

TACUSPA Times

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Greetings TACUSPA Members!

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Deidra Stephens, President

I just returned from beautiful San Antonio where the TACUSPA board met at the Doubletree by Hilton Downtown, the site of our 2012 fall conference. Over our two-day meeting, we discussed the many strategic plan initiatives that are coming to fruition over the course of this year.

We recently commenced our webinar series with an overview of UTSA's award-winning E.P.I.C. sanctioning model. We are excited to announce our next webinar focusing on effective student affairs job searching, scheduled for Friday, Feb. 24, 1-2 p.m. We are also launching a request for proposals for future webinars soon. Please watch the TACUSPA listserv, Facebook page, blog and Twitter feed for more details on this exciting series. Special thanks to the TACUSPA Webinar Committee (Jeff Jackson, Charlie Gibbens, and Erica Lopez) for making the series possible!

We have also launched our new Assessment Knowledge Community on

the TACUSPA website, thanks to our Assessment Committee Chair Gale Stuart. This knowledge com-



munity contains a discussion board and will have links to resources such as assessment websites, publications, references, accreditation agencies, conferences, and links to TACUSPA institutional members' assessment websites as well as other prominent institutions. It is our hope that this community will provide an active forum for discussion on assessment issues and a dynamic resource for institutions.

With the great dedication of our Director of Technology Hope Garcia, Treasurer Lisa Nagy, and VP for Membership and Marketing John Kaulfus, our new membership management website is up and running.

This multifunctional website allows you to renew your membership online, register for conferences, update your directory information, and access many members-only resources, such as recorded webinars and our knowledge community discussion boards. If you have not logged onto the site, please do so in order to establish your password and confirm your directory information. And don't forget to renew your membership for 2012!

The 2012 Higher Education Law Conference, March 26-27, in Denton, Texas, is right around the corner! Register today to attend (<http://www.coe.unt.edu/conferences/higher-education-law-conference>) and sign up for the Monday TACUSPA dinner and the Tuesday networking breakfast.

The call for nominations for TACUSPA board positions has been issued, and elections are coming soon. We encourage you to get involved! Officer positions on the ballot include President-Elect,



2011-2012 Board of Directors

Board Meeting Schedule

Mar. 5th
 Mar. 25th, Law Conference
 May 7th
 June 4th
 July 9th
 Aug. 6th
 Sept. 10th
 Oct. 14th, San Antonio

Meetings are held via teleconference unless otherwise noted.

*Please,
 feel free to
 contact us!*

Editors:

Katy Lee Kemp
 Sheila Bustillos-Reynolds



President-Elect: Dr. Deidra Graves Stephens
 Director, Plus Program, McCombs School of Business
 University of Texas
 Deidra.Stephens@mcombs.utexas.edu



President-Elect: Dr. Alicia Huppe
 Dean of Enrollment & Academic Success Momentum
 Collin College
 ahuppe@collin.edu



Past President: Dr. Trisha VanDuser
 Executive Director, Student Services
 UNT Health Science Center
 Trisha.Vanduser@unthsc.edu



VP for Administration: Ms. Heather Snow
 Director of Student Conduct
 University of Texas at Arlington
 hsnow@uta.edu



VP for Membership and Marketing: Mr. John D. Kaulfus
 Associate Dean of Students
 University of Texas at San Antonio
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VP for Education and Professional Development: Dr. Jennifer Edwards
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Treasurer: Ms. Lisa Nagy
 Assistant Vice President, Student Affairs
 University of Texas at Arlington
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Director of Technology: Ms. Hope Garcia
 Director of Student Affairs Administration
 University of North Texas
 Hope.Garcia@unt.edu



Secretary: Ms. Charlin Jones
 Assistant Director for Special Events
 University of Texas at San Antonio
 Charlin.Jones@utsa.edu

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<http://tacuspa.blogspot.com/>

The 16th Annual
Texas Higher Education Law Conference
at the **University of North Texas**
in Denton, Texas
March 26-27, 2012



The Premier Higher Education Law Conference in Texas
Nationally and State Renowned Speakers
Flash drive of Speaker Materials
Continuing Education Credit

<http://www.coe.unt.edu/HELawconference>

About TACUSPA Times

The TACUSPA Times is published four times per year: November, February, May and August. It is designed to keep the members of TACUSPA informed of current events, opportunities and resources available to student affairs professionals in Texas. Content primarily comes from the executive board members and their respective committees and/or responsibilities. If you would like to suggest an idea, please contact one of the Editors.

