

# STUDENT AFFAIRS

## 2022-2023

A YEAR IN REVIEW



**KING'S COLLEGE**

TRANSFORMATION. COMMUNITY. HOLY CROSS.

# GREETINGS FROM THE DIVISION OF STUDENT AFFAIRS

The Division of Student Affairs, inspired by our Catholic and Holy Cross mission and identity, is dedicated to evaluating the ways in which we educate, challenge, support, and celebrate our students. This past academic year focused on action and renewal. Efforts across the entire division have been dedicated to offering high-quality support services and vibrant student engagement experiences. In so doing, we have taken the time to review roles and responsibilities. We examined ways to update and modernize our offices, services, and functions. We have reflected upon the use of human and fiscal resources. As a result, we have revised our mission, created learning domains and outcomes, outlined assessment plans, and made programmatic changes.

Some of the most significant accomplishments included:

- Regular professional and staff development meetings for the entire division (twice an academic year)
- Reflective and collaborative discussions about Student Affairs work resulting in a revised mission statement and the creation of student learning domains and learning outcomes
- Implementation of divisional action groups with the intention of improving communications (internal and external), retention, celebrating and supporting our students, and the student engagement experience
- Development of a shared programming calendar for the division, including Campus Ministry partners
- Collaborative conversations with faculty and staff across campus to revise the student absence policy, move up and consolidate Summer Orientation to the end of June, improve wellness offerings, and collaborate on educational programming
- Strategic examination of facilities most impacting students with the intention of prioritizing the renewal of the most visible and used spaces impacting the student experience including:
  - Planning and completion of the first floor Campus Center renewal project
  - Alumni Hall renovation (paint, lighting, flooring), Holy Cross, and Esseff Lobby furniture upgrades
- Signed memorandum of understanding with the Victim's Resource Center and the Domestic Violence Service Center to meet new Pennsylvania Department of Education – Act 55 requirements and collaborate on programming, education, and community referrals and resources
- Participation in campus-wide committees and working groups (e.g., Retention Action Partners, Middle States, Wellness Committee, Staff Council).
- Pursuit of grant-funded opportunities to better serve students (e.g., Counseling Center's Black, Indigenous, People of Color Specialist, NCAA Ethnic Minorities and Women's Internship grant, Mental Health First Aid).

As part of our efforts to transparently communicate the ongoing efforts of the Division, we are proud to offer the inaugural publication of the **Student Affairs Annual Report to the College Community – 2022–23**. We welcome you to learn more about each of the division's functional areas and invite you to contact us to learn more about ongoing opportunities for partnership and engagement. As a division, we continually strive to improve the student experience, and look forward to ways we can even more effectively support and serve the King's College community in the coming year.

Go Monarchs!



Anitra M. McShea, Ph.D.  
*Vice President for Student Affairs*



Megan Casey, M.S.  
*Associate Vice President for Student Affairs and Dean of Students*

# MISSION STATEMENT

The Division of Student Affairs engages all students through transformative educational experiences in a nurturing and inclusive community. We work in collaboration with our campus partners to challenge, support, and celebrate our students. Guided by the College's Catholic, Holy Cross mission, we develop our students in body, mind, and spirit, calling them to live lives of meaning and purpose.



## DIVISIONAL LEARNING OUTCOMES



**Knowledge Acquisition and Application:** Students who engage in Student Affairs programs, activities, and services will gain the ability to acquire, analyze, and synthesize information that will advance their academic and personal development.

**Intellectual and Practical Competence:** Students who engage in Student Affairs programs, activities, and services will acquire and use cognitive and practical skills that will enable them to live productive and purposeful lives.

**Interpersonal and Intrapersonal Engagement:** Students who engage in Student Affairs programs, activities, and services will attain the self-awareness and self-advocacy skills needed to engage in effective communication and collaboration with others.

**Cultural and Civic Engagement:** Students who engage in Student Affairs programs, activities, and services will gain an understanding of and commitment to diversity, equity, and social justice and be able to help create healthy, inclusive, and thriving communities.

**Living Well:** Students who engage in Student Affairs programs, activities, and services will develop a comprehensive approach to nurturing their mental, physical, and spiritual health and acquire the necessary skills to successfully live healthy, resilient, and meaningful lives.

**Holy Cross Values and Guiding Principles:** Students who engage in Student Affairs programs, activities, and services will champion the inherent dignity of every person, mobilize their talents and skills to serve the common good, and cultivate a life-long commitment to faith, community, and service.

