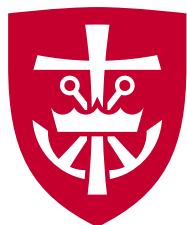


STUDENT AFFAIRS

2023-2024

A YEAR IN REVIEW



KING'S COLLEGE

TRANSFORMATION. COMMUNITY. HOLY CROSS.



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GREETINGS FROM THE DIVISION OF STUDENT AFFAIRS

During the 2023-24 Academic Year, the Division of Student Affairs—inspired by our Catholic and Holy Cross mission and identity—continued to educate, challenge, support, and celebrate our students. Efforts across the entire division were dedicated to offering high-quality support services and vibrant student engagement experiences. The division prioritized campus collaboration efforts, assessment and learning outcomes, and greater enhancements to student services, engagement experiences, and programs.

Some of the most significant accomplishments included, but were not limited to:

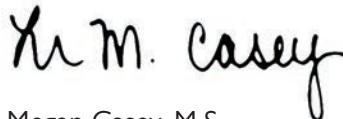
- Regular professional and staff development meetings focused on teambuilding, inter-departmental discussions, information sharing, and strategic planning
- Creation and use of a Campus Center satellite office for the Associate Vice President/Dean of Students to host regular and drop-in hours for students
- Decreased summer melt to 4% for Summer 2023 Orientation (from 6.3%, Summer 2022) after the schedule shift from July to June and additional program enhancements and successful recruitment, development, and training efforts for student staff
- Planning and completion of the Holy Cross Hall 12th Floor Lounge renewal project to serve as a multi-purpose and flexible space
- Increased student engagement in various student activities and experiences such as Homecoming Block Party, Late Night Programming, SpringFest
- Continued accolades for student-athlete achievement in and out of the classroom
- Participation in campus-wide committees and working groups (e.g., Campus Master Plan, Strategic Plan, Middle States, Wellness Committee)
- Facilitation and support of various trainings (e.g., Mental Health First Aid, Safe Zone, CPR/First Aid)
- Expansion of leadership program offerings with the addition of the Perspectives upper-class seminar
- Pursuit of grant funded opportunities to better serve students (e.g., TEGNA Foundation Wellness Room, NCAA Ethnic Minorities and Women's Internship grant, Mental Health First Aid)
- Compliance efforts, including preparations for late release of new Title IX regulations

As part of continued efforts to transparently communicate the ongoing work of the division, we are once again proud to offer the **Student Affairs: 2023-24 Year in Review**. We are proud of our accomplishments and are extremely grateful for all our campus partners who help us provide student advocacy, support, and excellent student engagement experiences. We welcome you to learn more about each of the division's functional areas and outcomes. Lastly, we invite you to contact us to explore ongoing opportunities for partnership and engagement. We look forward to ways we can even more effectively support and serve the King's College community in the year ahead.

Go Monarchs!



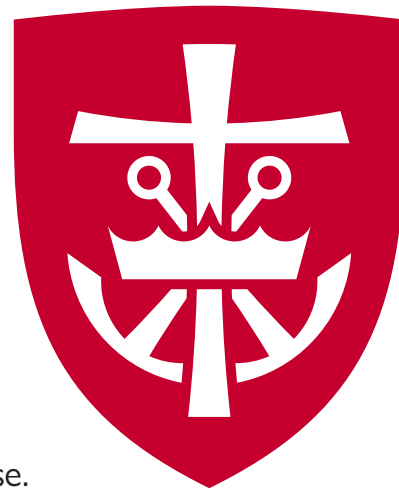
Anitra M. McShea, Ph.D.
Vice President for Student Affairs



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.