Editors

Katy Kemp
Katy.Kemp@unthsc.edu

Sheila Bustillos-Reynolds
Sheila.Reynolds@austin.utexas.edu

Letter from the President

Continued



Vice President for Membership & Marketing, Vice President for Education & Professional Development, and Secretary. We are also proposing the addition of a new officer, Director of Research, to oversee the proposed online journal, research grant, and other initiatives. Please contact [Trisha Van Duser](#) if you are interested in running for one of these positions or nominating a colleague.

We are thrilled to announce two of the keynote speakers for the fall 2012 conference in San Antonio. [Margaret "Peggy" Barr](#) and [Linda Kuk](#) have accepted our invitations to speak. We have also changed the schedule to accommodate more networking opportunities with other members working in the same job function, with chief student affairs officers, and with TACUSPA board members and volunteers. Conference planners [Jo Anna Benavides-Franke](#), [Jan McKinney](#) and [Marlon Anderson](#) welcome your input and assistance.

It is exciting to be involved in an organization that is evolving and changing to meet the needs of our members. Thanks to all of our members who are involved in any capacity – this organization would not be successful without you. If you are not volunteering for the association but would like to get connected, please contact me at deidra.stephens@mcombs.utexas.edu. We would love to get you involved!

The TACUSPA Foundation

Supporting the development of the Student Personnel Profession in Texas, the TACUSPA Foundation was established in January 2010. Foundation funds will be used for student scholarships, research awards, and training awards.

For more go to: <http://www.tacuspa.net/foundation.html>

The TACUSPA Foundation serves under the authority of the Texas Association of College and University Student Personnel Administrators (TACUSPA).

Chair— Don. D. Albrecht, Ph.D.
Vice President for Student Affairs
West Texas A&M University
dalbrecht@wtamu.edu

SAVE THE DATE!

**Fall 2012
Conference
October
14-16
San Antonio**

Dear TACUSPA Membership,

Thank you for allowing me the privilege over the last year to serve TACUSPA as the founding Chair for the TACUSPA Foundation. I first attended TACUSPA on a graduate student scholarship over 20 years ago. That scholarship was made available by the membership of TACUSPA. The development of the TACUSPA foundation was a dream of mine to insure that these scholarships are made available to future generations of leaders for the student affairs profession. Our goal in establishing the foundation was to create a movement to enhance the student affairs profession in Texas through graduate student scholarships, research awards, and the funding of a fellowship program. Your support of the TACUSPA foundation is making these dreams a reality.

In 2011, through individual donations, the silent auction, and the golf tournament, the foundation raised \$2,846.53. This brings the total funds raised to date to \$7,831.53. Thank you all for your current and continued support! Together we are making a difference for Texas!

With Gratitude!

Dr. Thomas Moorman

Past Chair, TACUSPA Foundation

thomas.moorman@unthsc.edu

**TACUSPA Foundation Donors:
2010 Presidents Club Donors (\$100+)**

Don Albrecht
Marlon Anderson
Eliot Chenaux
Mike & Amanda Drum
Matthew & Alicia Huppe
Lisa McDougle
Thomas & Melissa Moorman
Sandi Osters
Gage Paine
Keri Rogers & Chuck Mize
Joanne Smith
Brian & Deidra Stephens
James Richard Walker
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Lifetime Contributions**

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\$400 Plus Lifetime Gifts
Mike & Amanda Drum
Matthew & Alicia Huppe
Keri Rogers & Chuck Mize

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Gage Paine
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**TACUSPA Foundation Donors:
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Jennifer Lilly
Michelle Lopez
Eric Malmberg
Elizabeth Massengale
Biranna "Nicki" McGee
Maureen McGuinness
Melissa McGuire
Iliana Melendez
Monica Mendez-Grant
Maricela Ovila
Richard Padilla
Tia Palsole
Kelli Peck Parrott
Lisa Perez
Rosemary Prieto
Jennifer Rames
James Renfro
Maria Rodriguez
Cindy Scarbough
Grant Shallenberger
Jason Simon
Jovita Simon
Mardi Sorensen
Angie Taylor
Lee Tayon
Tommy Thomason
Judy Taylor
Ryan VanDusen
Trisha VanDuser
Kyle Voyles

TACUSPA Officer Elections

CALL FOR NOMINATIONS!

