

NCARH 2012

Leadership: It's Out of this World



University of North Carolina Wilmington

February 10-12, 2012

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Important Information

Welcome to the NCARH 2012 Conference. We hope that you take leadership out of this world and enjoy yourself along the way. Below is important information to note:

UNCW Police Department: (910) 962-2222

Hotel Desk: (910) 791-8082

Conference Hotline: (919) 616-1808 or (919) 604-1521

*In case of an emergency call boxes are located throughout campus- look for the lighted towers which will immediately connect you to campus police.

Questions? Comments? Find the Conference Staff in **Neon Orange** or
Volunteers in **White!**

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Conference Schedule

Friday, February 10th

<u>Time</u>	<u>Activity</u>	<u>Location</u>
1:00-5:00 PM	Check-In and Free Time	Fairfield Inn & Suites
5:00-6:30 PM	Dinner	Hawk's Nest
6:00-7:00 PM	NCARH-U (NCC, NCC-IT, NRHH Representative, Bid Team)	Masonborro Island Room
7:00-9:00 PM	Opening Ceremony	Burney Center
9:00-10:00 PM	Socials	Fisher Student Center/University Union
10:00-12:00 AM	To Infinity and Beyond	Sharky's Game Room
	Movie: Real Steel	Lumina Theater
	Shooting Stars	Hawk's Nest
11:00-1:00 AM	Hospitality Room	Fairfield Inn & Suites

Saturday, February 11th

7:00-7:45 AM	Teal Group- Continental Breakfast	Fairfield Inn & Suites
7:45-8:30 AM	Navy Group- Continental Breakfast	Fairfield Inn & Suites
8:00- 12:00 PM	NCC/NRHH Boardroom	CIS Building 1008
9:00-9:50 AM	Program Session I	Cameron Hall
10:00-10:50 AM	Program Session II	Cameron Hall
11:00-11:50 AM	Program Session III	Cameron Hall
12:00-12:45 PM	Teal Group (also including NCCs, NRHH Representatives, and State Board)- Lunch	Wagoner Hall
12:00-12:45 PM	Navy Group- Philanthropy	Seahawk Crossing Building 2
1:00-1:45 PM	Teal Group- Philanthropy	Seahawk Crossing Building 2
1:00-1:45 PM	Navy Group- Lunch	Wagoner Hall
1:00-5:00 PM	NCC/NRHH Boardroom	CIS Building 1008 and 1013
2:00-2:50 PM	Program Session IV	Cameron Hall
2:50-3:30 PM	Afternoon Snack with Speaker	Cameron Hall 105
3:40-4:30 PM	Top 8 Programs	Cameron Hall
4:30-6:15 PM	Free Time	Around Campus/Wilmington
6:30-7:00 PM	Banquet Seating	Burney Center
7:00-9:30 PM	Banquet and Closing Ceremony	Burney Center
9:30- 12:00 AM	Space Jam & Swap Shop	Burney Center
11:00-1:00 AM	Hospitality Room	Fairfield Inn & Suites

Sunday, February 12th

7:00-11:00 AM	Breakfast and Check-Out	Fairfield Inn & Suites
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From Co-Chairs



NCARH 2012 At UNCW

Hey NCARH!

Welcome to NCARH 2012: a conference that is out of this world!! The conference staff and advisors are very excited to have you here and can't wait to take leadership to new heights. Over the past year, all of our mission control has spent much of their time dedicated to the prepping, planning and implementation of what I'm sure you'll find to be a "supernova" conference. We are ecstatic to have the opportunity to bring all members of NCARH together into one galaxy where we can share ideas, gain leadership and create memories for a lifetime.

We sincerely hope that your time spent at NCARH re-energizes you as a student and as a leader. Most of all, we hope it reminds you why you love residential life and being a part of something so powerful. Now is the time to hop on board and explore the rest of the universe with your fellow Astronauts and Commanders!

The journey to find us here at NCARH 2012 has been a beautiful trip with a few meteorites along the way, but has ultimately landed us among the stars. Your space shuttle is ready for you, so it's time to strap in and start your countdown. Mission Control has worked incredibly hard to ensure this is the best conference for you and your Crews. If you see any Mission Control in those bright orange shirts, or even a volunteer, feel free to say thanks for everything they've done for you.

We would also like to thank everyone involved in NCARH 2012 especially our Department of Housing and Residence life, RHA, and the UNC Wilmington staff. Without your time and support this conference would not be what it is today!

Attention all commanders and astronauts: it's time to blast off into space with your Crews, your Mission Control and Seymour. We can't wait to see you throughout the weekend and don't forget to shoot for the stars!

Sincerely,

Jordan Winn and Caleb Lewis
NCARH 2012 Conference Co-Chairs

From SB of Directors



Keith Brannum
Director

Matt Lovelace
AD- Administration

Matt Moss
AD- Recognition

Lindsey McDaniel
Advisor

Hey NCARH,

I want to start off by saying, "Welcome to NCARH 2012!" It has been an incredible journey to this point and we now embark on the last leg of that adventure. As you get settled in, I want to take this opportunity to tell you what an "Out of This World" experience you are going to have with us this weekend.

NCARH is a fierce state because we have great student leaders like yourselves who put so much of your time and energy to enhancing the residential experience. As you set off on your conference journey, I invite you to take advantage of galaxies that are not too far away. Wilmington has been working very hard to make this conference experience a stellar one and the SBD has been proud to work with them this year.

As with all my letters, I wish to impart advice to those I work with and represent. In that spirit, I will give these words: The past has rich experiences, but you cannot always live by it. Instead, build on your experiences, a brighter and stronger future. All of you come to NCARH because you value the mission of on-campus living. Build a rocket that will take you to the farthest star. I challenge every one of you to build that ship and bring back new experiences to your institutions.

Have a great conference and blast off to adventure!

