and fellow colleagues across this great state!

For the past forty years MCPA has served student affairs professionals and the higher education community in Minnesota. We hope that you will join us for a grand 40<sup>th</sup> Anniversary celebration at our Annual Fall Conference on October 15-16, 2009 at Minneapolis Community and Technical College.

This year's theme, "Looking Back, Moving Forward" is timely not only in our celebrating the strong history of the organization and higher education in Minnesota, but also the need to relate to, and educate, a diverse and ever changing demographic of students that include adult learners, first generation, Immigrants, Millennials, Net Geners and veterans/active military personnel.

This is also a time where we are required to do much more with a lot less. As your state organization, we hope to accommodate the decreased professional development funds that most of you are facing, by offering affordable, intentional and timely programming and networking opportunities.

Some of the great benefits that our members will receive this year include:

- Discounted membership and registration rates for those professionals currently in transition/unemployed
- Graduate student scholarships for conference registration
- The same registration rate for the Fall Conference as in past years that includes parking and 2 full days of program & event offerings
- 4 Affordable Drive-In Workshop Opportunities:
  - Our annual Careers in Student Affairs for Graduate Students and New Professionals on February 5, 2010
  - Our annual January Drive-In Workshop
  - Our annual June Drive-In Workshop – June 3, 2010
  - \*\*And our NEW Next Gen Conference: Careers in Student Affairs for Undergraduate Students event on November 14, 2009 at Augsburg College
- Free Commission Email/Listserv Membership & Events: Professionals of Color, GLBTA, Disability and New Professionals Commissions
- Weekly Job Postings Announcement
- Access to MCPA Listserv, Web Updates, Facebook Group, Newsletter and Presi-

dential E-Blast communication

- MCPA Receptions prior to board meetings at institutions throughout the metro, as well as greater MN
- "Speed Networking" event at the start of the Fall Conference on Thursday, October 15<sup>th</sup> for all registered conference attendees!

I am proud to serve as your state president for the 2009-2010 academic year. I invite your feedback, ideas and most importantly, your active involvement. I also encourage you to talk with one of our 28 current board members who represent 16 different institutions from inside the metro area, St. Cloud, Mankato and Bemidji!

I look forward to celebrating our 40th Anniversary with you at our Fall Conference on October 15-16th!

Warmest Regards,

Dara Hagen  
MCPA President



MCPA President, Dara Hagen, President Elect-Margaret Cahill and Treasurer Bryan Helminiak at the MCPA Board meeting

looking back  moving forward

# MCPA

## 2009 CONFERENCE

OCTOBER 15 AND 16



### Same Differences

By [Ashley Bowes](#)

MCPA President Dara

Hagen called me at my office sometime during the dead of winter – during that time when I could show up to my windowless office and leave without ever seeing the sun, for days at a time – to ask if I would be willing to serve as the co-chair for the [2009 MCPA Conference](#). As I thought about the possibility and discussed with my partner and my supervisor what this would mean for my schedule, I was persuaded by both their support and the idea of helping to create something Fabulous. You know, along the lines of “the best conference ever, totally unlike anything you’ve ever experienced, and something you’ll inevitably be referencing for the next few decades of your professional career.” I had to say yes.

As I met my co-chair [Mary Beth Thompson](#) and began working with our fabulous conference committee, I realized that I was no different than anyone who did this before me. Some things have changed: it is

MCPA’s 40<sup>th</sup> anniversary, the challenging economy is still impacting all of our budgets and job security, Facebook has blurred our personal and professional boundaries, and college students are becoming an increasingly diverse group. It is important that the conference addresses these everyday realities that shape the work we do in student affairs. But ultimately we are doing the same work as so many who have done this before us. We want to offer a quality, low-cost, relevant conference that reaches all types of student affairs professionals at all types of institutions. The details may have changed, but our goals are still the same. We want to meet your needs as potential conference attendees, providing opportunities for professional growth and leadership to all of our constituents.

