The Student Experience
Birds Up at the Capitol

Student leaders, staff, and alumni traveled to Austin for UTSA Day at the Capitol, an opportunity to interact with political leaders as they developed state laws and policy.
Now and Forever is a phrase which represents the spirit of UTSA and what it means to be a Roadrunner. We are committed to creating programs and services which have a lasting impact on our students. Student Affairs is an important part of the college experience and our profession is constantly evolving. We respond to new challenges and must be intentional and transform our services accordingly. Change is inevitable, constant and sometimes difficult, but our students are worth it every time. Together we communicate, collaborate, connect and create excellence for our colleagues, for our students and for the future of UTSA. It is not just a series of tasks, but an act of collective purpose.

For example, our REACH model articulates what we want students to learn as a result of participating in Student Affairs’ programs and services. I hope you enjoy highlights of how this model is integrated across the division.

We have also invested in ourselves, which benefits our students. Participants and presenters from UTSA Student Affairs, other divisions and universities throughout San Antonio and surrounding areas came together for the 7th Annual Student Affairs Conference. It is a great example of our commitment to professional growth and learning. As the theme “Give More to Give More” suggests, when we grow more, we can give more to students, the campus community and each other.

This year was full of milestones for our division. For example, this year’s student recruitment and enrollment was the best ever with one of the largest incoming freshman classes. We embraced a new philosophy of social media engagement and strategic communications with a focus on student success. The reality is social media has changed the way we communicate, collaborate, connect and create. As Student Affairs professionals, we know that students learn outside the classroom through intentional, student-centered programs and services, in addition to learning inside the classroom.

**REACH**

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**REVIEW**

Collection of various Student Affairs activities over the past year ranging from abbreviated stories, statistical insights, program features, event recaps and recognition highlights.

**HEAR**

Direct quotes and written entries from students.

**WORKS**

Compilation of various posts archived via Student Affairs social networks in the past year.
A Successful Environment

As the Student Affairs Division, we are deeply invested in creating an environment where students succeed and excel. The same goes for the staff who serve those students - there are numerous opportunities for staff to excel and grow.

Yearly Student Affairs conferences are staff-led opportunities with speakers from on and off-campus. This year’s theme, “Grow More to Give More”, gave Student Affairs staff the opportunity to engage in presentations, network, and develop a wide range of personal and professional skills and knowledge.

Each year, Student Affairs staff participate in a university-wide program, Leadership UTSA, which builds upon the knowledge of current and potential leaders. Through day-long workshops, a mentorship program, and outside readings, participants are exposed to leadership theory and use the skills they gain to become dedicated leaders at UTSA.

This year, Student Affairs council meetings focused on ten professional competencies (Advising and Helping; Assessment; Evaluation; and Research; Equity, Diversity, and Inclusion; Ethical Professional Practice; History; Philosophy; and Values; Human and Organizational Resources; Law, Policy, and Governance; Leadership; Personal Foundations; and Student Learning and Development) as defined by our national student affairs organization. The purpose of integrating the competencies into the council meetings was to define and grow professional knowledge, skills, and attitudes of student affairs professionals. This in turn provided an opportunity for collaboration amongst offices and departments. As staff, opportunities for growth go beyond UTSA.

Small Staff Success Groups are being used in the Office of the Registrar to encourage inter-department communication and provide new opportunities for leadership and staff collaboration. Increased collaboration among staff directly benefits the student experience by yielding staff who understand how to creatively work together for a common goal – student success.

Counseling Services has taken a proactive role in ensuring their staff receive continuing education while also providing a service to other mental health professionals at UTSA and in the San Antonio community. Making continuing education part of the department’s strategic plan, Counseling Services created an internal committee that plans and implements staff trainings, including regionally and nationally recognized speakers. Some of these presentations are made available to UTSA staff and faculty and to community organizations free of charge. These sessions provide continuing education units for psychologists, psychiatrists, and social workers. In the last year, Counseling Services has provided 27 unique continuing education opportunities to clinic staff that spanned from one to four days, with some occurring on campus, while others were off campus or out of town.