Best wishes,

Keith Brannum
NCARH Director

Conference Staff

Thank you to the entire conference staff and advisor for your hard work and dedication throughout the planning process. You have been **stellar!**



Front Row

Laura McSweeny	Food, Hospitality, & Banquet Chair
Katie Neil	Housing & Transportation Chair
Jordan Winn	Conference Co-Chair
Kenzie Hopkins	Spirit & Sustainability Chair
Emily Brantley	Programming Chair

Back Row

Jemilia Harrison	Conference Advisor
Sarah Bentil-Owusu	Entertainment & Speakers Chair
Jordan Stone	Budget, Registration, and Philanthropy
Erin McCarthy	Welcome Gifts & Volunteers Chair
Brianna Callewaert	Technology Chair
Katie Gamache	Design & Promotion Chair
Caleb Lewis	Conference Co-Chair

Advisors

Bradley Davis	Entertainment & Speakers Advisor
Kyle Fidalgo	Technology Advisor
Amy Hector	Programming Advisor
Katie Kolkmeier	Budget, Registration, and Philanthropy Advisor
Phil McDaniel	Housing & Transportation Advisor
Clifton Williams	Food, Hospitality, Banquet Advisor

Theme and Lingo

"When once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return." To be an effective leader, one must be able and willing to step outside the box to produce creative and innovative ideas; just as astronauts had to do when trying to find a way to travel to space. The conference theme, *"Leadership: It's Out of This World,"* encompasses these very ideas, and also the concept of staying grounded, by always striving to see what else can be explored beyond our atmosphere. Similarly to being on a space mission, every member of the delegations is vital for success in the exploration of leadership. Together, through our sharing of programs and knowledge, we can shoot for the moon, and apply what we have learned back here on Earth. Lao Tzu could not have said it better, than when he stated, "For the wise man looks into space and he knows there is no limited dimensions."

Delegates	Astronauts
Advisors	Commanders
Delegation	Crew
Conference Staff	Mission Control
Volunteers	Space Cadets
Program Sessions	Galaxies
Roll calls	Press Conference
Opening Ceremony	Blast Off
Programming Rooms	Shuttles
Hotel	Space Station
Food	Space Food
Dining Hall	Galley
Keynote Speakers	Shooting Star
Closing Ceremony	Touchdown

Wilmington Entertainment

Wrightsville Beach:

Located just 5 miles from campus, Wrightsville Beach is a popular place Seahawks like to spend their free time. Don't leave Wilmington without visiting the beautiful coastline we have been blessed with.

Mayfaire:

Full of wonderful shops and restaurants as well as a movie theatre, Mayfaire offers unlimited opportunities for fun and entertainment.

900 Town Center Drive Wilmington, NC 28403. (910) 256-1857

Cardinal Lanes:

A great place to challenge your fellow astronauts in a round of bowling.

3907 Shipyard Boulevard Wilmington, NC 28403-6152, (910) 799-3023

Jungle Rapids:

Jungle rapids offers lots of arcade games, laser tag and even go carts to keep everyone entertained.

5320 Oleander Drive Wilmington, NC 28403-5810. (910) 791-0666

Battleship North Carolina:

Walk the decks of the famous Battleship North Carolina and explore the history of this amazing ship.

1 Battleship Rd Wilmington, NC 28401-2577. (910)251-5797

Fort Fisher Aquarium:

Discover the amazing sea life located in our backyard and learn all about the coast of North Carolina.

900 Loggerhead Rd, Kure Beach, NC 28449. (910) 457-8257

Fairfield Inn & Suites

Address: 307 Eastwood Road Wilmington, NC

The Fairfield Inn and Suites is located just 5 minutes away from UNCW's campus and is easily accessible. The staff is very helpful and accommodating and excited to assist you during your trip to outer space!



Amenities:

The Fairfield Inn is full of wonderful amenities to make your journey amazing. Here are a few:

- Complimentary on-site parking
- Free wireless internet
- 24 hour complimentary tea and coffee in the lobby
- Indoor heated pool open until 1 am.
- 24 hour Fitness Center
- Includes: blow dryer, iron and ironing board

Hospitality Room:

The hospitality room is located in the conference room to the left of the lobby. It will be serving snacks and goodies from 10 p.m. until 1 a.m. All astronauts and commanders are encouraged to come by and grab some treats and mingle in the lobby.

Alcohol and Drugs:

Per NCARH policy, drugs and alcohol are not permitted at the conference at any time. Those caught will assume all risks associated with their actions.

Smoking Areas:

The Fairfield Inn and Suites is a smoke free facility. If you need to smoke please abide by the UNCW policy of smoking 25 feet from any door at both the hotel and around campus.

Lost Keys:

Extra keys will be available at the front desk in case a key is lost. If a key is lost, go to the front desk with a picture I.D. and you may receive a replacement free of charge.

Lost and Found:

Lost and Found will be located in the hospitality room. If an item is lost or you find a lost item please come to the hospitality room and a conference staff member will assist you.

Check out:

Check out will be located in the hospitality room on Sunday morning. Please bring all room keys to check out and turn them in to the conference staff.

Parking

All vehicles must have the hanging tag displayed at all times. For the conference, we will be using Parking Lot M located across from the intramural fields and next to the baseball field house.

Directions

To Campus from the Hotel:

1. Head southeast on Eastwood Rd. toward Racine Dr.
2. Take the 1st right on to Racine Dr.
3. Turn right onto Randall Dr.
4. Take 1st left onto Wagoner Dr.
5. Continue on Wagoner Dr.
6. Turn left onto Hurst Dr.
7. Turn left onto Hamilton Dr.
8. Take right onto Riegel Rd.
9. Turn left and park in Lot M across from the Baseball and Intramural Fields

Fairfield Inn & Suites

To the Hotel from Campus :

1. Take a right out of Lot M onto Riegel Rd.
2. Take left onto Hamilton Dr.
3. Turn right onto Hurst Dr.
4. Take right onto Wagoner Dr.
5. Turn right Randall Dr.
6. Take left on Racine Dr.
7. Continue until stoplight at Eastwood and Racine.
8. Take a left at the stoplight on Eastwood
9. Turn right into the Fairfield Inn and Suites

