

Student Development

When contemplating the reality that nearly two-thirds of a college student's waking hours are devoted to activities other than attending class and studying, one can appreciate the profound impact that the Student Development Division of Cazenovia College can have on students' intellectual and personal development. Students who are actively involved in both academic and out-of-class activities typically gain more from their college experience than their peers who are not as involved.

A primary role of the Division of Student Development is to support the academic mission of the institution through the fostering of a campus atmosphere/environment conducive to learning, and to provide students with purposeful out-of-class activities and opportunities for involvement including, but not limited to, institutional governance, leadership in creating and administering student organizations, and involvement in community service. Through the leadership of professional staff members appropriately trained in their respective disciplines, efficiently administered policies and procedures, and excellence in the delivery of services and programs that we offer students, the Student Development Division will play a critical role in the future of Cazenovia College and the lives of its students, faculty and staff.

For more information about the services and programs available to students through the division of Student Development, please visit the College's Web site and click on the "Student Life" section. The following is a brief summary of each department within the division.

Athletics

Intercollegiate Athletic programs provide opportunities for students to participate in athletic competition with students at other institutions in a variety of sports. More importantly, these programs address issues of sportsmanship, training, nutrition, safety, gender equity, leadership and institutional representation.

Cazenovia College is a member of the **National Collegiate Athletic Association (NCAA) Division III**, participating in women's basketball, crew, lacrosse, soccer, softball, cross country and volleyball; and men's baseball, basketball, golf, lacrosse, soccer and cross country. In the 2004-05 academic year, Cazenovia College joined eleven other Colleges from New York State, Pennsylvania and Maryland in the formation of the new **North Eastern Athletic Conference (NEAC)**. The College also has intercollegiate riding teams (IHSA and IDA), intercollegiate men's crew team (U.S. Rowing) and an intercollegiate cheerleading team. The presence of NCAA athletics at Cazenovia contributes to the vibrancy and sense of community on campus, and the intercollegiate athletics program strives to foster lifelong learning and health, and prepares students for leadership in a dynamic and diverse society. To be eligible to participate in athletics, a

student must be full-time, matriculated (minimum 12 credit hours per semester) and making satisfactory progress toward a baccalaureate degree. In addition, the student-athlete must maintain a cumulative grade point average (GPA) of 2.0.

Fitness and Wellness Center

The Fitness and Wellness Center at Cazenovia College offers a variety of programs for all members of the College community as well as memberships and special programs that target the local community. These programs promote good health, teach physical skills and encourage positive social interactions. In addition to intramural and informal activities, these programs provide students with opportunities to compete outside the official intercollegiate program and enhance their personal health and fitness. On most campuses, 90 percent of students are participants in recreation and fitness programs.

Intramural activities: In addition to intercollegiate competition, the Fitness and Wellness department offers a wide selection of events for the campus population – students, staff and faculty. Individuals may participate in a variety of competitive and non-competitive events. Such events can provide relief from daily academic pressure, further the social and athletic components of a Cazenovia College student’s education and enhance the professional lives of faculty and staff. The primary goal of the intramural program is to offer fun, social and safe interaction among students, faculty and administrators.

Counseling

Cazenovia College makes a substantial effort to help students with their personal development and daily problems. While the professional staff offers mental health and psychological services to students, they also engage in outreach activities with other campus offices including residence life, leadership programs, faculty, and various community organizations. The professional staff of the Counseling Center also provides services to persons in crisis.

Counseling is a conversational process that can be instrumental in the development of skills that help students effectively confront and cope with uncertainties and conflicts. The center’s objective is to help students explore and understand their feelings. The belief is that such a process encourages personal growth, enhances coping skills, and uses emotional energies creatively and positively. Sessions also provide an opportunity to learn and practice skills for healthy living in a proactive way. The Counseling Center’s goal is to provide support services that help each student grow and develop emotionally, interpersonally and intellectually.

Licensed professional staff offer a wide range of services and programs for students and employees. Services include individual, group and couples counseling, crisis intervention, substance abuse evaluation and treatment, consultation and referrals. The staff is also regularly involved in educational programming and offers presentations on mental health topics for student organizations and residential communities. A self-help and resource library is maintained at the Counseling Center and is available to students.

Health Services

The mission of our Campus Health Service program at Cazenovia College is to create and maintain an optimum environment for students to pursue their academic work and personal development with a minimum of health-related interference. The goals of Health Services are to deliver efficient, cost-effective care and to promote healthy lifestyle practices. Students are empowered to become wise consumers within the health care system.

The Health Services program offers ambulatory health care to all enrolled students. The services include episodic illness/injury care, health wellness counseling and education including outreach programs, gynecological exams and treatment including contraception, STD screening, counseling and treatment for men and women, physicals and immunizations. Overnight in-patient care is not available on campus.