Each year, staff are nominated to participate in the Mid Managers Institute (MMI) and the New Professionals Institute (NPI) hosted by Southern Association for College Student Affairs. They are professional development opportunities for mid-level managers and new student affairs professionals respectively which incorporate learning, sharing, networking, and professional and personal development.

This year, admission counselor Brandon Cruz represented UTSA at NPI and attests to an amazing experience. He states: “The New Professionals Institute was transformative and unlike any other developmental experience I have participated in. We discussed difficult, hard to deal with questions about identity, race, culture and how to serve our students while advocating for the mission of the university. This experience challenged me to be a stronger leader, mentor, team player and Student Affairs practitioner. It is important to understand your role and where you fit in the grand scale of Student Affairs and this institute gave me that perspective.”

800 Students supported from Student Disability Services
4,761 Clinical visits at Student Health Services
5,211 Students visited the University Career Center
479,325 Visits to the Campus Recreation and Wellness Center

EVENT

Homecoming Highlights

UTSA celebrated its annual Homecoming Week with a slate of free, public events promoting UTSA traditions. The 2014 theme was “Turn the Page.”

National Night Out
The UTSA Police Department hosted its 11th annual National Night Out which included free food, beverages, information booths, a live band, a kids corner and donation drive of new and gently used books.

Roadrunners Live
In its fourth year, Student Activities hosted its annual campus-wide talent show.

Comedy Night
UTSA Housing and Residence Life, the UTSA Black Student Union, and University Center Programs hosted a special comedy show by YouTube sensation Dormtainment.

Rowdy Rally
The tradition continued when the UTSA community gathered at the Paseo to give a spirited team send-off as the Roadrunner football players loaded the buses for the game downtown.

BestFest
BestFest celebrated its 26th year and relocated outside the University Convocation Center. The event was expanded and made into a more family-centered event featuring a mini carnival.

Rowdy Rampage
In its ninth year, Rowdy Rampage combined the annual golf cart parade and Fireworks show to create one spectacular spirit rally.

Homecoming Game Day
A full day of festivities marked the Roadrunners’ big game against Florida International University.
25 Years of Ambassadors

The UTSA Ambassadors celebrated 25 years of service to the university community. You have probably seen them in their khaki slacks or skirts and navy blazers, guiding campus tours for prospective students and their families or ushering at Commencement ceremonies and other events.

With 70 students serving and 17 in training each year, the selected student leaders provide a variety of services for administration, faculty, staff and visitors. As a group, they volunteer more than 10,000 hours annually. Students selected for Ambassadors membership engage in a year-long, comprehensive training program including workshops on leadership, communication skills, etiquette, committee work and philanthropy.

The group was established in 1988 by President James Wagoner, beginning with 13 students based in the Office of the Registrar. Since no students lived on campus then, there were minimal activities and events, so the Ambassadors spent most of their time collecting data. In 1990, Robbie Walker, the vice president for student affairs, had an idea to help the program mature. She asked President Samuel Edpaturick if the Ambassadors could be moved to Student Affairs, and he agreed. Walker then convinced Pat Graham, who at the time, was director of testing services, to be the advisor for the sponsored student organization, assemble a staff and advisory board, and develop the Ambassadors into what they are today.

“We knew that Ambassadors programs existed around the country, so we talked to people at 20 universities,” said Graham, now the executive director of the Special Events Center and Ambassadors leader. “Some of their programs had existed for 60 years, so we wanted to draw on their expertise and create something that was right for UTSA. It became an enduring program that gives our students skills that benefit them for life. Their work centers on three key words that we emphasize—service, leadership and integrity—and they never forget it.”

Since Graham inherited the program, she has been seen as a revered mother figure with whom many Ambassadors alumni keep in touch. Of the 1,000 who have gone through the program, nearly 300 still are in contact. She hears from recent graduates, but also students from 20 and 25 years ago, who report how she and the program have influenced their lives. “I get a lot of joy being president at UTSA and getting to know top students like the Ambassadors,” said UTSA President Ricardo Romo. “It’s the top students, faculty and staff like this who keep UTSA moving up toward Tier One status.”