# MEET THE DIVISION OF STUDENT AFFAIRS



Anitra M. McShea, Ph.D.  
*Vice President  
for Student Affairs*



Megan Casey, M.S.  
*Associate Vice President for Student Affairs  
and Dean of Students*



Cheryl Ish  
*Associate Vice President of  
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Tina Arendash, MSW, LCSW  
*Director of the  
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JoAnn G. Kosik, MHA, PA-C  
*Director of  
Student Health Services*



Sean Cryan  
*Director of Campus Activities  
and Orientation*



Jasmine L. Giddings  
*Director of Multicultural  
and International Student Programs*



Steve Matusiewicz  
*Director of Housing  
and Residence Life*

# DEPARTMENT HIGHLIGHTS: ATHLETICS AND RECREATION



During the 2022-23 academic year, 580 student athletes participated on an athletic team. With this past year being the first full year not impacted by COVID-19, there was a renewed emphasis on providing the optimal experience for student-athletes. Initiatives were implemented to provide both coaches and student-athletes with learning opportunities to meet needs, provide support, and address challenges. Coaches participated in a summer retreat that provided an overview of resources on campus for all students including the Counseling Center, Academic Skills, Campus Ministry, Enrollment Management as well as sessions on nutrition and mental resiliency for student athletes. In addition to the summer two-day retreat, Athletics enlisted the work of a mental performance coach to work with the teams throughout the year.

Some important achievements this past year included:

- Student athletes continued to embrace the NCAA Division III parameters by exceeding non-athlete benchmarks in overall GPA, first year to second year retention, and six graduation rates
- In collaboration with Institutional Advancement, Athletics had the most successful Monarch Mayhem yet, raising \$70,000 in 24 hours
- Student athletes engaged in several service initiatives including, but not limited to:
  1. Offering the annual Student Athlete Carol Night which raised \$1,345 for Toys for Tots
  2. Hosting games in support of Morgan's Message, a cause dedicated to the mental health of student athletes, that raised \$2,008 for the cause
  3. Welcoming back, for the first time since 2019, over 45 local Special Olympics Athletes to engage in a series of basketball events and skill drills culminating with a formal event (more than 20 King's athletic teams participated with 84 student athletes volunteering at least once)
  4. Facilitating a Huntington's Disease Awareness night by Men's Ice Hockey which raised \$11,873 toward the Huntington's Disease Society of America (HDSA)



#### Other Athletic Highlights included:

- Gabriella Conforti named King's nominee for NCAA Woman of the Year as well as the King's Female Student-Athlete of the Year
- Chase Yochem, baseball, surpassed the 100-hit milestone for his career as a junior
- Esports earned fall championship titles in League of Legends and Overwatch
  - League of Legends also finished the fall season with a 10-1 overall record, while Overwatch posted a 10-2 overall record in the fall
- Football recorded a 10-2 season, claiming second place in the MAC and its first postseason berth and trip to the Centennial-MAC Bowl Series since its ECAC Southeast Bowl bid in 2006
- Teone Sherrod becomes the program's first All-American since 2006, earning D3football.com Second Team honors and AFCA First Team accolade
- JP Gilroy and Tyler Faux earned All-MAC Freedom honors at the 2023 MAC Freedom Men's Golf Championships with Gilroy finishing sixth and Faux placing 10th to help the Monarchs finish third as a team out of the nine competing programs
- Men's indoor track and field claimed four medals at the 2023 MAC Indoor Track and Field Championships, including Teone Sherrod's gold medal performance in the high jump; they also broke five program records during the 2022-23 indoor season, and Teone Sherrod and Andrew Novrocki earned USTFCCCA All-Region honors in their respective events
- Men's outdoor track and field collected three silver medals at the 2023 MAC Outdoor Track and Field Championships while setting six new program records this outdoor season, and Travis Lane and Andrew Novrocki earned USTFCCCA All-Region honors in their respective events
- Women's indoor track and field earned two medals at the 2023 MAC Indoor Track and Field Championships while setting five new program records in the 2022-23 season
- Women's outdoor track and field recorded their best team finish at the 2023 MAC Outdoor Track and Field Championships, placing fifth overall with 67 points
  - At championships, King's collected five medals, the Monarchs broke seven records in the outdoor season, and Brandy Varner earned USTFCCCA All-Region honors
- Men's volleyball recorded their best season in the program's short history, going 20-7 overall with a 17-match win streak to begin the season
- Kade Kravits became just the ninth wrestler in program history to surpass the 100-win mark and quickly moved up to sixth all time with 110 career victories
- Wrestling saw five place at the 2023 NCAA Division III Southeast Regional Championships, with Kravits achieving the highest finish with fourth place
  - Five also achieved a podium finish at the 2023 MAC Championships with Kravits posting the highest finish with a silver medal at 174
- Softball posted a 24-15 overall record and their 22nd season of 20-plus wins under Coach Lisa Gigliello, who surpassed the 700th career win milestone this past season
- Both Kiersten Krouse and Bailey Loyack surpassed the 100-hit milestones for their career this past spring on the softball team