I am so excited about the [2009 MCPA Conference](#) at [Minneapolis Community and Technical College](#) on October 16-17, 2009. The conference planning committee has been hard at work for over six months now, and I am confident you will appreciate their ideas and leadership. Our theme this year is “Looking Back, Moving Forward.” We will celebrate MCPA’s 40 years of excellence and learn from our history while considering how these lessons might be applicable in the changing landscape of higher education. This will be an exciting, full two days, and we hope you can join us in some way: you can get involved by attending for any length of time (registration at <https://mcpa.pc-one.net/Programs/Conference/Registration.aspx> !), [presenting a program](#), participating in the graduate case study competition, donating to the silent auction, and volunteering to help out at the conference. And secretly I still hope this is “the best conference ever, totally unlike anything you’ve ever experienced, and something you’ll inevitably be referencing for the next few decades of your professional career.”

# The NSDUH Report: Nonmedical Use of Adderall® among Full-Time College Students

According to [The NSDUH Report: Nonmedical Use of Adderall® among Full-Time College Students](#), among persons aged 18 to 22, full-time college students were twice as likely to use Adderall® nonmedically in the past year as those who had not been in college at all or were only part-time students.

Adderall® is the brand name for an amphetamine formulation that is prescribed for the treatment of attention deficit hyperactivity disorder (ADHD) and for narcolepsy. Under the Controlled Substance Act, Adderall® is classified as a Schedule II drug because of its high potential for abuse and dependence. Nonmedical use is defined as use without a prescription belonging to the respondent or use that occurred simply for the experience or feeling the drug caused.

The following are brief findings from the report:

- Full-time college students who had used Adderall® nonmedically in the past year were

more likely to be polydrug users in the past year than their non Adderall® using counterparts, that is, both to drink alcohol and use other drugs.

- Nearly 90 percent of the full-time college students who had used Adderall® nonmedically in the past year also were past month binge alcohol drinkers and more than half were heavy alcohol users.
- Full-time college students who were nonmedical users of Adderall® were almost 3 times as likely as those who had not used Adderall® nonmedically to have used marijuana in the past year (79.9 vs. 27.2 percent), 8 times more likely to have used cocaine in that period (28.9 vs. 3.6 percent), 8 times more likely to have been nonmedical users of prescription tranquilizers (24.5 vs. 3.0 percent), and 5 times more likely to have been nonmedical users of prescription pain relievers (44.9 vs. 8.7 percent).

For more information, visit the [NSDUH Web site](#) to read the full report in [PDF](#) or [HTML](#) format.

## Careers in Student Affairs

Undergraduate Students

SAVE THE DATE

**Saturday, November 14, 2009**

10:00am - 4:30pm  
Augsburg College  
Oren Gateway Center  
Minneapolis, MN



MINNESOTA  
COLLEGE  
PERSONNEL  
ASSOCIATION  
A State Division of ACPA

Do you have students that are interested in what you do? Direct them to the Careers in Student Affairs conference that is focuses on undergraduate students.

This is a great opportunity for them to educate themselves on the field of student affairs as well as network with practitioners in the state on Minnesota. For more information on this incredible opportunity contact Pam Boersig at [pboersig@aii.edu](mailto:pboersig@aii.edu)

For more information please contact: Pam Boersig, Ai Minnesota; [pboersig@aii.edu](mailto:pboersig@aii.edu)

*Did you know..... The first president of MCPA was Lud Spoylar*

**Education:** BA in English from the UM– Twin Cities and am currently in the Masters of Arts in Organizational Leadership program at St Kate's.

**Why Do You Work in Higher Education?** For as long as I can remember education has always been a discussion at my family's dinner table. As a first-generation, low-income, college graduate of color, I know the barriers that are preventing students in similar situations to see themselves in college. My story mirrors part of their story and I work in higher education to show them that it is possible.

**One Thing People Wouldn't Know About You?** I was born and spent most of my early childhood, until I was about 12, in France. So I can speak, write and read French up to the 6th grade level.

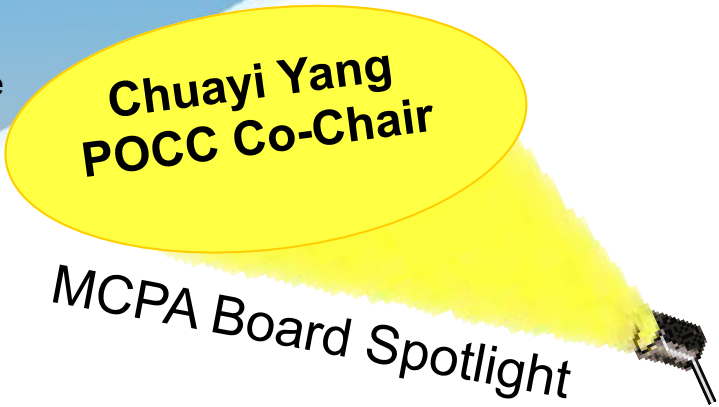
**Why Are You A Member of MCPA?** The professional networking opportunities with colleagues in higher education and the affordable quality professional development around relevant issues.