“We have such a wonderful group year after year after year,” said Graham. “The Ambassadors are the face of UTSA. It’s a blessing to me. I have a wonderful job, and my reward is in their success and that I have made a difference.”

They work 200 hours annually. Students selected for Ambassadors are the face of UTSA. To round out the day, the baseball team successfully defeated their opponent and hundreds gathered for a concert on the University Center Lawn sponsored by Roadrunner Country. Collaborations between various departments were showcased, including Admissions, Orientation and Family Programs, Athletics, Residence Life and Housing, Financial Aid and Enrollment Services, and several academic departments. More options were added to the program that included welcome sessions, tour times and academic presentations.

Financial Aid hosted Rowdy Orange and Blueprint, which provided financial aid counseling to a total of 319 students and their 592 guests. This was the first year to offer early sign-up for orientation to those accepted to UTSA and over 200 students took advantage of it. Athletics played a large part in this collaborative day when the UTSA Volleyball team and Football team hosted an open spring practice which allowed prospective students, UTSA Alumni and the UTSA community to be spectators at these two athletic teams displayed their talent. To round out the day, the baseball team successfully defeated their opponent and hundreds gathered for a concert on the University Center Lawn sponsored by Rowdy Orange and Blueprint, which provided financial aid counseling to a total of 319 students and their 592 guests. This was the first year to offer early sign-up for orientation to those accepted to UTSA and over 200 students took advantage of it.

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In 2014-2015, UTSA established the prestigious Distinguished Presidential Scholarship (DPS), a four-year scholarship awarded to high-achieving freshmen, based on their class rank and SAT/ACT scores. This elite group of students was welcomed with much fanfare at a reception where they were greeted by Vice President for Student Affairs Sam Gonzales and Provost Dr. John Frederick. After opening remarks, freshmen were paired with a staff mentor within Financial Aid and Enrollment Services to support them through their next four years. The Distinguished Presidential Scholarship has helped students make the decision to come to UTSA. “As an out-of-state student,” says Allison Wilhelm, “how to finance my education was a top concern for me and my family. The Distinguished Presidential Scholarship allowed me to qualify for in-state tuition...and allowed me to fulfill my dream of attending UTSA at an affordable cost for my family.”

**Program:** Presidential Scholarship

**Event:** March Into Your Major

In order to assist students with the important decision of selecting the right major, the University Career Center partnered with the University College’s First Year Experience Office and Academic Advising to create “March Into Your Major,” a new exploration fair targeted at undeclared students. As the name suggests, the event was held in March and gave students an opportunity to take career assessments with career counselors, research various occupations, and minor options. There were 1,100 students who attended this event and, at the end of Spring 2015, 36% of undeclared student had selected a major.

**Event:** Celebrating at Grad Fest

Enrollment Services, the University Career Center, Alumni Programs, the UTSA Bookstore and Graduation Coordination collaborated to make Grad Fest more of a celebration than a come-and-go, informational event. The goal was to increase awareness of the event and to make this a tradition of UTSA celebrating the successes of graduation. The event was relocated to the HEB University Center Ballroom at the Main Campus and the Frio Street Commons at the Downtown Campus. When the doors opened, a crowd of students entered to interact with staff and vendors, all while listening to music, taking congratulatory selfies and entering prize drawings for giveaways. A total of 1,889 students came to Grad Fest and we look forward to celebrating next year.

**Event:** Digitizing Records

What to do with over 100,000 paper student files in a downtown warehouse? A new scanning project in the Office of the Registrar aims to make student files completely electronic, which will make the re-admission process easier for returning students.

**Program:** Digitizing Records

**Event:** Student Send Off

Athletics, the Alumni Association and Admissions collaborated on several events during the spring to provide admitted students a seamless and welcoming transition to UTSA. These “Send Offs” and the “Coker Road Show” incorporated opportunities for admitted students attending UTSA this fall and Alumni in select host cities to interact with staff from Admissions, the Alumni Association and Athletics.