DIVISION OF STUDENT AFFAIRS LEADERSHIP



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
Athletics and Recreation



Tina Arendash, MSW, LCSW
Director of the
Counseling Center



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: RESIDENCE LIFE



The 2023-24 Academic Year was marked by several significant achievements and improvements within Residence Life. Through collaboration, enhanced staff training, and successful new initiatives, Residence Life continued to foster a supportive and engaging living environment for students. In August, 25 Resident Assistants and 17 Resident Counselors were trained on college policies, Title IX, student conduct, mental health, and FERPA. The student staff participated in the annual Dragon Boat races during RiverFest, placing second overall and first among collegiate competitors

Department and Student Learning Outcomes Results for AY 23-24:

- The Resident Student Opinion Survey indicated an average score of **5.07 out of 6** for the development of strong peer relationships through Residence Life programs. Additionally, there were fewer roommate changes due to improved communication and self-advocacy skills among students.
- Mid-term grade meetings with Resident Counselors were rated **5.62 out of 6** for helpfulness, and **5.52 out of 6** for encouraging students to utilize new services.
- The Residence Life programs regularly engaged students, with approximately **76%** of respondents indicating regular attendance.

Several Successful New Initiatives for AY 23-24:

- To foster a more engaging and supportive living environment, significant upgrades were made to the lounges and lobbies in Esseff, Holy Cross, and O'Hara Halls. These upgrades included the addition of new furniture and state-of-the-art televisions, creating more inviting and versatile spaces for student interaction and activities.
- Alumni Hall was renamed to Rev. John J. Ryan, C.S.C., Hall and underwent extensive renovations, including new paint, flooring, lighting, and lounge improvements. These enhancements have significantly increased student use and engagement, promoting community building, collaborative learning, and a greater sense of belonging.
- The housing lotteries were consolidated into three processes, reducing student confusion and increasing efficiency.
- Improvements were made to graduate student services by adding online photo ID and streamlined housing processes.
- Groundwork was completed for creation and launch of first-year Honors housing for Fall 2024, and model rooms and photos were available for the Spring 2024 recruitment cycle.

Interested in partnering with the Office of Residence Life on educational programming and outreach initiatives?
Contact us at reslife@kings.edu.



DEPARTMENT HIGHLIGHTS: ATHLETICS AND RECREATION



Athletics continues to foster opportunities and provide resources to enhance the experiences of our 590 student-athletes participating in NCAA teams, as well as recreational activities for all students. Community engagement and leadership development have also been focal points. Student-athletes have numerous opportunities to enhance their leadership skills and engage in community service. Most teams participate in at least one community service event, and the Student-Athlete Advisory Committee (SAAC) offers engagement in various initiatives, including park cleanups, Reading Across America, Morgan's Message, and Special Olympics. Leadership workshops, tailored to class status, are also available to all student-athletes through the Leo's Leaders program.

Department and Student Learning Outcomes Results for AY 23-24:

Academic Excellence

- Our student-athletes continue to excel academically, concluding the academic year with an **overall cumulative 3.16 GPA**. Notably, our **student-athlete women** achieved an **average 3.43 GPA**.

NCAA Compliance Workshop

- **99.6%** of student-athletes could identify factors impacting eligibility after completing the workshop.
- **84.2%** correctly answered questions regarding NCAA rules about gambling.

Service to Special Olympics

- Student-athletes contributed more than **500 hours** of service this spring.
- More than **80** student-athletes attended **at least one** session, with **13** attending **all nine** sessions.
- **92%** of respondents indicated they would encourage a teammate to participate in the future.

Monarch U Leadership Program

- **40** student-athletes participated in the program.
- **100%** of participants could identify their behavioral style and understood different styles of others post-session.
- **100%** of participants would recommend the program to their teammates or other student-athletes.

Student Athlete Opinion Survey

- Out of 389 student-athletes surveyed, **83%** agreed or strongly agreed that their Strength Coach communicates effectively and teaches exercises that have increased their knowledge.