Parking Lot M

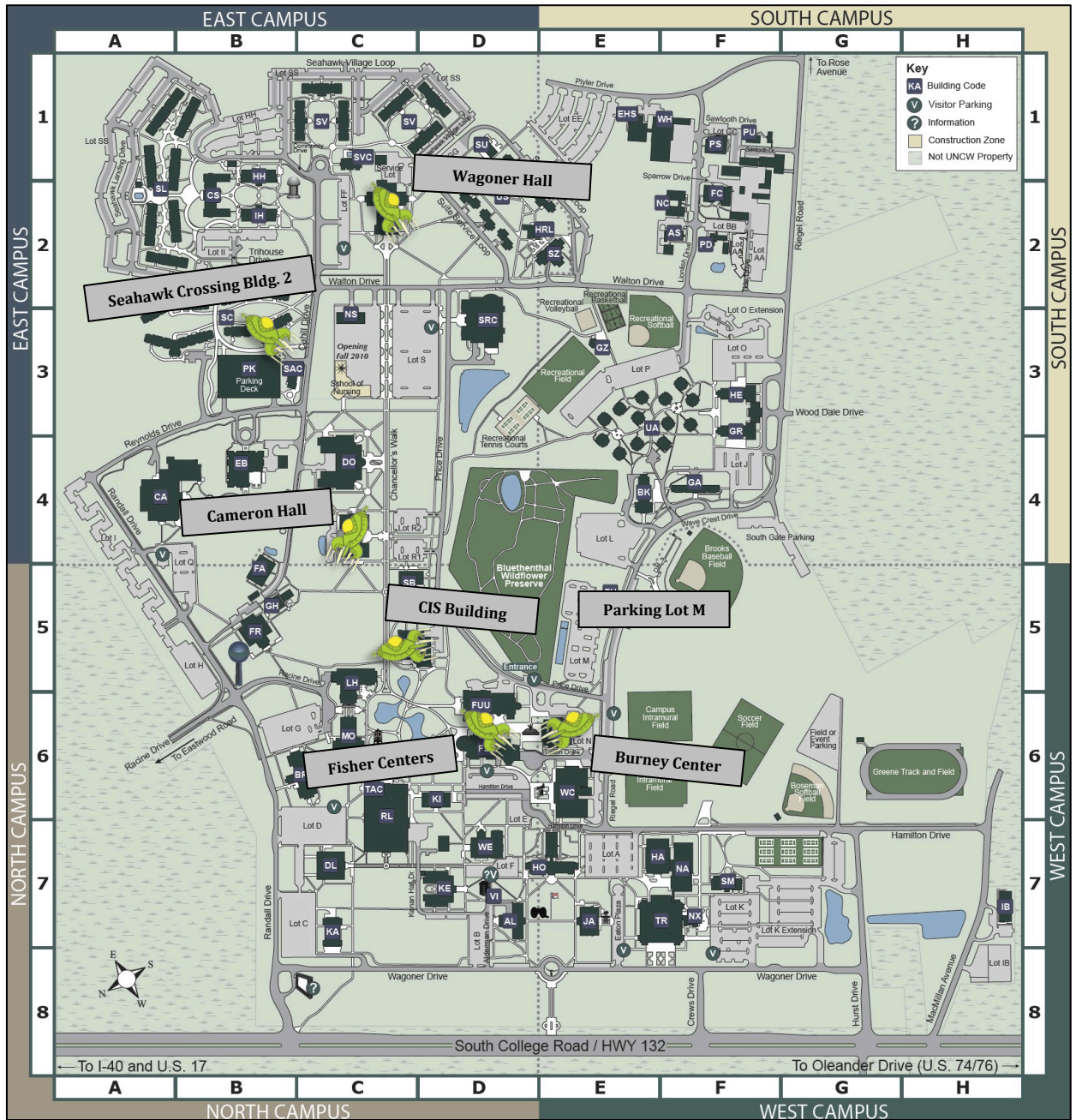
Sponsorships

We would like to thank our sponsors for their contribution to the NCARH 2012 Conference. Without their assistant, we not have made this conference a success! A huge thank you from our conference staff!

Housing & Residence Life

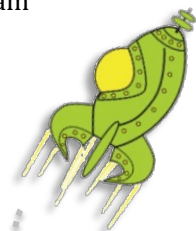


Campus Map



Legend

- | | |
|------------------|--|
| Burney Center | Opening Ceremony, Closing Banquet, & Space Jam |
| Cameron Hall | Programming Spaces |
| CIS Building | NCC/NRHH Boardroom |
| Fisher Centers | Friday Night Dinner & Entertainment |
| Seahawk Crossing | On-Site Philanthropy |
| Wagoner Hall | Saturday Lunch |



Dining

Friday, February 10

Dinner: astronauts & commanders are given a choice between dining at Subway or Hawks Nest. Hawks Nest has a variety of choices including Mexican, pizza, Quiznos, local organic foods, Chic-Fil-A, burgers, salads and specialty shakes.

Saturday, February 11

Breakfast: on Saturday and Sunday breakfast will be located at the hotel, the Fairfield Inn and Suites. Once on campus, Dunkin Donuts can provide you with a sugary rush to give you an extra boost at the start of the day. Look in your welcome gift for a free coupon to Dunkin Donuts!

Lunch: astronauts & commanders will be dining at Wagoner Hall, an all-you-can eat buffet featuring home-style meals, grilled sandwiches, a sandwich bar, a large array of fruits and vegetables and even a breakfast bar.

Snack Time: astronauts & commanders will enjoy Cheerwine and Panera snacks while listening to a real life astronaut speak from NASA.

Banquet: astronauts & commanders will dine on Marinated Grilled chicken with a side salad, two side dishes and warm rolls. For vegetarians we are serving Manicotti Florentine, also served with a side salad, two side dishes and warm rolls. For dessert, crews may choose from a selection of three scrumptious desserts.

Sustainability

In order to keep Mother Earth clean and beautiful, the NCARH 2012 conference is completely committed to promoting sustainability and environmental consciousness. Here are some of the ways that we have gone green:

- Because smart phones and computers are so popular these days, online conference booklets were made available in order to use less paper!
- To produce less waste, astronauts have been given water bottles and will be encouraged to use them throughout the conference! (These are great at meals!)
- Recycling is another important step in keeping our planet healthy, and to promote this, recycling bins have been clearly labeled and conveniently placed at each location of the conference. Having trouble finding a recycling bin? Ask a volunteer or follow the signs that have been placed throughout the buildings!
- Just like the Most Spirited Delegate and Delegation, a new aspect of NCARH 2012 conference will be the voting for "Most Sustainable Delegation!" This will include the participation of all crews, as they will vote for the winner! Astronauts will be asked to observe others, and take note of crews that exhibits sustainable actions, such as using their water bottles, recycling, or "going green" in any other way. The winner of this category will be given an award after we touch back down to Earth for the banquet! Voting is located in Cameron 214..

What is NCARH?

Mission Statement

The North Carolina Association of Residence Halls serves to create a link among the residence hall communities and leadership through the state of North Carolina through communication, recognition, personal development, professional development, and representation.