**Event:** Rowdy Gras

In February, the University Center hosted its 2nd Annual Rowdy Gras—the UTSA version of New Orleans’ Mardi Gras. UTSA students and staff assembled for a Rowdy-led parade that ended at the HEB University Center Ballroom where they enjoyed free Cajun and Creole food, live music, beads, masks, face painting and more.

**Event:** UTSA Connection

Trae Thompson is a new student for fall 2015 from Houston, Texas. What makes Trae’s story so special is that new student orientation this summer was not the start of his UTSA connection. He was actually a Roadrunner way before he was even admitted to UTSA. Trae’s mother, Phyllis Thompson, actually worked for UTSA from 1994 to 1997 as a Program Coordinator for Minority Affairs, part of Student Affairs. Trae was born in 1996 and 19 years later he is part of the UTSA community again as one of our newest Roadrunners.

During new student orientation, Trae was acknowledged with an MVP award for his group. This award is selected by the group’s Orientation Leader and is awarded to only one group member that distinguishes himself with UTSA spirit and excellent teamwork. Coincidentally, Mrs. Thompson was also awarded the MVP award for her participation in the family orientation. This award is selected by the family orientation leadership team.

Following orientation, Mrs. Thompson sent the orientation team a letter of gratitude; the following are excerpts from the letter:

Greetings Lisa & Orientation Staff,
We attended the orientation held on June 15-17, 2015 every session was informative, engaging and worth every moment. Initially I was overwhelmed with the thought of enrolling him at UTSA. In just a few weeks, but your team removed all of those doubts for me. We are prepared and confident that UTSA is a great fit. It is very obvious that the entire UTSA staff cares about the students and their families. Everyone made us feel totally welcomed. Hats off to the Orientation team—I can’t believe how great you all did as a unit. Greeting us in the heat, answering questions, entertaining us and supporting us for hours with a smile every time. This team is amazing. Keep up the great work you all do for students & families.

Proud Roadrunners for Life
The Thompson Family

**Recognition:** All-American Official

Adreanna Broussard, an Intramural Sports official, officiated at the National Intramural-Recreational Sports Association (NIRSA) National Basketball Tournament at North Carolina State University. Broussard was among 16 student officials from across the country, all of whom received invitations to work at the national tournament through their outstanding performances at regional tournaments earlier this year. The officials worked more than 160 tournament games, participated in training sessions from top collegiate officials and received feedback after every game from court-side evaluators. While the teams competed on the court for the championship, Broussard and the other officials were competing to earn the coveted designation of All-American Official. After being the crew chief for the Women’s National Championship Game, Broussard was one of eight officials to receive the All-American distinction. In doing so, she becomes UTSA Campus Recreation’s first ever All-American Official.

**Recognition:** UTSA Student Affairs

Trae Thompson with his sister and mother
An Emotional Farewell:
The Original 18

Following the conclusion of the 2014 football season, UTSA said its final goodbye to 37 seniors including the program’s Original 18 signees. The incredible contribution these young men made to the new football program, the university and the San Antonio community is hard to put into words.

Most of the 37 seniors signed on with head coach Larry Coker and his staff before UTSA even played its first football game. “The Original 18 spent an entire year practicing in 2010 without ever playing a game. Over the past four seasons, the student-athletes worked toward earning a college degree while establishing a football program that has moved from independent status to becoming a competitive member of Conference USA,” said Lynn Hickey, Athletic Director.

Prior to the last game of the season, Head Coach Larry Coker commented that the seniors, “came here on a vision and a dream,” Coker said. “It says a lot about UTSA. It says a lot about San Antonio and the AlamoDome and hopefully about our (coaching) staff. Again, they just mean a lot to us. I want them to go out and represent UTSA. It says a lot about UTSA. It says a lot about San Antonio and the AlamoDome.”