**Interested in connecting with Athletics as a resource or partner? Please contact us at [athletics@kings.edu](mailto:athletics@kings.edu).**



# DEPARTMENT HIGHLIGHTS: CAMPUS ACTIVITIES, COMMUTER LIFE, AND ORIENTATION



During the 2022-23 academic year, the Office of Campus Activities saw an increased level of enthusiasm and excitement for programs and events after the COVID-19 pandemic. Efforts were focused on bringing back and/or supporting successful campus traditions and events. Several of the most successful events/traditions included:

- Homecoming Block Party (500+ students in attendance)
- Family and Friends Weekend (300 students and families in attendance)
- Halloween Trunk or Treat (20 clubs and organizations dressed and decorated a car)
- Christmas Fair and Tree Lighting Ceremony
- Meet and Greet Events (after theatre productions and the Spring Cantores Christi Regis Concert)

There was also much attention paid to providing new and improved engagement experiences for students. The updated first floor Campus Center Lobby became a successful programming space for various activities and events. The Coordinator of Campus Activities and Commuter Life initiated a renewed effort to engage our commuters in campus life and gained perspective on ways to improve the commuter experience at King's. Campus Activities also developed a new *Clubs and Organizations Manual* with updated policies and procedures for recognized clubs and organizations. Additional renewed initiatives included:

- The newly formed King's Programming Board (KPB). After this first year, positions were evaluated and modified for Fall 2023 to allow for a broader range of campus programming, and better collaboration with our campus partners
- Successful integration of the Student Affairs Leadership Recognition program with the Student Government Association Installation ceremony into one event recognizing and celebrating our students
- At the start of the academic year, Campus Activities was able to work with other campus partners to host Summer Orientation 2022 in person after two years of virtual summer orientation. In addition, the academic year was used to evaluate and plan for an earlier and consolidated Summer Orientation program in June

Student Government's theme of "Monarchs in Action" carried through for much of the fall and spring semesters. SGA brought back the service requirements for clubs and classes, focused attention on a renewed mission toward student governance and advocacy, and continued efforts to provide social events gathering all of the classes. Some of these events included:

- Class of 2026: "Taylor Swift Trivia" Night
- Class of 2025: "Name That Tune" Event
- Class of 2024: Food Truck Event with Belgium Waffles
- Class of 2023: Senior Week activities, including Commencement Ball

**Interested in connecting with Campus Activities as a resource or partner for co-curricular and/or interactive programming? Please contact us at [campusactivities@kings.edu](mailto:campusactivities@kings.edu).**

# DEPARTMENT HIGHLIGHTS: COUNSELING CENTER



During the 2022-23 academic year, the Counseling Center (CC) saw an increase in the mental health acuity of students, which is on par with the trend in higher education and in adolescents and young adults nationally. The CC managed the highest census on record of unique students served (228) and of number of attended sessions (1,750). Out of our undergraduate student population, 13.9% attended at least one appointment this academic year (11.5% in AY 2021-22; 8.9% in AY 2020-21; 8.5% in AY 2019-20). Due to this increase, the CC quickly had its first waitlist of students in the fall semester. To address this and other needs, the department was able to expand staffing through a grant and existing funds, to include two per-diem (no more than 10 hours per week) positions. The Black, Indigenous, and Person of Color (BIPOC) Specialist has been able to run support groups for BIPOC students, provide supportive counseling on an individual basis, and partner with our Office of Multicultural and International Student Programming (MISP). The per-diem College Counselor absorbed a caseload of students, helping to prevent a waitlist for services in the spring.

Several successful initiatives have included:

- Collaboration with Student Health Center and Campus Ministry to develop a consistent wellness lesson for the Holy Cross Experience course
- Receipt of a \$2,500 grant from the Luzerne Foundation to support a certification in the Mental Health First Aid program
- Delivery of several educational and outreach programs for students and a professional development session for staff and faculty
- Completion of national certification for HOPE (Helping Our Peers Excel) Peer Educators through the National Association of Student Personnel Administrators (NASPA).

**Are you interested in partnering with the Counseling Center on important educational programming and outreach initiatives? Contact us at [counselingcenterstaff@kings.edu](mailto:counselingcenterstaff@kings.edu).**

# DEPARTMENT HIGHLIGHTS: MULTICULTURAL AND INTERNATIONAL STUDENT PROGRAMS (MISP)



The Office of Multicultural and International Student Programs (MISP) offered educational and social programs that focused on diversity, equity, and inclusion. Programs and activities celebrated diversity, brought about engaged conversations, gave opportunities to share experiences, and challenged students to step out of their comfort zone. MISP is especially proud of the collaboration and engagement of our student clubs, which focused on diversity, equity, and inclusion. These clubs not only established a sense of belonging with its members and those who have like-experiences, but also all who were open and willing to learn and listen.