Established

1988

Past NCARH Conferences

UNC-Wilmington (2012, 2003, 1998, 1991)

UNC-Chapel Hill (2011, 1999)

East Carolina University (2010, 1993)

NC State University (2009, 1997)

Appalachian State University (2008, 2001, 1994, 1981)

Western Carolina University (2007, 2000)

North Carolina A & T (2006)

Gardner Webb University (2005)

UNC-Greensboro (2004)

UNC-Charlotte (2002, 1996, 1990)

Wake Forest University (1995, 1988)

Elon University (1992)

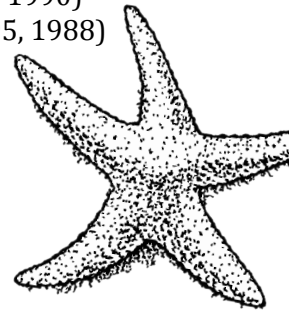
State Board of Directors

Director: Keith Brannum, UNC-Asheville

Associate Director of Administration: Matt Lovelace, East Carolina University

Associate Director of Recognition: Matt Moss, UNC-Greensboro

Advisor: Lindsey McDaniel, UNC-Wilmington



Philanthropy

We are all bound together by one common fact: we all live on this earth. The goal for the conference philanthropy is to create awareness and respect for the world around us. Leadership is out of this world, but in order to reach the great heights that leadership can take us, we must first have a grounded sense of what issues are prevalent in our surroundings. The 2012 NCARH philanthropy aims to build unity by working with the North Carolina Coastal Federation, an organization that deals with the preservation and productivity of the coastline. The North Carolina Coastal Federation mission statement is: "To provide citizens and groups with the assistance they need to take an active role in the stewardship of North Carolina's coastal water quality and natural resources." The organization is non-profit and consists of eighteen staff members and over 1,200 volunteers. Their purpose is to maintain the quality and the beauty of the North Carolina coast.

During the onsite philanthropy, astronauts will be further educated about ways they can protect our coast. A staff member from the North Carolina Coastal Federation will speak to astronauts and commanders. Attendees will also have the opportunity to make cards for the NCCF volunteers to thank them for keeping our beaches beautiful.

The website of the North Carolina Coastal Federation is: <http://www.ncccoast.org/>

Cheering

Leave some stardust as you travel throughout the solar system by cheering loud and proud for your crew! We ask that you be respectful in your cheering, and to not treat the other crews as aliens. Also, remember that cheer zones are everywhere but the Space Station (hotel) and the galleys (dining halls), in respect for other guests and students that may be occupying these areas. Mission control may deduct points if these guidelines are not followed!

Sammy Babies

Puzzles of Wilmington's favorite mascot, Sammy C. Hawk, have been scattered throughout campus and can be collected for spirit points! Each piece is worth 5 points, and can be turned in at the Cameron Hall lobby on Saturday until 5:00pm. If your crew finishes the puzzle, you can receive 10 extra spirit points!

Home Planets and Flags

Don't forget to stop by Cameron Hall 231 on Saturday to see all of the stellar banners and displays from other crews! Both may be picked up by the NCCs at 4:00pm on Saturday. Any banners and displays that are not picked up will be taken to Closing Ceremonies and then later disposed of.

Voting

There will be a twist on the judging for spirit awards for NCARH 2012, as we want YOU to vote. Yes, you! Outer space is expansive, and it's very likely that the Mission Control will miss something. We are asking each astronaut to vote for whom they think is the Most Spirited Delegation, and which crews have the best Home Planets and Flags. The only rules are that you cannot vote for yourself and each astronaut cannot vote more than once. We want to encourage the astronauts and crews to not only think big and come up with some stellar ideas, but also to gain more friends from across the universe! Voting will be located in Cameron Hall 231, and there will be someone monitoring the process to make sure no crew has an unfair advantage.

Tweet us!

Don't forget to follow [@NCARH2012](#) on Twitter! For every time you tweet us and let us know what school you're from, your crew will receive 3 spirit points!



Ever wonder how many spirit points you have?

Spirit standings will be posted throughout the day on Facebook and Twitter to keep astronauts updated with how their crew is doing! Postings will stop at 5 PM on Saturday, however, in order to keep the winner a surprise!

Transportation

Late night pick up will be available Friday and Saturday from 10 PM-12 AM. The trolley will make continuous loops from campus to the hotel. Pick up for the trolley is located outside the Fisher University Union at the loop.

Transportation will be provided for NCCs, NCC-ITs, NRHH Reps, & SBD on Saturday morning to transport them to boardroom.

Golf Carts will be available throughout the conference for those who may need assistance around campus due to a physical disability. Contact the Conference Staff if needs arise.

Friday Entertainment

➤ **Socials** (Various Location)

Advisor (Bald Head Island Room 1023)

To all the advisors and to all the fantastic work that you do, this is the galactic spot for you. Come ready to share stories and experiences of how tough or easy being an advisor can be as well as advice or encouragement to your other fellow advisors from different campuses. This is a chance to become familiar with one another and to relax as well.

First Time Delegate (Wrightsville Beach Room 2017)

Raise your hands...Now how many of you are attending a conference...See? Everyone! Some of you may have already attended numerous conferences but for those attending their first conference... EXCITEMENT! I'm sure there are lot of things going on that you might not understand or you're just pumped to be here, well come share your enthusiasm and get to know some future companions as well!

National Communications Coordinator (Saffo Room 2009)

So I'm sure most of you have attended a conference...right? Well if you are currently an NCC or have been an NCC in the past or are even interested in becoming an NCC, you must be familiar with conferences. But that is not all there is to becoming a National Communications Coordinator. If you would love to know more about what it takes to become an NCC or even share some experience stories or obstacles that have arisen throughout your position, then jump in line and take off!

NCARH Alliance (Sunset Beach Room 1025)

Part of the LGBTQIA group on your campus or any other similar organizations? Then come participate in this social to spread awareness about sexual and gender minorities as well as ways to prevent bullying, cyber bullying, and hate crimes that might exist on campuses. A special guest from the LGBTQIA office from UNCW will be attending to contribute differing views to the discussion. It is sure to have a celestial impact!

Residence Hall Organization (Masonboro Island Room 2011)

Regardless of what your organization is named, if you are part of or have been to programs created by the main residence hall group on your campus, then feel free to attend this social. The Residence Hall Association from UNCW campus will be in attendance to help share past ideas of successful programs as well as to encourage some discussion about great programming!

➤ **The Final Countdown** (Lumina Theater)

A special blockbuster movie, Real Steel, will be playing in Lumina Theater and will have limited availability so make sure to get tickets early if you would like to catch the showing!

➤ **To Infinity And Beyond** (Sharky's Game Room)

There will be an assortment of electronic games such as Wii, Xbox, and Dance Dance revolution. Also various board games will be present as well as pool and air hockey.

➤ **Shooting Stars** (Hawk's Nest)

If you would prefer sitting back and listening to some sweet tunes, a band will be present to perform some of their amazing songs as well as a few other UNCW musical groups

Saturday Entertainment

➤ **Space Jam** (Burney Center)

The dance party is going to be fantastic with great music and an even greater atmosphere. So come out and bring your dancing shoes because it's going to get astronomical. There will also be a swap shop taking place during the dance so make sure to swap until you drop! There is no required clothing but please keep it classy and casual. It is most likely going to be a black light party so feel free to come attired in a white tee or anything white.