TACUSPA is seeking nominations of professionals to serve in the following volunteer leadership positions:

President Elect

Vice President for Marketing & Membership

Vice President for Education & Professional Development

Secretary

Visit the TACUSPA Website to see a list of duties associated with each position. Those elected will take office in October 2012.

Self-nominations are accepted.

To nominate someone for a position, please email Trisha Van Duser at Trisha.VanDuser@unthsc.edu no later than February 17, 2012.

2012 TACUSPA Membership



Renew Today

Membership renewal time is here. If you have not already done so, log on to the TACUSPA website and renew today!

You will be asked to create an online profile for easy, password protected access to TACUSPA resources and services.

**For any questions, please call John Kaulfus,
Vice President of Membership and Marketing,
at 210-458-4740 or e-mail john.kaulfus@utsa.edu.**

<http://tacuspa.camp8.org/>

Anxiety & Depression Among Today's College Students

Bailey Simpson -University of Texas Arlington

Tests, meetings, papers, scholarships, class, family, friends, finances—many of today's college students are finding the balancing act overwhelming. Days are short, pressures are high, and personal burdens make a day's to-do list insurmountable. In recent years, an increasing number of college students are experiencing serious mental health problems (Kadison & DiGeronimo, 2004; Kitzrow, 2009; Sharkin, 2006). Students' mental health needs have shifted from basic to more severe psychological problems (Kitzrow, 2009; Sharkin, 2006) and, as a result of these mental health struggles, more than half of today's college students have considered suicide (Johnson, 2008).

Statement of Problem

Although a wide range of problems and disorders exists, there are two that consistently rank among the top of college mental health concerns: anxiety and depression (Pledge, Lapan, Heppner, & Roehlke, 1998). According to the National Institute on Mental Health, anxiety disorders affect more than nine percent of college students (Kadison & DiGeronimo, 2004). With approximately 10 percent of all students having been diagnosed with depression and more than 14 percent showing signs of depressive symptoms (Peterson, 2002), depression is also plaguing American's campuses and is a cause for student withdrawal from college (Kadison & DiGeronimo, 2004; Sharkin, 2006; Svanum & Zody, 2001). It is important to note that like most mental illnesses, anxiety and depression are intertwined and usually not mutually exclusive (Grayson & Meilman, 2006).

Financial Burdens & Poor Job Market

There are countless contributing factors researchers have found that lead to a decline in students' mental health. Today's college students have heavier financial burdens than ever before (Sharkin, 2006). According to a study by the Higher Education Research Institute (HERI) of over 200,000 first-year students, more than 66% report having "some" or "major" concerns about their ability to finance their college tenure (HERI, 2010, para. 2). Due to the downturn in the economy and increasing college costs, over half (53.3%) of all college students today are taking out some sort of student loan to supplement or pay for their education entirely (HERI, 2010). As a result, students are graduating with extreme debt and facing the additional burden of entering into a feeble job market (Sharkin, 2006).

Academic Difficulty, Pressure, and Competition

For many college students, high school was a breeze. When they come to college, however, even the Valedictorians find themselves struggling to maintain decent grades. Students' inability to perform at the top of their class can contribute to feelings of inadequacy and anxiety that can ultimately lead to depression (Kadison & DiGeronimo, 2004). With these internal and external forces weighing heavy on them, "today's college students are walking combustibles, and the competitive college environment is often the igniting match" (2004, p. 36).

Social Struggles

College is an opportunity to start life over, have fun, and meet new friends. Often it is the existence of these personal relationships that sustain the mental health of college students (Kadison & DiGeronimo, 2004). For some students, however, the experience of forming and maintaining friendships can produce serious anxiety. Students who attend college and find it difficult or impossible to establish personal connections with others can find themselves "in a very vulnerable place" and "they may withdraw and become anxious or depressed" (Kadison & DiGeronimo, 2004, p. 11-12).

Problems at Home

There has been a notable shift in family structure over the past few decades to more single-parent families and, as a result, more students are experiencing a lack of emotional support. These changes in American family structure and lack of family support "are believed by many to have had a negative effect on the mental health of young people" (Sharkin, 2006, p. 10). Family dysfunctions can come in many different forms, including but not limited to "parent-child overinvolvement, family fear of separation, parent-child role reversal, and parental marital conflict" and, research proves, most can be related to college student depression (Kenny & Donaldson, 1991).