Senior wide receiver Marcellus Mack summed it up best when he said, “for me, UTSA Football will forever be a brotherhood, a group of young men from across the country put together by no one other than God and an amazing coaching staff. I can say choosing to play for UTSA was one of the best decisions of my life. I thank God for the brothers I have made along the way and the memories we created together that will last a lifetime.”

March for Justice

Last spring, staff and students representing the Student Leadership Center (SLC) joined thousands from the San Antonio area at the César Chávez March for Justice, in memory of the renowned labor and civil rights leader and the causes of social justice that he advanced. Participation in the march served as a precursor for SLC’s next initiative, a one-day local version of the Civil Rights and Social Justice Experience slated for March 2016 that is designed to focus on the continuing history of social justice activism in San Antonio. “Students came back from the bigger trip fired up then may lose momentum for lack of an immediate outlet to remain engaged,” said Vincent Perez, program coordinator for the SLC. “The Student Leadership Center wants to help continue engagement and support in making tangible efforts.”

Student feedback and involvement in local events such as the César Chávez March underscore the need to connect the national history of social justice activism with local and contemporary issues deserving the attention and energy of this generation.

Delta Alpha Pi Honor Society

The Delta Alpha Pi Honor Society (DAPi), an international honor society for students with disabilities, held its first induction ceremony in October. This is the first registered UTSA student organization founded to recognize the academic accomplishments of students with disabilities.

Powerlifting into Tradition

Women’s Club Powerlifting has won the club’s second team national championship in as many years at the 2015 USAPL Collegiate National Championships held April 10-12 in Atlanta. In addition, two female club members won individual weight class national titles.

Campus Recreation, in support of their vision to be recognized leaders in student development and collegiate recreation, financially supports students each year to represent UTSA at Club Sports regional and national tournaments. With their championship in hand, the Club became the first student organization to celebrate UTSA’s newest tradition—the lighting of the UTSA Monuments. The Monuments, an award-winning architectural element, welcomes everyone to the UTSA Main Campus, highlights the university’s presence in the community and shows that UTSA’s spirit burns brightly.

Virtual visitors to UTSA’s online tour, YouVisit
Reaching for Excellence
Edited by Jessica Horace
Photograph by Brandon Fletcher

As Student Affairs professionals, we know that students learn outside the classroom through intentional, student-centered programs and services, in addition to learning inside the classroom.
The REACH initiative has been a guiding framework for Student Affairs staff to measure student learning in the five domains of Responsibility, Engaged Citizenship, Active Leadership, Critical Thinking, and Healthy and Balanced Living. As departments provided services and programs for our students throughout this past year, they positively contributed to student development, learning and success.

Responsibility
As students progress through their college career, they are developing skills to be aware of expectations, utilize available resources, and take ownership for actions. The student conduct process has become a tool for individualized growth and a positive learning experience, using the E.P.I.C. Journey Sanctioning Model.

Engaged Citizenship
Through the Roadrunner Creed, students pledge to contribute to campus life and the surrounding community through their continued engaged citizenship. The Volunteer Services Office (VSO), an extension of the Student Center for Community Engagement and Inclusion (SCCEI), connects the UTSA and San Antonio communities through a broad range of service opportunities for student involvement, while addressing social issues and community needs.

Volunteer Organization Involving Community Education and Service, or VOICES, is a student sponsored organization through the SCCEI that takes the lead on volunteerism for the UTSA Community. This year, VOICES completed over 270 service projects, totaling 7,821 hours of service to UTSA, the San Antonio community and beyond. Projects included Extreme Makeover: UTSA Edition, Alternative Spring Break trips, United to Serve, and Roadrunners Give Back. The development and logistics of all VOICES projects are entirely dependent on students who value and appreciate the importance of volunteerism.

"Volunteering opens your eyes … and allows individuals to continue to find beauty in life,” said Amber Calvert, a junior and VOICES officer. Ebonie Carter, a senior VOICES officer, proclaimed volunteering to be important because “it allows people to give back to their communities, and serves as a learning experience for everyone involved.” The impact VOICES has had can be felt by students and staff alike.