**Favorite Sports Team:** My nephew's baseball team-the Cardinals

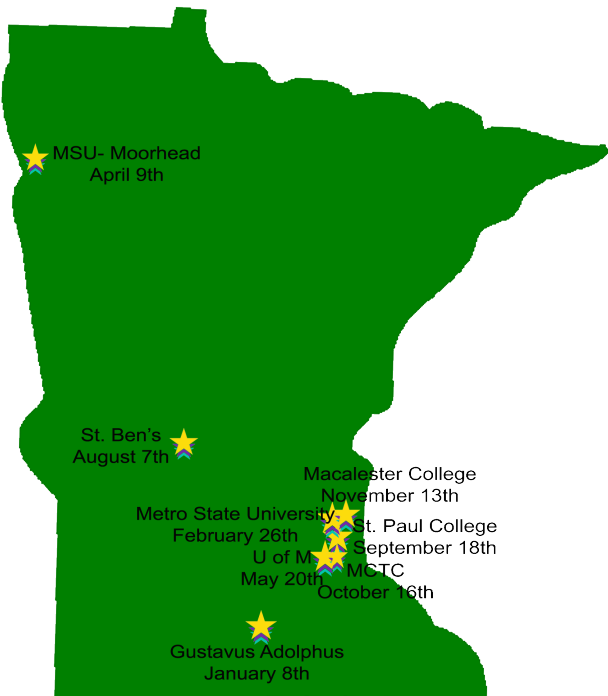
**Favorite Restaurant:** The Teahouse in St Paul

**Favorite Author:** Haruki Murakami

**Favorite Vacation Spot:** Upper Peninsula of Michigan



# On The Road with MCPA



Come and visit your MCPA Board at any of the listed locations  
We would love to hear from you!

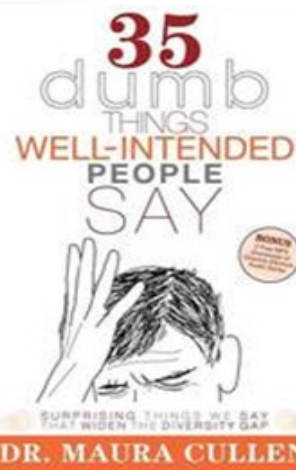
## 2009-2010 MCPA Board

- President– Dara Hagen, Century College
- President Elect– Margaret Cahill, University of St Thomas
- Past President– Matthew Antonio Bosch, North Hennepin
- Treasurer– Bryan Helminiak, University of St Thomas
- Secretary– Amanda Erdman, Augsburg College
- Delegate U of M system– Coming Soon!
- Delegate State Universities– Mary Tosch, Bemidji State
- Delegate Community Colleges– Tara Martinez, MCTC
- Delegate Private– Shvnonne Johnson, St. Catherine's
- Grad Liaison-SCSU– Bee Vang
- Grad Liaison UMTC– Andy Sayre
- Grad Liaison UST– Laura Schmidt
- Grad Liaison MSU-Mankato– Miranda Johnson
- Senior Advisor– Pam Boersig, Arts Institute Int'l
- Membership Coordinator– Katie Svoboda, Century College
- Webmaster– Jess Lauritsen, St Cloud State
- Marketing Coordinator– Jenn Rasset, Century College
- Conference Co-Chair– Ashley Bowes, St. Thomas
- Conference Co-Chair– Mary Beth Thompson, St. Ben's
- POCC Co-Chair Incoming- Jennifer Simon, Augsburg
- POCC Co-Chair Outgoing– Chuayi Yang, St. Kate's
- Disability Co-Chair– Sarah Napoli, Inver Hills CC
- Disability Co-Chair– Berne Christiansen
- GLBTA Co-Chair Incoming– Joe Kaufman, Macalester
- GLBTA Co-Chair Outgoing– Michael Perry, Augsburg
- New Prof. Co-Chair Incoming– Chris Buckley, U of M– TC
- New Prof. Co-Chair Outgoing– Tasia Tigue, St. Thomas



## Book Review: 35 Dumb Things Well-Intended People Say by Dr. Maura Cullen

By: Jennifer Tigges, Residence Director,  
University of Minnesota-Twin Cities



The book 35 Dumb Things Well-Intended People Say by Dr. Maura Cullen is something that our department at the University of Minnesota- Twin Cities was assigned to read this summer, in preparation for our Diversity and Social Justice staff training day. At first, all assigned reading seems daunting, especially in the summer time. However, once I opened this book and began to dive in, I found many valuable tools to use in my personal and professional lives.