Implications & Recommendations

The recent increase in college student mental health needs has several implications for faculty, staff, and administration on campuses here in Texas and across the nation. The rampant anxiety and depression impacts not only the life of the affected student,

but his or her peers and institution (Kitzrow, 2009; Svanum & Zody, 2001). At the individual level, mental health problems can negatively influence “all aspects of the student’s physical, emotional, cognitive, and interpersonal functioning” (Kitzrow 2009, p. 650). Students suffering from mental illnesses have a more difficult time succeeding and graduating, as “disorders involving anxiety, depression, and substance use (are) significant predictors of failure” (Svanum & Zody, 2001, p. 72).

Student mental health problems have impacted colleges and universities with regards to litigation and risk management challenges (Kitzrow, 2009). The tragic cases of suicide on American college campuses have raised a great deal of complicated questions concerning the role and responsibility of higher education institutions when handling students with mental problems (Kitzrow, 2009; Sharkin, 2006). Under the Family Educational Rights and Privacy Act (FERPA) established in 1974, colleges and universities are not allowed to disclose educational records or personal information without the student’s permission (Sharkin, 2006). It is important that faculty, staff, and administrators stay abreast of these laws and issues so as to make the best decisions for students in times of crisis.

Research shows that sophomores have higher levels of anxiety than both freshman and juniors (Rawson, Bloomer, & Kendall, 2001). According to Allen and Hiebert (1991), these levels have been associated with the idea that “sophomores no longer have the strong social support networks provided to freshmen (through special programs, advising, and attentive dormitory counselors), and they have not yet developed the coping mechanisms used by older students to deal with college stress” (as cited in Rawson et al., 2001, p. 327). Therefore, it is recommended that colleges and universities create programs, counseling services, and advising specifically for sophomore students.

Conclusions

Anxiety and depression are becoming more prevalent among today’s college students. With a better understanding of the contributing factors of these mental illnesses, faculty, staff, and administrators can be more informed and aware of the issue and can better identify at-risk students. It is more important now than ever for colleges and universities to identify and respond to the increase of severe psychological problems students so as to slow the epidemic and improve the lives of students.

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Quarterly Financial Report

CHECKING ACCOUNT

BUDGET

ACTUAL

Reconciled
Operations 11/30/2011

Expenses

President	\$8,965.00	\$0.00
President-Elect	\$250.00	\$0.00
Past President	\$50.00	\$0.00
Vice President-Admin	\$875.00	\$770.80
Vice President-Mktg&Mbrshp	\$800.00	\$0.00
VP Education	\$3,850.00	\$509.99
Secretary	\$100.00	\$0.00
Treasurer	\$6,050.00	\$1,571.45
Director Technology	\$1,950.00	\$239.40
Reserve	\$1,000.00	\$0.00

\$3,091.64

Income

Balance as of 8/31/11	\$11,918.15
2011 Membership Dues	\$1,530.00
2012 Membership Dues	\$300.00
Job Postings	\$0.00
Miscellaneous Income	\$0.00
Interest Inc.	\$24.94

\$13,773.09

\$10,681.45

Conference

Expenses

Fall 2011- Austin	\$34,961.88
Fall 2012- San Antonio	\$109.07

\$35,070.95

Income

Balance as of 8/31/11	\$58,293.61
Fall 2011	\$34,290.60
Fall 2012	\$0.00

\$92,584.21

\$57,513.26

Foundation

Expenses

2001-12	\$551.97
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\$551.97

Income

Balance as of 8/31/11	\$5,825.00
2011-12	\$2,615.50

\$8,440.50

\$7,888.53

Checking Bal-

\$76,083.24

BUSINESS INVESTMENT ACCOUNT

Income

Balance as of 8/31/11	\$50,341.27
Interest	\$10.04

\$50,351.31

BIA Balance

\$50,351.31

CERTIFICATES OF DEPOSIT

Three Year CD to Mature 8/2012- 6945	\$22,368.04
Three Year CD to Mature 8/2013- 6974	\$12,011.29
Three Year CD to Mature 8/2014- 9865	\$23,580.04

\$34,379.33

CD Balance

\$34,379.33

BALANCE

\$160,813.88