Successful initiatives and programs for AY 23-24:

Athletic Achievements

- In the fall, our Football team secured a victory in the Mayor's Cup and earned a spot in the MAC (Middle Atlantic Conference) Centennial Bowl game, finishing the season with an 8-3 record.
- Kenny Monaco, a junior on the Football team, was selected to attend the NCAA Student Inclusion and Leadership Academy.
- Katey Shoemaker set a program record by winning the gold medal in the women's weight throw for Indoor Track in February. King's College Women's Indoor Track and Field team also celebrated their highest finish to date, securing fifth place at the 2024 MAC Indoor Track and Field Championships.
- Josh Hoff, Head Coach of the Women's Ice Hockey team, was named MAC Coach of the Year. Both the Men's and Women's Hockey teams achieved their best seasons in program history, making it to the playoffs for the first time.
- Our Esports team continued its dominance, winning their second consecutive Conference title.
- In the spring, Teone Sherrod captured the MAC Championship in the high jump for Outdoor Track.

Monarch Mayhem Fundraiser: This year, Monarch Mayhem extended its crowd-funding event from 24 hours to 36 hours. As a result, we raised \$75,000, surpassing last year's total. These funds will be pivotal in meeting the needs of our student-athletes and coaches.

Enhanced Recruitment through Front Rush: In a strategic move to streamline communication with the Office of Admission and improve recruitment processes, Athletics has partnered with Front Rush. This Customer Relationship Management (CRM) platform integrates with Slate, providing real-time updates on recruits and prospective students. Each sport is equipped with the tools to store communications, create email templates, and monitor interactions. Ongoing onboarding and training will continue for new coaches in the coming year.

BSN and Under Armor Vendor Contract: Summer 2024 concluded the first year of our contract with BSN and Under Armor. Centralizing all team apparel needs with one vendor has increased our rewards to \$10,000, which will be allocated to other departmental needs. This partnership also strengthens our adherence to the College's branding standards.

National Girls & Women in Sports Day: Our department hosted a successful National Girls & Women in Sports Day clinic, introducing more than 60 young girls to a dozen different sports. Supported by more than 40 student-athletes, this free clinic was a resounding success, inspiring the next generation of women athletes.

This summary encapsulates the major achievements and initiatives undertaken by the Athletics Department over the past year, reflecting our ongoing commitment to excellence both on and off the field.

Interested in partnering with the Athletics Department on important educational programming and outreach initiatives? Contact us at athletics@kings.edu.



DEPARTMENT HIGHLIGHTS: CAMPUS ACTIVITIES, COMMUTER LIFE, AND ORIENTATION



During the 2023-24 Academic Year, Campus Activities, Commuter Life, and Orientation provided numerous exciting and engaging opportunities for students to be involved on campus. A main component of this work, the student-facilitated King's Programming Board (KPB) organized and implemented all events during the fall and spring semesters. KPB coordinated the College's efforts towards Late-Night Programming, providing activities and events that begin after 9 p.m. on the weekends.

Summer Orientation was successfully completed the last week of June, with **368** members of the Class of 2028 engaging in the program. During orientation, incoming students used team building activities to meet each other and start building community, began their academic journey in advising appointments and a faculty-led academic session, and prepared for life at King's through a technology session and resource fair.





Department and student learning outcomes results for AY 23-24:

- Overhauled and moved Summer Orientation 2023 and reported a first-year student melt of **4%**, which is a **2.3% reduction** from the year before and previous format.
- Planned informative and educational Fall Welcome programs, such as Breathe Nolan Breathe (alcohol use) and Zero Shades of Gray (sexual assault and bystander intervention), resulting in **76%** of new students reporting that Breathe Nolan Breathe was engaging and informative while **70%** reported that Zero Shades of Grey increased their knowledge and understanding of issues related to sexual assault and bystander intervention.
- Enhanced working relationships across campus, which resulted in a total of **33** collaboratively planned and executed programs involving a combination of departments including Campus Activities, King's Programming Board, the Theatre Department, Campus Ministry, Student Government, Athletics, and the Wellness Committee.
- Promoted the importance of engagement in students who participated in Commuter Life programs and helped them navigate how to become involved on campus, which resulted in **73%** of commuters who reported that they are part of a club or attend on-campus programming.

