



NASPA Region I KC Summit
June 26, 2025 | 9AM - 12PM EST
Schedule of Events

Time	Session	Presenter(s)	Link
9:00 AM to 9:15 AM	Welcome	KC Representatives	https://bowdoin.zoom.us/j/95599822549
9:20 AM to 10:10 AM	From Change Fatigue to Change Readiness: A New Way to Lead	Kate McCaffrey	https://us06web.zoom.us/j/82314946255?pwd=wwAEYyfuZpwYAOmbWMBVcpplQs0Z2h.1
	From Awareness to Action: Antiracism Strategies for White Administrators and Racial Battle Fatigue Survival for Practitioners of Color	Dr. Kristina Hall-Michel and Dr. Jennifer Reid	https://bridgew.zoom.us/j/96846707259?pwd=fualhAdcrRu24qbhgY0ByJ9Ibwa0XG.1
	Work of the Heart: Understanding and Supporting the Staff of USRCs	Natalie Borg	https://bccte.zoom.us/j/99169675499
	Coaching with Care: Reimagining Success Coaching for Belonging, Healing, and Impact	Karl Uzcategui	https://Fairfield.zoom.us/j/99915811911

10:15 AM to 11:05 AM	Sorting it Out: Helping Students Clarify and Articulate Wellbeing Priorities with a Holistic Digital Card Sort	Anush Hansen	https://zoom.us/j/97496693591
	Disability: Just Say the Word	Luella Benn	https://mghihp.zoom.us/j/8499155069?omn=87215270916
	Thriving, Not Just Surviving: Understanding the Experiences of International Black Students in Higher Education in the USA	Festus Ainoo	https://umass-amherst.zoom.us/j/3138637703?pwd=PqKBTerU3PAvcvoVgb6y9YXNXgbxy3.1
	Student Success: Building a Team Approach in Higher Education	Dawn Cordeiro	https://bristolcc-edu.zoom.us/j/92088224038?pwd=ckhPOBSIaLIhTVjzzXtCsD50kyQHLS.1
11:10 AM to 12:00 PM	Promoting Wellbeing through Tabling	Jill Piker	https://une.zoom.us/j/98635541535
	Rules of Engagement // Designing Better Programs, Intentionally	Bobby Dutton	https://meet.google.com/jiw-qywu-dqo
	The Complexity of Masculinity	David Andrade	https://bostonu.zoom.us/j/92668051380?pwd=mnsuP5ExZaJJCVS6Bzn1VxU70Jaah.1
	The "Freshman 15": Addressing Sizeism and Fatphobia on a College Campus	Victoria Adler	https://umass-amherst.zoom.us/j/2317033092

*****Please see below for full session descriptions*****

Need help during the event? Email Jimmy Riley at j.riley@bowdoin.edu

Education Block #1:

9:20 AM to 10:10 AM

From Change Fatigue to Change Readiness: A New Way to Lead

Presenter: Kate McCaffrey, Paradigm Twist

<https://us06web.zoom.us/j/82314946255?pwd=vvAEYyfuZpwyAOMbWMBVcpplQs0Z2h.1>

Ready or not, change is here, in unexpected and often challenging ways. And student affairs leaders are on the front lines. This interactive session offers more than just strategies, it offers space. Space to reflect on your own change readiness, discover your unique leadership style in times of transition, and explore how ready (or resistant) your organization might be to evolve.

We'll break down what it really means to lead, manage, and respond to change, because those aren't the same thing. You'll gain practical tools to navigate your role with more clarity and confidence, while also learning how to decode the language of change in healthier, more empowering ways. If you're feeling triggered by words like "pivot," "agile," or "resilient"; you're not alone. But there's a new way forward. It's time to twist your paradigm and see change differently. Change doesn't have to feel exhausting. When you understand your personal approach to change and the dynamics around you; it becomes less about reacting and more about leading with intention. You'll leave this session with clarity, language, and tools to move from fatigue to readiness, and from surviving change to shaping it. Let's 'twist' how we show up; and lead forward in a new way.