➤ **Swap Shop** (Burney Center Lobby)

As always, the famous "Swap Shop" will be going on throughout the dance for everyone to exchange cool gear from their schools.

Sneakers



Opening Ceremony: Elaine Penn

Elaine is a nationally recognized speaker, trainer and performer who has inspired countless people with her dynamic and motivating keynotes. She has also held numerous university positions, including director of special projects, chief fundraiser and executive producer of five award-winning television documentaries, director of campus recreation and assistant volleyball coach.

Elaine received her bachelor's degree from Greensboro College and her master's degree from the University of North Carolina at Wilmington. While at Greensboro, she received numerous athletic honors. In recognition of her achievements in basketball, her jersey was retired. She was inducted into the Greensboro College Sports Hall of Fame in 1996. Her highly interactive style and use of music enables her to reach people in profound ways. Those who experience Elaine's keynotes leave feeling motivated, informed and inspired.

Closing Ceremony: Vice Chancellor Pat Leonard

Patricia L. Leonard has served as vice chancellor for student affairs at the University of North Carolina Wilmington since January, 1996. Prior to this appointment, Ms. Leonard served as dean of students at UNCW for eight years and associate dean for four years. She has been an integral part of managing and planning for the dramatic growth and success experienced by UNCW. Prior to UNCW, she worked at UNC Charlotte and Miami University in Ohio.



Ms. Leonard received an honorary doctorate from College Misericordia in 1993. She earned her master's in College Student Personnel Administration from Michigan State University, and her bachelor's in Social Work and Secondary Education from College Misericordia. She completed the Institute for Educational Management at the Harvard Institute for Higher Education in 1999 and previously attended the Summer Institute for Women in Higher Education at Bryn Mawr College in Pennsylvania.

Programming Galaxies

Leadership Galaxy

Prepare for Take-Off -The Leadership Galaxy is all about making you a better leader, whether it is helping you prepare for takeoff or giving you the tools you need to fix any glitches you may encounter along the way. Programs include everything from developing personal leadership and communication skills to dealing with conflict, running effective and organized programs and meetings, and building strong teams.

Social Galaxy

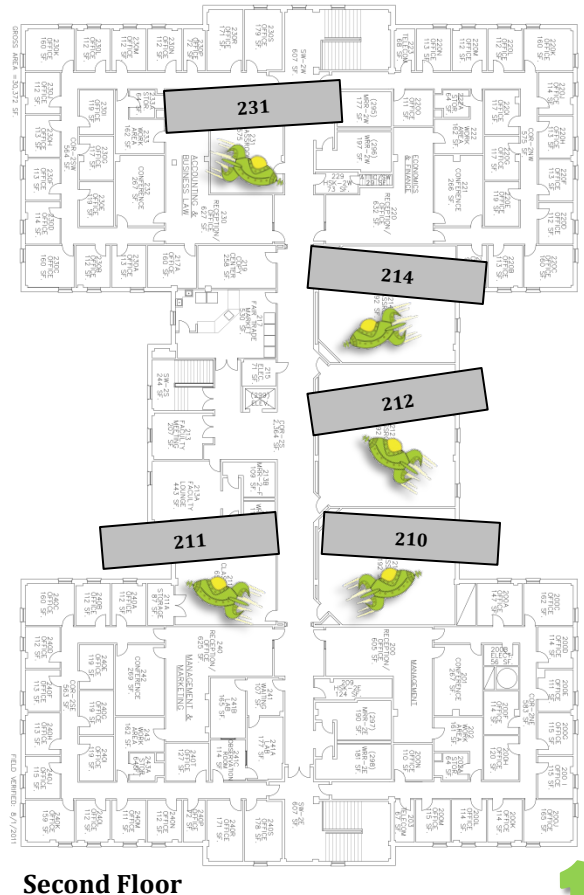
Stellar Socials – Take a trip to the Social Galaxy to learn the secrets behind creating stellarly supernova social programs. From ice breakers to ice cream socials, energizers to stress-busters, the inhabitants of this galaxy are eager to bop your social straight to the top.

Community Galaxy

Cosmic Communities – All the cosmic dust comes together when you create strong communities. The Community Galaxy is full of information relating to involvement, inclusivity, service, spirit, publicity, prizes, and even sustainability.

Diversity Galaxy

Universal Ventures – Sometimes we encounter things in our lives that may seem rather alien. The Diversity Galaxy is here to offer programs that will help you to appreciate and embrace yourself and others, no matter how different from you they may be. This galaxy covers all topics relating to diversity, like sexuality, stereotypes, religion, race, and multiculturalism.



Session 1 Leadership Galaxy: 9-9:50 AM

Rocket Science

Whittney Williams, UNC-G

Shuttle 101

The goal of this mission is to prepare a rocket for blastoff. Each engineer will face an obstacle preventing him or her from completing the task, but liftoff **MUST** occur once the countdown has reached zero!!!

Zooming through Space with Zumba!

Becca Irvine & Janelle Lane, High Point

Shuttle 110

Have you ever wanted to moonwalk like the astronauts? A Zumbathon program will help you do just that, plus give you healthy tips for your journey into space! This out-of-this-world program will have you dancing like no one is watching in a meteor (judgment)-free zone. So, leave your stress at the door and zoom into the party! Forget the workout and just ZUMBA!

Hurdles, Obstacles, & Blindfolds

Ping Lee, UNC-W

Shuttle 111

As a leader, giving directions is an important part of making sure what needs to be done is done promptly and correctly. Think that you can give directions? Come test your direction-giving skills and see how good you really are!

True Colors

AnnaMaria Gallozzi & Kaylee Wheeler, ECU

Shuttle 123

Come learn what color best represents your leadership style and how your style can affect how you work with others.

Making Meaning in the Universe

Kurt Saenger-Heyl, NC State

Shuttle 132

When you put meaningful and program together, something special happens. Residents find something spectacular, stupendous, and delightful! Join the discussion behind the meaning of programs.

Zero Gravity, Zero Stress

Jordan Lohn, NC State

Shuttle 210

Foods, freaky fun exercises, colors and the release of all the stress in your life! Well...maybe not all, but we can make a dent and teach you how to help those around you.

Twisted Survivor

Kaitly Hemric, UNC-G

Shuttle 211

If all you had was paper, tape and a few friends to make a shelter, could you survive? What if you had to be silent? Come test your instinct and intellect to see if you can beat "Twisted Survivor!"

You're Out of this World Beautiful!

Adrienne Strain, UNC-W

Shuttle 214

Empower yourself! This program leads participants to reflect on the understanding and importance of self-confidence, and how relationships with others play into one's self-confidence. We'll discuss personal values and how surrounding yourself with others who share such values makes you feel "Out of this World Beautiful!" You will walk away from this program empowered and ready to empower others.