Brian Halderman, Director of the Center for Civic Engagement, had the opportunity to work with a group of students during the United to Serve project. He described the experience as “a wonderful opportunity to interact with students while giving back to the community. It was a rewarding experience for us all.”

"The biggest benefit that I received is more appreciation for life…it showed me that staying up all night to study is not the worst thing on the planet,” remarked Frances Garner, a graduate student and trip advisor for the Alternative Spring Break San Antonio project.

“As a Roadrunner, it is so nice to see faculty, staff, students and alumni come together under one common goal,” said Larriel Shaw, a UTSA junior and VOICES member. “I’ve done this...
project before (Roadrunners Clive Back), and it truly gets better every time. I’m happy to have volunteered with something so valuable and precious. The feeling to be a part of something larger than me for the greater good for the San Antonio community is amazing.”

As part of working to make a difference in the San Antonio community, Kappa Delta Pi (International Education Honor Society) collaborated with UTSA’s Child Development Center (CDC) to have a dedicated event that would present activities for pre-school age children, while providing the Honor Society members with a unique learning experience. “The activities were all developmentally appropriate for the different learning stages of the children and focused on science, technology, reading, art and math (STREAM). Kappa Delta Pi did the planning of all activities with their faculty advisor, Dr. Marty Salter’s review and approval. The event was a great success and not only did the children at CDC benefit from the activities, many of the organization members benefited from getting hands-on experience in early childhood education. “It was a big eye opener for some of the members,” said Tiffany Pelzel, Class of 2015.

According to Elbit Howard, associate director of the Student Leadership Center, the basis of the class is a survey of leadership perspectives. Other aspects of the course include the development of a conceptual mind map of leadership, including leadership competencies, and the creation of an action plan for self-development. As a mid-level class, one of its goals is to help students put into practice what they are learning. Students are encouraged to focus on self-leadership, with an aim to helping them become more intentional and effective. Group service-learning projects are also incorporated as a significant part of the course experience. In the Fall 2014 semester, students of the course collectively provided over 360 hours of direct service to local agencies, including City Year, Girl Scouts and the Family Service Association. As the course moves forward, students also will help to develop the curriculum for a locally-based Civil Rights and Social Justice program, giving them the opportunity to reflect and contribute within the San Antonio community.

The University Center has expanded its robust student employment program with the addition of graduate assistant positions, offering next-level experience in areas such as events management, accounting and marketing. “Today there are nine graduate assistants across the UC who bring a great deal of insight, energy and talent,” says UC Director Herbert Ganey. “They are open to learning.”

Beyond their day-to-day responsibilities, graduate assistants are shaping student leadership within the UC. “They help full-time staff by adding the development of their department from a student’s perspective that can be comprised of work experiences from other departments,” says Nichola Schiff, a set-ups graduate assistant. In several UC areas, graduate assistants schedule and supervise student staff. Ultimately they will play a large part in creating and education, engagement and experience. The Student Leadership Center implemented a new “Introduction to Leadership” course in Fall 2014. Planning of the class involved collaboration with the Department of Educational Leadership, the Faculty Ormbidiperson, Academic Scheduling and Student Life. Students greatly benefited from participation in a course that was designed with an academic focus on leadership, and that encouraged their engagement with Student Life programs.

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overseeing student staff training. While graduate assistants provide crucial support, they are gaining practical job experience and leadership skills that will help their careers. “One of the main reasons that I wanted to work here is so that I could have the experience of being a manager before going out into the real world,” says Karen DeFeo, an Information Desk graduate assistant. Omar Yousef, a graduate assistant in the University Center Business Office, approaches it from a different angle. “As an international student, it helped me gain more experience and knowledge about the work environment in the U.S.”

Critical Thinking
In Housing and Residence Life, residents were empowered to think critically over the past year through a variety of programs. UTSA faculty were involved in four programs within the residential community. Fine Arts faculty members were involved in “Anime at the Majestic” program that focused on theater etiquette. Multiple faculty from the Honors College attended the stress reduction program “Honor’s DE-stress fest.” The Honors College also hosted a “Breakfast with the Dean” for residents of the Honors College community. Music faculty participated in programs entitled “Perfectionism” and “Sax and Chillax” for the music special-interest community.