From Awareness to Action: Antiracism Strategies for White Administrators and Racial Battle Fatigue Survival for Practitioners of Color

Presenters: Dr. Kristina Hall-Michel, University of Massachusetts - Boston, and Dr. Jennifer Reid, Bridgewater State University

<https://bridgew.zoom.us/j/96846707259?pwd=fualhAdcrRu24qbhgY0ByJ9Ibwa0XG.1>

Building on the foundation of our original session, Unveiling the Hidden Struggles: Navigating Whiteness and Racial Battle Fatigue in Student Affairs at PWIs, this follow-up workshop is designed to shift the conversation from insight to impact. Dr. Kristina Hall-Michel (a scholar-practitioner focused on racial battle fatigue) and Dr. Jennifer Reid (a white scholar-practitioner focused on the pervasive culture of whiteness in higher education) will offer practical, action-oriented strategies that respond to the core themes explored in their initial presentation.

Dr. Hall-Michel will center the experiences of Student Affairs Practitioners of Color (SAPOC) by offering survival strategies for managing racial battle fatigue in predominantly white environments. Her insights will provide validation, tools for wellness, and ideas for cultivating resilience and community. Dr. Reid will speak candidly to white administrators ready to move beyond performative allyship toward meaningful antiracist action. Drawing from her research and experience, she will offer tangible steps for disrupting systemic whiteness in institutional culture, from how to respond in moments of harm to leading inclusive structural change.

Attendees will leave with:

- A toolkit of actionable strategies for white administrators seeking to model authentic antiracist leadership
- Frameworks for identifying and mitigating racial battle fatigue
- Real-world examples of how to foster accountability and healing across roles and identities
- Space to reflect on their own roles in shaping equitable campus environments

This session is for anyone committed to equity and inclusion in higher education—but especially for those ready to ask: Now what?

Work of the Heart: Understanding and Supporting the Staff of USRCs

Presenter: Natalie Borg, Boston College

<https://bccte.zoom.us/j/99169675499>

This presentation will help student affairs professionals and faculty learn from the experiences of their colleagues who work at Undocumented Student Resource Centers. Particular attention will be paid to calls to action from these professionals, which their colleagues in other focus areas can use to bolster support for the community.

Coaching with Care: Reimagining Success Coaching for Belonging, Healing, and Impact

Presenter: Karl Uzcategui, Fairfield University

<https://Fairfield.zoom.us/j/99915811911>

In an era of shifting student needs and institutional transformation, success coaching in higher education is evolving into a critical strategy for fostering belonging, resilience, and holistic development. This interactive session will explore how success coaching can serve as a healing-centered, equity-driven practice that supports both personal and academic growth.

Education Block #2:

10:15 AM to 11:05 AM

Sorting it Out: Helping Students Clarify and Articulate Wellbeing Priorities with a Holistic Digital Card Sort

Presenter: Anush Hansen, WellSort

<https://zoom.us/j/97496693591>

When students are stressed and overwhelmed, it's often difficult for them to identify what they need to feel balanced and well. Likewise, campus wellbeing leaders may struggle to determine which programs and resources will best support their students. The Student Wellbeing Card Sort is a digital tool that addresses both challenges - engaging students in an interactive, narrative activity to clarify their wellbeing priorities and connect with relevant campus resources, while also providing institutions with valuable data insights to help inform wellbeing programming.

In this session, you'll learn about strategies for integrating the card sort into peer mentoring, wellness coaching, first-year seminars, and other student-centered initiatives; and how higher ed institutions are using aggregate student card sort data alongside other assessments to inform campus-wide decisions. Attendees will leave with practical ideas for empowering student wellbeing and success and enhancing campus-wide wellbeing efforts.