Session 2 Community Service Galaxy: 10-10:50 AM

Saving the EnvironMints

Shreye Saxena, NC State

Shuttle 101

Have you ever wondered why there are hunting seasons or times in the year when people can't fish? Have you ever wanted armfuls of candy? Conservation is clearly an important part of our daily lives, but have you ever considered why it is necessary that we as individuals should restrain our resource use? Come and learn about the background behind the sustainability movement and how you can make a difference!

Free Hugs!

Sam Spalding, UNC-CH

Shuttle 110

Have you ever felt like there was no one there for you while trying to cram for a test? Do you know someone that struggled to fit in on campus? If so, come and learn about the power of hugs. Inspired by Juan Mann's global Free Hugs Campaign, our goal is to educate delegates about the significance a simple hug can have towards promoting a more compassionate and stress-free campus community. By the time our program is over, you will be fully equipped to start your own Free Hugs campaign at your respective college or university.

Box of Standards

Kelsey Jones & Ann Schafer, ECU

Shuttle 111

Box of Standards is a program that will advocate the importance of being aware of your standards for a potential relationship partner. This program will help promote the significance of healthy relationships and smart dating, which is especially important on college campuses. Box of Standards is a fun way to talk about a sensitive subject and get residents thinking about an important issue.

The S.T.A.A.R Program

Adrienne Hahn, UNC-W

Shuttle 123

This S.T.A.A.R program can be used to educate residents how to protect themselves in the unknown GALAXIES of relationships, female and male DELEGATES alike. The S.T.A.A.R (Sex, Trust, and Affirmative Responses) program can be adapted by the DELEGATES to educate their home campuses on what the law constitutes as consent. Want to protect the CELESTIAL BODIES on your home planet? Come find out how to protect yourself and the STARS on your campus.

Hunt for Hope

Austin Hinton, UNC-W

Shuttle 132

Want to learn more about human trafficking and raise awareness about it? Want to hunt for Easter eggs while learning about human trafficking and raising awareness about it? Then come out to this program which does just this! Prizes will be given to those who find the golden egg and there will be plenty of candy to go around.

War of the Penny

Angel Jackson & Cassey Miller, Meredith

Shuttle 210

Do your residents carry around spare change? Come to this program to learn how to show your residents to make those pennies count for others. You will leave knowing how to help your residents lend a hand by having a friendly battle amongst your hall, building, or campus and raising some change for those in need.

Leave a Handprint

Rebecca Gordon & Stephanie Watkins-Cruz, UNC-A

Shuttle 211

This fun-filled program will be geared toward inspiring students to find their individual gifts and put them into action! Through some deep discussion about who we are as individuals and who we are in respect to the community at large, we will look at great ways to give back, or "leave a handprint," through the wonderful and exciting world of service learning.

Fashionable Trashables

Allie Veals, ASU

Shuttle 214

Let's make beauty out of trash. Taking everyday items and making useful, decorative, fashionable things for yourself and others. Reducing everyday waste and increasing your wardrobe.

Session 3 Diversity Galaxy: 11-11:50 AM

Intergalactic Music & Dance

Ayla Kitting, ASU

Shuttle 101

From Bollywood to Hollywood, learn about music and dance from around the globe! In this session, we'll BREAK IT DOWN while we embrace traditional music from almost every continent! So grab your dancing shoes and get ready to the TIME WARP!

The Privilege Moon Walk

Devan Lalas, WCU

Shuttle 110

Are you brave enough to walk the Privilege MOON Walk? Do you REALLY know how one's race, gender, sexual orientation, ability, socio-economic status, and religion contribute to the privileges and disadvantages s/he encounters growing up in this society? If so, join us for this mind-exercising Privilege MOON Walk experience, and get a feel for walking in someone else's shoes.

Beads of Privilege

Daniel Hill, NC State

Shuttle 111

The goal of this program is to show the participants that the grass isn't always greener. It's also to show them that they might be better off than they think. In the end, this program will point out that as they look at their creations, they are looking at themselves.

Sex and Relationships: All Wrapped Up!

Taylor Bailey, ASU

Shuttle 123

Sex and Relationships: All Wrapped Up! Has there ever been a question about sex you always wanted to know or maybe wanted to learn about? Has there ever been a question you wanted to ask the opposite sex or maybe someone from the LGBT community? This is your chance.

Are You Handicap-able?

Wes White, UNC-W

Shuttle 132

Have you ever thought of how much more challenging your life would be if sometimes even the easiest tasks were a struggle due to a disability? Come and experience for yourself, on a smaller scale, how some of your peers make it through day to day, and gain a better appreciation for those who may not have the bodily advantages that you obtain.

You Are Perfect to Me

Cecelia Courville, UNC-W

Shuttle 210

"Baby you were born this way!" Ever feel like you were different from everyone else? Come join us in discussing the differences of all the people who make up our school and community, and how to promote the acceptance of everything from choice of dress to religion to sexual orientation. Great food, great discussions and crafts ideas you can take back to your communities to show we can make a difference!

Who's on Your Spaceship?

Ryan Ridenour & Anna DuPont, UNC-A

Shuttle 211

An exciting parallel to the age old game, "If you were on a deserted island, what/who would you have with you..." this program will ask participants to put some deep thought into who they would bring with them on their spaceship. Through an intense examination of diversity, participants will hopefully take away a new way of viewing each individual and harnessing that ability to effectively address certain issues.

Real Man/Strongest Man

Teddy Walsh, UNC-W

Shuttle 214

Sure, you're a man... but are you that man? Probably not. At least not according to popular media, where images of hyper-masculinity, overt-sexually, and rigid gender roles leave little room for the ordinary guy. But who taught you to be an ordinary guy? Probably the strongest man you know. Join the discussion on men and masculinity and discover the man you want to be.

Session 4 Social Galaxy: 2-2:50 PM

Are you street smart?

Jon Hazeley, UNC-C

Shuttle 101

People should visit our planet to learn about proper party etiquette. Find out if you're street smart!

Regression Night

Kelsey Jones & Sarah Vogan, ECU

Shuttle 110

Regression Night is an opportunity to take a break from the stress and drama of being an adult and a college student. At this program residents will have the opportunity to revert back to their childhood for a few hours and participate in childhood activities like playing Candyland, coloring pictures, and eating Scooby Snacks! This event is opportunity for residents to socialize with each other in an environment where you're free to be silly!

Apples to Apples, and Apples too

Andrew Jobe, UNC-W

Shuttle 111

Love playing the awesome amazing game of Apples to Apples? If so, this is the social program for you! We are not only playing the most fantastic game in the world, but we are also having a caramel apple gathering with toppings out of this world! Also we will have some fantastic healthy eating tips and decisions as well.

