

# WSASEA Newsletter—Winter 2012

Brought to you by the WSASEA Executive Board and contributing members.

## SAVE THE DATE:

WASFAA  
April 22-24  
Portland, OR

WSASEA  
SPRINGCONF  
May 21-23, 2012  
North Bend

NASFAA  
July 22-25  
Chicago, IL

NSEA  
Oct 22-25, 2012  
Portland, Maine

WSASEA FALL  
TOWN HALL  
Fall 2012  
CWU, Ellensburg

WSASEA SPRING  
CONF  
May 6-8, 2013  
North Bend

Know of an upcoming training or conference? Let us know!

## Message from our President

Dear Members,

At the halfway point of the academic year I hope everyone is doing well. In the midst of dealing with students and responding to the crisis of the day I like to remind myself that there's an end in sight, whether it's the end of the week, the quarter, or even graduation day. This sort of reflection on what I do, what we all do, every day to help students towards their goals can be really important to keep in the forefront so I encourage you all to take a moment when you get the chance. I hope that

WSASEA can continue serving you as a resource and a place to share questions and concerns, so that we can all better serve our students and our communities.

Looking ahead to the coming months, the 2012 Spring Conference will be held May 21 – 23 at the Rainbow Lodge in North Bend, and I hope that everyone will be able to attend. We've got a great lineup of speakers and presenters from all over the state, with updates on the Federal changes coming through as well as a report from the HECB

about news from Olympia. You're welcome to email me with any topics you would like to see addressed in our roundtable discussions or if you have suggestions for topics or speakers, we're always open to ideas on improving the experience.

I am looking forward to working with all of you and hope to see you at the conference!

Sincerely,  
Ryan Keith  
2011-2012 WSASEA president

## Spring Conference - May 21-23, 2012

WSASEA's Spring Conference is the place to be to receive critical updates from our HEC Board, professional development, JLD discussion, SEOTY, roundtable discussion time, breakout sessions, networking and so much more! Plus this conference is located at one of the most beautiful places in Washington, Rainbow Lodge in North Bend. These three days will provide you with practical tools you can use on your campus and a time to talk with other Student Employment professionals about the joys and struggles of administering a Student Employment program.

Registration and agenda will be out soon!





## STRESSED OUT?

If you were at the Fall Town Meeting you may remember our workshop on stress and stress management by Susan D. Lonborg. Have you put into practice any of the techniques she and the group talked about? Have you discovered any new ones? Closing your door, turning off your email, taking time to laugh, walk, and get some fresh air. One trick some staff have adopted is responding to some emails during the day but delaying the send time of those emails to the end of the day when they don't need immediate attention.

### GET INVOLVED!! CONSIDER JOINING THE WSASEA BOARD!!

Always open for discussion: JLD—how do you spend your dollars? Be sure to write down struggles and suggestions to share with the group at the Spring Conference.



### April is Student Employee Appreciation Month!

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**National Student Employment Week**, held the second full week (Sunday through Saturday) in April each year, recognizes the contributions of student employees to the communities and institutions in which they work. WSASEA has developed some great recognition ideas to use in your campus celebration. Bring your ideas to share at the Spring conference!

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**WSASEA Student Employee of the Year** is selected by the Executive Board each year. Administrators or supervisors at member institutions can nominate outstanding student employees from their campus.

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**Nominations due** to Daphne Lightfoot by **March 2nd** to be considered for the WSASEA Student Employee of the Year

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**The student selected** as Student Employee of the Year will receive an attractive certificate, a letter from the WSASEA Executive Board to add to his or her resume, and a \$100 cash prize! The first and second runners-up each receive a congratulatory letter and \$25 cash prize!

Y

**Need help?** Check out the SEOTY tools, forms, and ideas on the WSASEA website.