Disability: Just Say the Word

Presenter: Luella Benn, MGH Institute of Health Professions

<https://mghihp.zoom.us/j/8499155069?omn=87215270916>

In this workshop, participants will be challenged to consider the ways through which our understanding of the concept of disability is impacted by the various lenses through which we view it. By learning about alternative models of disability and exploring how language impacts understanding and behavior; participants will be able to recognize unintentionally ableist beliefs, practices, and language. Participants will better understand why and how we talk about disability matters and increase their comfort level in speaking on the topic. Main topics include: working definitions of disability and ableism, medical vs. social models, and person first vs. identity first language.

Thriving, Not Just Surviving: Understanding the Experiences of International Black Students in Higher Education in the USA

Presenter: Festus Ainoo, University of Massachusetts - Amherst

<https://umass-amherst.zoom.us/j/3138637703>

International Black students in U.S. higher education face unique challenges related to identity, belonging, and institutional support. This workshop explores how student affairs professionals can foster environments where these students thrive, not just survive. Grounded in Schlossberg's Transition Theory and Yosso's Community Cultural Wealth Model, this session will provide theoretical insights and practical

strategies for supporting marginalized & underrepresented International Black students. Through interactive discussions and case studies, participants will explore how to leverage student strengths, create inclusive structures, and enhance institutional practices. Attendees will leave with actionable strategies to implement in their respective roles, ensuring holistic student development and success.

Student Success: Building a Team Approach in Higher Education

Presenter: Dawn Cordeiro, Bristol Community College

<https://bristolcc-edu.zoom.us/j/92088224038?pwd=ckhPOBSlaLhTVjzzXtCsD50kyQHLS.1>

The presentation will look at the benefits to a Team approach to Student Support Services (faculty, staff, family, community) and how this approach can produce tangible positive outcomes for students.

Education Block #3: 11:10 AM to 12:00 PM

Promoting Wellbeing through Tabling

Presenter: Jill Piker, University of New England

<https://une.zoom.us/j/98635541535>

The presentation will be a review of tabling events at the University of New England this past year presented by the Coordinator of Health Promotion and the Peer Health Educator staff. By sharing ideas of promoting the different areas of wellness through tabling, participants will learn what worked well as an activity, take-aways and data collection. The difference in hosting tabling events for our graduate/professional students compared to our undergraduate students will also be discussed. There will also be time for questions and answers.

Rules of Engagement // Designing Better Programs, Intentionally

Presenter: Bobby Dutton, GBM6

<https://meet.google.com/jiw-qywu-dqo>

What makes an event successful? Clearly, it depends on the nature (and objective) of the program - but many of us have been faced with the difficult challenge of quantifying engagement as a key step towards measuring our Return on Investment (ROI).

When everyone has an opinion, and programming budgets can be scarce, we need to figure out how to consistently and objectively evaluate events - without stripping away the subjective magic that might just be the most critical driver of success.

The Complexity of Masculinity

Presenter: David Andrade, Boston University

<https://bostonu.zoom.us/j/92668051380?pwd=mnsuP5ExZaJJCjVS6Bzn1VxU70Jaah.1>

In higher education, male-identifying and presenting students often face unique challenges related to emotional expression, help-seeking behaviors, academic engagement, and navigating traditional norms of masculinity. The session invites participants to critically examine these dynamics through a Liberation Health framework. Liberation Health is an approach that considers the personal, institutional, and cultural factors impacting individual and community well-being. This session will also offer practical tools and tips for student affairs professionals, faculty, and campus leaders committed to creating spaces of healing, accountability, and empowerment for this often-overlooked demographic.

The "Freshman 15": Addressing Sizeism and Fatphobia on a College Campus

Presenter: Victoria Adler, University of Massachusetts - Amherst

<https://umass-amherst.zoom.us/j/2317033092>

Students often come to college with preconceived notions about how their experience is supposed to go. One common myth has to do with the negative stigma of students gaining weight throughout their time in college. This presentation will help student affairs professionals understand the culture of sizeism and fatphobia in society and on a college campus, and the role they can have in acting against these biases. The body positivity movement is more than self-love, it is about breaking down systems of oppression, and every person can be part of that process.