Harry Potter World

Katherine Freeman, NC State

Shuttle 123

Enter a world of witchcraft and wizardry by enjoying a fun-filled day of Harry Potter events such as watching a Quidditch tournament, enjoying an O'Hallowseve banquet and carnival events, and watching a performance from the drama department and Wolfgang A Cappella! All about having fun and relaxing while enjoying pop culture.

One Red Paper Clip

Wesley Hartsell, UNC-W

Shuttle 132

What's not so important to one person may prove to be treasure to the person beside them. Learn how to bring the One Red Paper Clip phenomena to your residential area!

Puns, Prizes, & Pizza: Bingo's Not Just for Grandma Anymore

Madison Smith & Allison Hren, Elon

Shuttle 210

In this program, astronauts will discover the world of survival bingo, the late night food and fun-filled activity that will get people out of their residence halls and into an exciting activity. We will go over the tips and tricks to making late night bingo a staple at every university!

Be Mine, Valentine

Mike Daly & Kaity Hemric, UNC-G

Shuttle 211

This program is all about love for yourself! We will be taking time to look into our own personal selves in order to celebrate the season of love through reflection and arts & crafts times!

Pot Party

Carrie Caudle, UNC-W

Shuttle 214

Pot Party... We'll bring the brownies! Come show off your creative talents by painting pots while learning about the myths and facts of marijuana.

Notes:

Notes:

Crew Information

Appalachian State University

Allie Veals	Residential Hall Organization Member
Alexa Triantis	Veteran (2+ years), NRHH Representative
Brittney Stone	Residential Hall Organization Member
Ayla Kitting	First Time Delegate
Deborah Gainey	NRHH Member, Residential Hall Organization Member
Anna McNamara	Residential Hall Organization Member
Matt Beauchamp	Residential Hall Organization Member
Jesse Wilson	Residential Hall Organization Member
Seth Revetta	Residential Hall Organization Member, First Time Delegate
Ashby Gale	NRHH Member, First Time Delegate
Nathan Bailey	First Time Delegate
Taylor Bailey	NRHH Member, First Time Delegate
Austin Harbison	Residential Hall Organization Member
Matt Wilson	NCC, Veteran (2+ years), NRHH Member
Shannon Jordan	Advisor
Megan Van Lew	Advisor

East Carolina University

Ann Schafer	Veteran (2+ years)
Sarah Moran	Veteran (2+ years)
Hannah Moehrke	NRHH Representative
Jacquelyn Lockard	First Time Delegate
Kaylee Marie Wheeler	First Time Delegate
AnnaMaria Gallozzi	Veteran (2+ years)
Margret Pendergrass	First Time Delegate
Jorge Almonte-Florimon	
Taylor Brown	First Time Delegate
Kelsey Jones	Veteran (2+ years)
Sarah Vogan	Veteran (2+ years)
Edward Dane Everhart	First Time Delegate
Chirstian Lugo	First Time Delegate
Ryan Rutherford	NCC, Veteran (2+ years)
Veronica Rodriguez Rivera	Advisor
Mandy Messerli	Advisor
Matthew Lovelace	NCARH State Board
Beth Breidigam	SAACURH Representative

Elon University

Christin Aswad	Residential Hall Organization Member, First Time Delegate
Kate Schefer	Residential Hall Organization Member, Resident Assistant
Hannah Allen	Residential Hall Organization Member, First Time Delegate
Mary Rouse	Residential Hall Organization Member
Madison Smith	Residential Hall Organization Member
Kasey Llorente	Residential Hall Organization Member, First Time Delegate
Allison Hren	Residential Hall Organization Member
Kirsten Haugsted	NCC, Residential Hall Organization Member, Resident Assistant
Alexander Mackintosh	First Time Delegate
Anna Kuertz	
Tyler Oberle	Residential Hall Organization Member
Andrew Fischer	NRHH Representative, Residential Hall Organization Member, Resident Assistant
Alex Caruso	Residential Hall Organization Member
Tyler Hunter Hagenbach	Residential Hall Organization Member, First Time Delegate
Scott Hendershot	Advisor

High Point University

Becca Irvine	First Time Delegate
Jenelle Lane	First Time Delegate
Patricia Bradford	First Time Delegate
Ashley Chosholm	First Time Delegate
Rachel Ayers	First Time Delegate
Yvonne Nguyen	First Time Delegate
Kellianne Davis	NCC, Residential Hall Organization Member, Resident Assistant
William Bloxom	First Time Delegate
Richard Roman Jr	First Time Delegate
Sydney Malley	Advisor
Joe Slocum	Advisor

Crew Information

Meredith College

Rachel Atkinson	Resident Assistant
Elizabeth Ostermann	Residential Hall Organization Member
Francesca Bugler	Residential Hall Organization Member
Kendra Carlton	First Time Delegate, Resident Assistant
Cassey Miller	First Time Delegate, Resident Assistant
Angel Jackson	Resident Assistant
Lauren Johnson	Veteran (2+ years), Residential Hall Organization Member
Megan Wheeler	Veteran (2+ years), Residential Hall Organization Member
Christine Prosser	NCC-IT, First Time Delegate
Crystal Rodriguez	Residential Hall Organization Member, First Time Delegate
Staci Fulp	Residential Hall Organization Member
Maitlyn Healy	Residential Hall Organization Member
Taylor Metcalf	NCC, Veteran (2+ years), Residential Hall Organization Member, Resident Assistant
Lauren Cooper	Advisor

NC State University

Blair Gaskill	First Time Delegate
Alexander Anastasi	First Time Delegate
Katherine Freeman	First Time Delegate, Resident Assistant
Kendre Davis	Residential Hall Organization Member, First Time Delegate
Lindsay Ann Skully	NCC, Veteran (2+ years)
Daniel Hill	Residential Hall Organization Member
Jordan Lohn	NCC-IT, First Time Delegate
Aaron Sugar	Residential Hall Organization Member, First Time Delegate
Shreye Saxena	Residential Hall Organization Member, First Time Delegate
David Meyer	Residential Hall Organization Member, First Time Delegate
Kurt Saenger-Heyl	Residential Hall Organization Member, First Time Delegate
Christopher Watts	NRHH Representative, Veteran (2+ years)
Woody Joseph	Advisor

UNC-Asheville

Thomas Schule	First Time Delegate
Stephanie Watkins-Cruz	Residential Hall Organization Member, First Time Delegate
Hannah Criwell	First Time Delegate
Anna DuPont	First Time Delegate
Rebecca Gordon	NCC, Veteran (2+ years), Residential Hall Organization Member, First Time Delegate
Ann Capehart	Residential Hall Organization Member
Ryan Ridenour	Veteran (2+ years), Residential Hall Organization Member
Christopher Kugler	
Keith Brannum	NCARH State Board
Stephanie Caroline Mendoza	Resident Assistant