Healthy and Balanced Living
The World Health Organization defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. As we urge our students to adopt healthy and balanced lifestyles, we emphasize that making good decisions in all aspects of life ultimately contribute to optimal health and wellness.

Campus Recreation’s vision is to be recognized leaders in collegiate recreation and student development. Part of that development includes teaching Roadrunners how to live healthy and balanced lives. Over 700 Roadrunners participated in a Demonstration Kitchen at the Recreation Center, sponsored by Campus Recreation or another organization on campus. Steve Rudik, Assistant Director of Fitness and Wellness said, “The over-arching goal of the demo kitchen is to introduce participants to healthy cooking techniques that can be done affordably. The great thing about our demonstrations is that the ingredients we use can be repurposed to multiple meals. We’re trying to show the students that eating healthy can be done on a college budget and taste good, too.”

The demonstrations have proven to be done affordably. The great thing about our demonstrations is that the ingredients we use can be repurposed to multiple meals. We’re trying to show the students that eating healthy can be done on a college budget and taste good, too.”

The goal of Health Nest is to correct the many misconceptions about health that can impact student health such as stress, health insurance, alcohol use and body image. “In Spring 2013, Student Health Services added a customized gazebo for Health Nest to increase visibility and attract more students to visit and participate. Since the implementation of the gazebo, 3,478 students have participated in Health Nest activities. The Health Nest team is comprised of student volunteers from different majors who have a passion to be health advocates by increasing the awareness of healthy behaviors among other students. Weekly intensive training is provided to the Health Nest team on the topics they cover.

“Being able to contribute so much of my time and effort to this weekly program really helped develop my interpersonal skills,” said Monica Rodriguez, Class of 2015. Rodriguez also commented, “Health Nest is a great program that provides Roadrunners with a variety of important resources and health education that can later help them in making informed decisions over health behaviors that pertain to the average college student.”

Mental health is another essential component of healthy living and many students can benefit from counseling in a variety of ways. When asked what they found most helpful about counseling, some responses from students have been, “counseling improved my relationships with my family, friends, and significant other,” and “everything in my life is more in order than it used to be.”

This year, Counseling Services administered a student satisfaction survey and, based on the survey results, Counseling staff observed that the majority of students showed improvement in developing ways of coping, and felt they were more likely to stay in school. Furthermore, more than half of students indicated that after counseling they were better able to manage their emotions, had better stress management skills, and had improved self-esteem. This year’s student satisfaction survey included questions specifically designed to measure components of REACH, 88% of the students surveyed reported an increase in healthy and balanced living compared to before they came to Counseling Services.
"Walking to class with their heads down, wearing “bigger” schools t-shirts and enrolling for a year before transferring. When I started at UTSA five years ago, this was almost the norm. Thankfully, I have had the pleasure of witnessing the transformation of UTSA becoming a place where students love to be involved on campus, folks are proud to rock their UTSA t-shirts and people come with the intent to transfer and end up staying because they have fallen in love with the school and the community here. I have seen this change through the eyes of a student-athlete that is a part of the last class to have ever played in three different conferences, as we grew so rapidly into a top tier Division I university. It’s been incredible to be a part of the culture change here at UTSA on and off the court!"

- Danielle Ross
Class of 2017, Kinesiology major

"The women’s powerlifting club impacted my experience here at UTSA by introducing me to some of the best people I could have ever met."

- Chassidy Frelow
Class of 2016, Kinesiology major

"Leadership to me is not a word, it’s an action."

- Cy Fondal
Class of 2015, Business Management
Nov 2014 Student Leadership Center Roadrunner of the Month and Dean of Students Outstanding Leadership Award

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"Back to the Beginning"
Excerpt from Nate Leonard’s blog on goutsa.com, originally published 8/31/2014

As I sit in the desk chair of my dorm room, I realize that my dream of playing Division I college football is in its final act. My hands are sweating and I will blame my diligent typing and not the culmination of my emotions.

