

NIRSA Region 1 Conference
“Sharing Strengths, Creating Change”

Pre-Conference Sessions

Thursday, November 8, 2007

Ithaca Waterfall Hike

Wear your hiking shoes and discover why Ithaca is “Gorges”!

We can provide transportation for 25 people maximum*. Conference attendees can also follow the vans in their personal vehicle, if desired.

Where: Meet in the Clarion Hotel Lobby at 1:15pm

When: Vans will leave at 1:30pm and return approximately 4:30pm (3 hours)

We will plan to visit four of the region's most beautiful waterfalls and walk along some trails as well. Waterfalls we are planning to visit include: Robert H. Treman State Park, Buttermilk Falls State Park, Taughannock Falls State Park and Ithaca Falls.

We'll spend some time at Treman, Taughannock and Ithaca Falls hiking trails closer to the falls. Bring a water bottle or something to drink and a few snacks, if you desire. Dress accordingly for hiking and for the day's weather. You'll be back to the hotel in time to get ready for the opening session! Don't forget your camera!!!

Questions? Please contact: Beth Brunelle, SUNY Cortland,
brunellee@cortland.edu, 607-753-5704

*Please either register for the event on the NIRSA Conference registration form, or email Jen Gudaz at jag245@cornell.edu to reserve a spot.

Professional Pre-Conference Workshop

“An Introduction to Appreciative Inquiry” with Jeff Van Syckle

“Appreciative Inquiry is about the co-evolutionary search for the best in people, their organizations, and the relevant world around them. . . . AI deliberately, in everything it does, seeks to work from accounts of [the] “positive change core”—and it assumes that every living system has many untapped and rich and inspiring accounts of the positive. Link the energy of this core directly to any change agenda and changes never thought possible are suddenly and democratically mobilized.” From “A Positive Revolution in Change: Appreciative Inquiry” by David L. Cooperrider and Diana Whitney.

The Professional Pre-Conference workshop will discuss strengths-based approaches to change. Rather than identifying problems and searching for solutions, this way of thinking focuses on and expands upon what individuals and organizations do well. The workshop will address the basics of Positive Psychology and StrengthsQuest™. Also, the theory and application of Appreciative Inquiry will be investigated and we will have an opportunity to discover what it is that gives “life” and energy to your work.

Where: Clarion Hotel – Dewitt Room

When: 1:30pm – 5:30pm (light snacks will be served)

Jeff Van Syckle has been teaching for over 15 years and recently returned to the classroom as a full time Psychology instructor at Tompkins Cortland Community College. He is ABD in Counseling Psychology from the University of Pennsylvania and holds an M.S.Ed. from U Penn. He has worked as a therapist specializing in addictions and possibility-oriented therapy, and has taught courses for graduate and undergraduate students in Psychology, Research, Counseling, Conflict Mediation, and Organizational Behavior. He has also received substantial training in Appreciative Inquiry and StrengthsQuest™. Jeff will be the keynote speaker for the Region 1 Conference on Thursday evening.

Questions? Please contact: Cindy Cowden, cowden@binghamton.edu, 607-777-3125

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Flag Football Officials Clinic

Lead by Scott Flickinger, Ithaca College

This three hour session will cover everything you need to know about flag football and its intricacies. We will discuss basic rules, advanced rules, penalty enforcement, 3-and-4 man mechanics, and philosophies. Get ready to move too, as there will be some drills to help solidify teachings! Take this opportunity to learn about one of the most popular sports on campus.

All are welcome to attend, but the clinic is designed specifically for those looking for more Flag Football officiating experience. NIRSA Flag Football books will be provided to participants. Please come prepared for light activity.

Where: Cornell University (Jessup Fields/Appel Fields)

When: 1:00pm – 4:00pm

Questions? Please contact: Scott Flickinger, sflickinger@ithaca.edu

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Student Pre-Conference Workshop

Registration form is available on-line at
<http://www.ubathletics.buffalo.edu/recreation/nirsa/workshop.shtml>

Where: Clarion Hotel – Library Room

When: 10:30pm – 11:15am Check-In

First Breakout Sessions, 11:30 am-12:45 pm

Lunch, 1:00 pm-2:00 pm

Second Breakout Sessions, 2:15 pm-3:30 pm

Questions? Please contact: Anne MacDonald, macdon98@students.rowan.edu