Several successful initiatives for AY 23-24 have included:

- Planned and implemented various large-scale events, including Homecoming Block Party (**500 students in attendance**); Family and Friends Weekend (**300 students and families in attendance**); and SpringFEST with goat yoga, an outdoor cookout in Regina Court, and Lip Sync (**456 students in attendance** throughout the week).
- Promoted home games for each athletic team with a theme or give-away for all students in attendance.
- Increased commuter student outreach through Commuters Connect, Commuter Pit Stops, and Parking Lot Pop Ups.
- Facilitated meet and greet events after Theatre Department productions and Cantores Christi Regis concerts.
- An important part of a student's co-curricular experience is engagement and participation in events, activities, and clubs and organizations on campus. This engagement aids student retention and persistence while enhancing peer connections amongst students. In Fall 2023, **74%** of new students reported participation in a college-sponsored event in their first semester at King's, encompassing many who will become student leaders in subsequent semesters.

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.

DEPARTMENT HIGHLIGHTS: MULTICULTURAL AND INTERNATIONAL STUDENT PROGRAMS (MISP)



The Office of Multicultural and International Student Programs 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. The Office also provides non-academic advising and advocacy for minority students who attend King's. This advisement includes individual support, advice on navigating the college experience, student engagement recommendations, and referrals to campus and community resources.

The Office is especially proud of its newest program, Impact and Elite. This program launched in Spring 2024 with a student cohort of 5 men and 9 women, three of whom have now graduated. Impact and Elite is a brother and sisterhood group for students of color who attend a Predominantly White Institution (PWI) and empowers them to achieve success within leadership, engagement, and service, while building resilience during their college experience and beyond.

Department and student learning outcomes results for AY 23-24:

- After engagement in the BARNGA Simulation, a game that encourages participants to critically consider normative assumptions and cross-cultural communication, students reported improvement in relationship building, conflict resolution, and communications skills at **4 out of 5 or above**.
- Students who participated in the Holy Cross Experience (HCE) Diversity Program rated its effectiveness at **4.5 out of 5**, with five representing the highest effectiveness.
- Students who received non-academic advisement and/or advocacy reported extremely high satisfaction levels with average scores of **4.9 out of 5**.



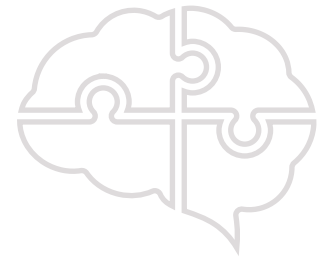


Successful initiatives and programs for AY 23-24:

- Hosted the D.E.I Triathlon, a collaboration between MISP, Multicultural and International Club, and D.E.I Committee, which consisted of 3 different events: DEI Scavenger Hunt, DEI Fair with a bounce house and ice cream truck, and the Multicultural & International Club Pool Party
- Coordinated the Fall Diversity Festival and Spring Global Diversity Festival
- Sponsored It's Lit and the annual Fashion Show, collaborations between South Asian Student Association, Multicultural and International Club, La Raza, Gay-Straight Alliance, Black Student Union, and the Student Government Diversity and Inclusion Committee
- Facilitated a Mock Interview and Etiquette Dinner for Impact and Elite participants
- Organized the annual Multicultural and International Graduation Luncheon, which provides recognition of students of color for their efforts and contributions in diversity, equity, and inclusion initiatives across the College and surrounding communities

Interested in using the Office of Multicultural and International Student Programs as a resource or partner for co-curricular educational and interactive programming? Please contact misp@kings.edu.

DEPARTMENT HIGHLIGHTS: COUNSELING CENTER



During the 2023-24 Academic Year, the Counseling Center provided **1,929** individual counseling sessions, the highest number on record, and **12.6%** of the undergraduate student population attended at least one appointment. At Spring 2024 Commencement, 365 students graduated; the Counseling Center provided individual counseling services to **21.9%** of these students at some point over the course of their academic career.