This year, the MISP Office planned or collaborated on 26 events. Some of these successful events included:

- Listen To Understand Series (Summer Orientation, Fall Welcome, Holy Cross Experience)
- D.E.I Pentathlon (collaboration between Multicultural and International Club, South Asian Student Association, and D.E.I Committee)
- Fall Diversity Festival (collaboration between multiple departments)
- Spring Global Diversity Festival (collaboration between multiple departments)
- Annual Club Events: "It's Lit" and "Monarch Pride Fashion Show" (collaboration between South Asian Student Association, Multicultural and International Club, La Raza, Gay-Straight Alliance, Black Student Union, Women's Club, and Student Government's Diversity and Inclusion Committee)

The MISP Office also included non-academic advising for minority students who attend King's. This advisement included support, advice on navigating the college experience, and referrals to campus and community resources up to graduation and beyond. This journey culminated in the final event, the Annual Multicultural and International Graduation Luncheon. At this luncheon, the MISP Office recognized underrepresented populations, as well as those who were active participants in DEI committees, clubs and programs.

**Are you interested in using the MISP Office as a resource or partner for co-curricular educational and interactive programing? Please contact [misp@kings.edu](mailto:misp@kings.edu).**



# DEPARTMENT HIGHLIGHTS: RESIDENCE LIFE



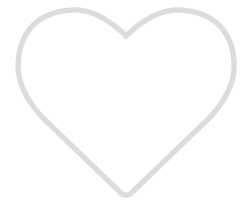
During the 2022-23 academic year, the Office of Residence Life focused efforts on staff transitions, residential programming, space renewal, and improved services. These efforts provided the following results:

- Successful completion of nearly 300 residential programs, collaborating with various campus partners including Student Health, Campus Activities, Campus Ministry, Multicultural and International Student Programs, and Wyoming Valley Drug and Alcohol.
- An assessment and implementation of a common space renewal plan in collaboration with Student Affairs, Facilities, IITS, Institutional Advancement, and Corbett Inc. The goal is to provide functional, aesthetically pleasing gathering and programmatic spaces for students including using existing funds and/or philanthropic gifts to implement upgrades in the main lobbies of Esseff and Holy Cross Halls conducting a space renewal in Alumni Hall, and providing necessary furniture replacement in the common spaces of O'Hara Hall. These renewal projects should be completed by the start of the Fall 2023 semester.
- Provision of new and improved laundry machines, now included in room fees, provided by Fowler. The response to the new laundry services has been overwhelmingly positive.
- Submission of new learning goals and outcomes.

For the upcoming academic year, Residence Life hopes to expand its collaborative efforts to provide an even more robust residential learning experience and maximize the use of renewed residential spaces. The Residence Life staff will provide educational opportunities to residential students utilizing a variety of topics, including spirituality, academics, alcohol and drugs, diversity, and wellness.

**Are you interested in partnering with Residence Life for an educational opportunity? Contact us at [reslife@kings.edu](mailto:reslife@kings.edu).**

# DEPARTMENT HIGHLIGHTS: STUDENT HEALTH SERVICES



During the 2022-23 academic year, Student Health Services (SHS) was able to focus once again on clinical services and education for our students and staff with a renewed emphasis on holistic wellness. SHS provided expanded clinician hours one evening a week and, whenever possible, accommodated students with same day appointments. SHS provided about 800 clinical visits, completed hundreds of COVID-19 tests, and performed other points of care, including the assessment and treatment of illnesses and injuries, such as the common cold, flu, concussions, ankle sprains, lacerations, panic attacks, and anxiety. SHS also provided several educational outreach initiatives in the form of new residence hall floor programs and pop-up table events in the Campus Center with topics ranging from STIs to the dangers of alcohol. SHS took a leadership role in reinvigorating the Wellness Committee, sponsoring lunchtime fitness classes, facilitating a 10,000 Steps to a Healthy Heart Challenge, hosting a Healthy Snack and Workplace Nutrition Zoom class, and supplying treats for Holy Cross Day of Service volunteers.

Other SHS 2022-23 highlights:

- Collaborated with campus partners to provide a Health and Wellness Fair, Stress Less Fest, and Finals Massage Event
- Contributed to the development and facilitation of a new wellness lesson for all Holy Cross Experience courses alongside the Counseling Center and Campus Ministry
- Developed plans for future educational events focused on fostering growth mindset, understanding the transition process, and encouraging self-care in collaboration with Career Planning
- Provided CPR/AED/First Aid training for various student and staff groups across campus

**Are you interested in using Student Health Services as a resource or partner for co-curricular educational programming? Please contact us at [studenthealth@kings.edu](mailto:studenthealth@kings.edu).**



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