UNC-Chapel Hill

Laida Alarcon	First Time Delegate
Kinsey Richardson	Residential Hall Organization Member
Olutoyosi Oyelowo	First Time Delegate
Alisha Gardner	Veteran (2+ years), NRHH Member, Residential Hall Organization Member
Andrea Pino	Residential Hall Organization Member, First Time Delegate
Natalie Cooper	Veteran (2+ years), NRHH Representative, NRHH Member, Resident Assistant
Heather Robertson	NCC, NRHH Member, Residential Hall Organization Member
Andrew Willard	First Time Delegate
Nitin Goel	Residential Hall Organization Member, First Time Delegate
Samuel Preston Spalding	First Time Delegate
Myeshia Bryant	NRHH Member, Veteran Delegate
Michael Cherry	Advisor
Aliana Harrison	Advisor

Crew Information

UNC-Charlotte

Novia Stevenson
Erica Landaverde
Katie Weaver
Sydney Moorehead
Mandonna Amirehsani
Olivia McSwain
Ushvani Vika Jagdeo
Angela Fatana Alimi
Aaron Rollinson
Jonathan Hazeley
Michael Madrey
Patrick Preudhomme
Sean Cary
SHANNA-KAY MCKENZIE
Andrew Pasch
Omar Crenshaw

NRHH Member, First Time Delegate, Resident Assistant
Resident Assistant
NRHH Member, First Time Delegate, Resident Assistant
NRHH Member, First Time Delegate, Resident Assistant
NRHH Member
NRHH Member, Resident Assistant
NRHH Member, Resident Assistant
First Time Delegate
NRHH Member

Veteran (2+ years), Resident Assistant
Veteran (2+ years), NRHH Representative, NRHH Member
NCC, Veteran (2+ years), NRHH Member, NCC-IT
Advisor
Advisor
Advisor

UNC-Greensboro

Whittney Williams
Briana Paige Kitchel
Ellory Christine Branan
Kaity Grace Hemric
Annie Grace Childress
Karis Riddle
Nathaniel Hensley
Brandon Alston McCathern
Michael Maxfield Daly
Jumaane Prince Askew
Anna L. Patton
Bianca S. Faison
Matthew Moss

Residential Hall Organization Member
NRHH Member, Residential Hall Organization Member, NRHH Member, Resident Assistant
Residential Hall Organization Member, First Time Delegate
Residential Hall Organization Member, First Time Delegate
Residential Hall Organization Member, First Time Delegate
NCC, NRHH Member, Residential Hall Organization Member, NRHH Member
NCC-IT, Residential Hall Organization Member
NRHH Member, Residential Hall Organization Member, NRHH Member
Residential Hall Organization Member, First Time Delegate
Residential Hall Organization Member
Advisor

NCARH State Board

UNC-Wilmington

Austin Hinton
Wesley Hartsell
Caroline Caudle
Kristin Pownall
Cecelia Courville
Clair White
Adrienne Hahn
Taylor Abrams
Sara Sonderman
Ping-Heng Lee
Andrew Jobe
Edward Walsh
Gregory Cottingham
Weston White
Adrienne Strain
Lindsey McDaniel

Residential Hall Organization Member, First Time Delegate
Resident Assistant
First Time Delegate, Resident Assistant
Residential Hall Organization Member, First Time Delegate
Residential Hall Organization Member, NRHH Member
First Time Delegate
First Time Delegate, Resident Assistant
Residential Hall Organization Member, First Time Delegate
NCC, Veteran (2+ years), Residential Hall Organization Member, NRHH Member
Residential Hall Organization Member, First Time Delegate
First Time Delegate
First Time Delegate
NRHH Representative, NRHH Member, Resident Assistant
Residential Hall Organization Member, First Time Delegate
Advisor
NCARH State Board

Wake Forest University

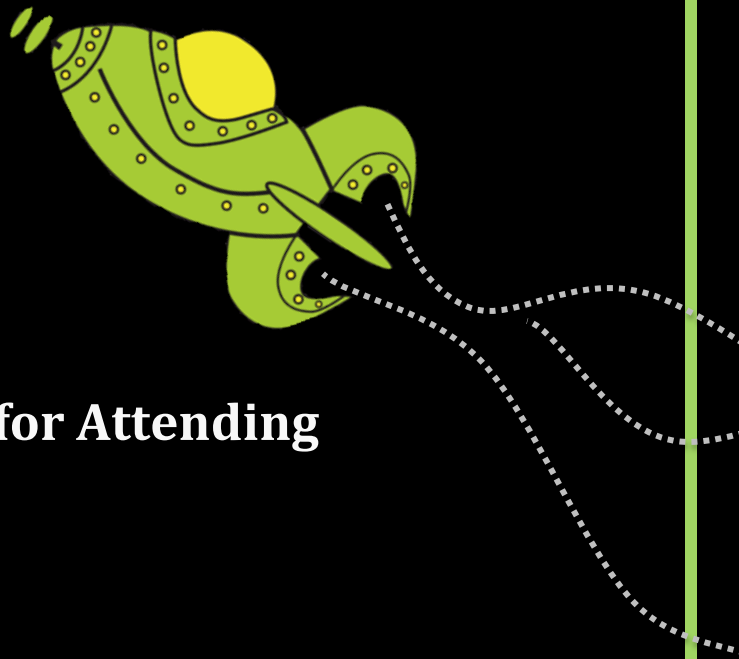
Christine Kwak
Alex Spancake
Tyler Gaetano
Jayson Miller
Thomas Frederick Kern III
James Robert Pearson
Cherise James
Bradley Baker

First Time Delegate
First Time Delegate
Veteran (2+ years)
Veteran (2+ years)
NCC, Residential Hall Organization Member
Advisor
Residential Hall Organization Member

Western Carolina University

Nicole West
Ashley Yewcic
Emma Sigmon
Kelsey Milam
Kimberly Smiley
Alicia Dixon
Devan Lalas
Jennifer Wilson
Brian Mossing

First Time Delegate
Veteran (2+ years), NRHH Representative, NRHH Member
Residential Hall Organization Member
Residential Hall Organization Member, First Time Delegate
Residential Hall Organization Member, First Time Delegate
Veteran (2+ years), NRHH Member, Residential Hall Organization Member
Veteran (2+ years), NRHH Member, Residential Hall Organization Member
Advisor
Advisor



Thank you for Attending