Department and student learning outcomes results for AY 23-24:

- The overall decrease in Distress Index scores for students was .42 points, which is equivalent to a **20.2%** decrease in overall distress levels.
- Access to Counseling Center services within seven business days was at **95%** in the fall and **100%** in the spring.
- **89.1%** of fall students and **100%** of spring students identified three or more coping skills after attending at least five counseling sessions.
- **65.9%** of students correctly answered two or three post-test questions correctly (out of three questions total) following the collaborative Holy Cross Experience (HCE) Wellness class.

Successful initiatives and programs for AY 23-24:

- Launched Mental Health First Aid Training; to date, **29 staff/faculty have been certified**.
- Received a **\$2,200 grant** from the TEGNA Foundation to establish a Wellness Room on campus housed in the Corgan Library.
- Presented three Success Hour workshops (e.g., eating disorders, healthy relationships, and resiliency).
- Developed and implemented an anxiety-based psychoeducational group.
- Offered HOPE (Helping Our Peers Excel) Peer Education programming, including Suicide Prevention Week, Sleigh End of Semester Stress, Scatter Kindness Scavenger Hunt, Love Your Body Week, Friday FUNday, and facilitation of monthly Therapy Dog Visits.

Overall student satisfaction with counseling services remains high—for AY 23-24, **93.1%** of students reported being strongly satisfied or satisfied with the services they received in the fall, and **100%** of students reported being strongly satisfied or satisfied with the services they received in the spring.

Interested in partnering with the Counseling Center on important educational programming and outreach initiatives? Contact us at counselingcenterstaff@kings.edu.



DEPARTMENT HIGHLIGHTS: STUDENT HEALTH SERVICES



The Student Health Center (SHC) provides direct medical care and works to form a trust relationship with patients by asking them about all aspects of their well-being. Students perceive a significant amount of stress from academics, relationships, finances, prior trauma, and mental and physical health issues. Therefore, the Student Health Center educates and supports students, so they feel empowered and realize their abilities to advocate for their health and well-being.

During the 2023-2024 Academic Year, the SHC provided more than **900** clinic visits and **hundreds** of point-of-care tests including mono, strep throat, blood glucose, flu, and COVID-19 tests. Services ranged from treatment for the common cold, ankle sprains, concussion, lacerations, nebulizer treatments, and support during a panic attack. The SHC provided both over the counter and prescription medication to students at the time of visit.

In addition to enhanced clinical visits on site, the SHC provided pop-up education tables on various topics, including STIs and alcohol awareness around campus. The SHC also worked with our Resident Assistants to present educational programs in the residence halls throughout the academic year.

Department and student learning outcome results for AY 23-24:

- Access to a health provider consultation within 24 hours was **100%**.
- **91% of patients** surveyed successfully identified at least one additional factor to improve one's health and well-being after the clinical visit.
- SCH provided CPR/AED training to more than **60** students, faculty, and staff with **100%** achieving certification.
- Patient satisfaction scored at or above **4.5 out of 5** in all areas surveyed.
- Following the Holy Cross Experience (HCE) Wellness class, **99%** of respondents identified emotional, physical, and spiritual dimensions of wellness, **99%** recognized the importance of sleep, and **82%** were likely to engage in a wellness practice such as gratitude, prayer, reflective sharing, or silence.
- Co-instruction of the Mental Health First Aid course newly instituted in AY 23-24 led to successful certification of **29 faculty and staff**.

Successful initiatives and programs for AY 23-24:

- Sponsorship of various activities, such as lunch-time fitness classes, pickle ball instruction and weekly matches, a Heart Healthy Bingo Challenge, and Destress Paint Event from the Wellness Committee.
- Implementation of the Health and Wellness Fair and Stress Less Fest with collaboration from campus and community partners.
- Collaboration with the Counseling Center and Campus Ministry to present wellness session for all sections of Holy Cross Experience.

Interested in using Student Health Services as a resource or partnering for co-curricular educational programming? Please contact us at studenthealth@kings.edu.



DIVISION OF STUDENT AFFAIRS

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