I just got off the phone with my dad and I haven’t seen him for a couple of months. Luckily, that absence will end Friday in Houston when we take on the U of H Cougars.

It’s game week at UTSA. I am no longer a boy, but a man, and UTSA Football no longer is an infant, but a nationally-known program to be reckoned with.

I say I’m a man, but only because at 23 years of age, I have helped build something that will last forever. I helped build it with my hands and a commitment of time and body that I feel only a man could make. I didn’t do it alone, of course. I had a team of men... "The Original 18."

"The Original 18" are the guys on this year’s team that have been here from the start. From the moment in time when we practiced six days a week, lifted four days a week, practiced in UTEP hand-me-down gear and didn’t play a single game. The same guys who signed on the dotted line to play at a football program that didn’t even exist outside a football and some replica jerseys in the bookstore. The same who blindfolded ourselves, stepped to the ledge and jumped because we were told that it would all be worth it at the bottom. We jumped alright, but we find that we landed ourselves at the top.

Being a member of "The Original 18" is an honor that I share with these fine men. The others are Crosby Adams III, Brandon Armstrong, Richard Burge, David Glasco II, Seth Grubb, Cody Harris, Earon Holmes, Cole Hubble, Sean Ianno, Scott Inskoep, Mic Johnston, Ram Jones, Marcellus Mack, Ferrington Macon, Cody Rogers, Nate Shaw and Darrien Starling.

So, when the Friday night clock strikes 8 p.m., I will be buckling my chinstrap across my scruffy, unshaven face and taking the field for the last first time with 17 of the most honorable men I know. Most importantly, I will fight alongside them to protect and uphold something that only we could build: the legacy of UTSA Football.

- Dempsey Thornton ‘14
Graduate Student and UTSA Volleyball Champion
2013 Regular Season
2013 Tournament
2014 Regular Season
2014 Tournament
2014 Regular Season

UTSA, Student Affairs
Social media has helped us connect even further. Many great things happened last year, and we look forward to another year of shared moments and snapshots. Keep up with us on our official Student Affairs channels.

Instagram
@UTSAStudents
Twitter
@UTSAStudents
Facebook
UTSAStudentAffairs
Snapchat
UTSAStudents

Fall Convocation
UTSA welcomed more than 5,000 first-time freshmen and transfer students.

Annual Student Affairs Jamboree with Jonathan Bange and Carlos Garcia

Commencement with staff from Graduation Coordination within the Registrar’s Office

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Wow! Grand Opening #UTSA store at @HEB at DeZavala

VPSASamGonzales w/Jaime Lozano, Parent Council on right #birdsup

Stress Down Day
For the second time at UTSA, therapy dogs were onsite at Stress Down Days.

Congratulations UTSA Student Financial Aid & Enrollment Services featured on George Takei Facebook page! He has the best social media! Check out the post on his Facebook to vote for them to “win Halloween.”

Cheering on @UTSAFTBL at Rowdy Rally. @RowdyUTSA has nothing but love for @LarryCoker - he don’t bow to just anyone.

WOW! Grand Opening #UTSA store at @HEB at DeZavala

#UTSA19 didn’t let it stop them! Keep going!

#NowandForever #UTSA

Commemorating 40 years of service at UTSA - We love you!! @UTSA

Cheering on @UTSAFTBL at Rowdy Rally. @RowdyUTSA has nothing but love for @LarryCoker - he don’t bow to just anyone.
All It’s Cracked Up to Be

The 2015 theme for Fiesta UTSA was “All It’s Cracked Up to Be,” in honor of the ubiquitous Fiesta tradition of breaking cascarones on the heads of fellow Fiesta-goers. UTSA set the record for cracking 11,006 cascarones during a single event.
NOW & FOREVER

The University of Texas at San Antonio

Division of Student Affairs 2014–15

The Student Experience