Health Services also provides access to a wide range of laboratory services and commonly prescribed medications.

Health Services staff provide programming for the College's residence halls and work closely with community health organizations. An increased emphasis on wellness has effectively linked the Health Center to other campus programs, including residence life, leadership programs and the Fitness and Wellness Center.

Inter-Faith Services

As a non-denominational institution, students come to Cazenovia College from a diverse array of religious and spiritual backgrounds. The Inter-Faith Office offers a variety of programs and opportunities for all students regardless of their religious affiliation. Services include individual spiritual guidance, spiritual direction, bereavement counseling, special occasion prayer services, retreats, and information on area houses of worship. Social justice opportunities abound: Thanksgiving Baskets, Mitten Tree, Blanket Drive, Rice Bowl, Habitat for Humanity, visits to shut-ins, elderly and nursing homes and much more.

The Inter-Faith Committee is a group of people representing many different faiths who come together in unity to address the needs of the campus. This committee includes clergy and lay ministers from the Presbyterian, Episcopal, Methodist, Baptist, Catholic, Muslim, Society of Friends and Jewish faiths.

Co-Curricular and Leadership Development Programs

Co-curricular and Leadership Development Programs are dedicated to supporting the mission of Cazenovia College by providing services and programs to maximize students' co-curricular educational opportunities.

The staff strives to create an environment where all students have the opportunity to participate in events and activities that enhance their classroom experiences and allow them to accumulate knowledge, skills and values in settings beyond the classroom.

Professional staff plays an active role in developing a campus culture that accentuates student learning and success, where there is an integral relationship between academic affairs and student affairs.

Co-curricular and Leadership Development Programs currently operate under six strategic thrusts designed to support the overall institutional mission: to embrace teaming as its primary focus and to commit to creating an environment that encourages intellectual, social and ethical growth. The six areas are as follows:

Community-Based Learning allows students to learn and develop through active participation in thoughtfully organized community-based teaming experiences that meet actual community needs and are integrated into the students' academic curriculum.

Leadership Development Programs are designed to offer a knowledge base in leadership skills. Through formal training and experiential opportunities, students have the opportunity to explore various leadership styles that allow them to begin to define their own leadership type and characteristics.

Alternative Breaks and Volunteer Projects allow students to experience heightened social awareness and life-long social action. Students learn about the problems

faced by members of communities with whom they otherwise may have had little or no direct contact.

Student Government Association, Clubs and Organizations allow students to join and form organizations that promote their common interests, as well as participate in the college governance structure to foster and support student opportunities for teaming, leadership, community building and creative expression beyond the classroom.

Student Activities are initiated and implemented through the Campus Activities Board (CAB), designed to complement the educational programs and aims of the institution, as well as address student needs and interests.

Cazenovia College Challenge Course is a series of problem-solving experiences that physically engage teams to develop and execute a plan. Each challenge draws on every team member's contributions—their ideas, their support and their efforts.

The low ropes course is characterized by its ability to create the need for group members to challenge their old ways of thinking and acting. Group members faced with challenging problems are required to take risks, talk and share responsibility for a successful effort. The goal of the low ropes elements is to have participants unite and learn the meaning of cooperation, and discover that through cooperation they can accomplish much more than they would have previously thought possible.

The **Student Activities** staff is responsible for developing and supervising activities that complement the educational program and aims of the institution. Student Activities typically advances the political, social, religious, academic, and recreational interests of students, and is linked to leadership and community service programs. The staff continues to strive to increase the quantity of programs and to work with the academic administration and faculty in coordinating Student Activities programs that connect the core curriculum as well as specific academic programs.

Residence Life

The Residence Life program at Cazenovia College plays a significant role in the development of students. Recognizing the importance of the learning that takes place outside the classroom, the Residence Life staff members focus a great deal of attention on the intellectual, social, personal, cultural and ethical development of students, and the creation of a living environment that supports the learning mission of Cazenovia College.

The residence halls are supervised by full-time professional staff members and Resident Advisors who reside in each of the five residence halls. Resident Advisors are students who have demonstrated excellent leadership skills. Available 24 hours a day, the staff works to provide a welcoming and secure environment. They meet regularly with students and address needs such as maintenance concerns, security issues, lifestyle issues and personal challenges typical to most college students, including stress, test anxiety, homesickness and relationship management.

Members of the Residence Life staff are responsible for designing, planning and implementing social and educational programs throughout the academic year. These programs encourage students to become engaged in the life of the College by providing social opportunities as well as opportunities to enhance their intellectual and personal development.