The premise of the book is that most well-intended people will say something dumb when approaching diversity and social justice. It is the intent versus the impact that we have to take into consideration. For instance, my supervisor always tells the story of when you accidentally step on someone's foot, even though it was not intentional, the impact is still painful. The crushed foot doesn't really care that it wasn't intentional, the impact is a broken foot, and that hurts! The same theory can be applied to our words and conversations around diversity and social justice. Even though we may be well intentioned, the impact can still be

hurtful. Dr. Cullen uses 10 core concepts to introduce the book and diversity and social justice work. A few of them include Explain Always which is the concept of trying to "fix" a problem or "explain it away". With this, you may cause more unintentional hurt by explaining away an issue rather than really exploring the impact and meaning of what that incident holds for an individual. Another core concept is By-stander Behavior. The concept that "lack of action is an action in and of itself" is something that Dr. Cullen explores. When we witness discrimination and mistreatment, but do nothing, that is us passively giving permission for the action to happen.

The next section of the book explores the 35 Dumb Things Well-Intended People Say. For each she writes about the Impact and the Best Bet, or action that may be a better course to take. Some of the "Dumb Things" she talks about are phrases such as "Some of my best friends are... (insert group here)" to "let the other person know that we have some personal experience with people from other group member-

ships like themselves". Another is "People just need to pick themselves up by their bootstraps" and using the phrase "I'm colorblind, or I don't see color". Many of these 35 things identify commonly used thoughts, ideas, phrases that I'm sure many of us have heard.

The final section explains Six Smart Steps for Well-Intended people. These include "Name It, Claim It, Act on It" and "Shift Your Thinking From Me to We". She explains ways that organizations and individuals can begin making a positive impact on their environment and what steps can be taken to do so. Overall, the book is very easy to read and applicable to not only professional staff but our student staff. I encourage you all to explore this book and the concepts it brings up. After reading it, I can say I am very excited to go through this journey with my fellow staff at the University of Minnesota. It will certainly spark great conversation and a tool for learning for all of us.

Did you know..... Dues for MCPA in 1969 were \$2.00



# MCPA Pathways

In honor of MCPAs 40th Anniversary this year, Margaret Cahill, President-Elect of MCPA developed this matching quiz. How many can you get right?

- |   |                            |
|---|----------------------------|
| _____ 1. ACPA disaffiliated from American Association of Counseling & Development | A. 83                      |
| _____ 2. First year Distinguished Service Award was given                         | B. 1979                    |
| _____ 3. # of Outstanding State Division Awards MCPA has won                      | C. 1969                    |
| _____ 4. Journal until 1980   | D. 1992-93                 |
| _____ 5. Number of MCPA members in the 1st year                                   | E. Linda Schremp<br>Alberg |
| _____ 6. Year dual MCPA/ACPA memberships started                                  | F. 2                       |
| _____ 7. Year MCPA was officially chartered                                       | G. 1994                    |
| _____ 8. Number the membership increased from 1974-1976                           | H. Contact                 |
| _____ 9. Year MCPA won ACPA's Membership Recruitment & Retention Award            | I. 1999                    |
| _____ 10. Renamed the MN Contribution Award                                       | J. 100                     |

1.D 2.B 3.F 4.H 5.A 6.I 7.C 8.J 9.G 10.E

## From the Editor....

Do you have something great that you would like to spotlight from your campus? Do you have a great photo of active MCPAers? Is there a hot topic that you would like to have more information on? Please contact [jennifer.rassett@century.edu](mailto:jennifer.rassett@century.edu) and your topic, great idea, or photo may be featured in the next MCPA newsletter.

Special thanks to Ben Falter from the UM-TC for referring his colleague Jennifer Tigges and her book review for this edition of *MCPA Pathways*. It is great information and we are happy to be able to spread it!