



for the - RECORD

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By Chris Dorsten, President of OACRAO

Hello OACRAO members and welcome to the October 2019 edition of For the Record. Run for the Roses was the theme of this year's conference. Cambridge Ohio is known for raising racing horses and many horse training facilities sit near Salt Fork Lodge and Conference center which was the location of this year's conference. We had many exciting speakers, sessions, and time for networking with our peers. If you were unable to attend the conference know you were missed and this newsletter is full of updates from the conference. Many many thanks to the LAC Co-Chairs Carol Jones from Miami University and Molly McDermott-Fallon from the University of Cincinnati.

The pre-conference workshops were full of information on how to pull and display data and best practices in the student success lifecycle. All of us got to meet 10 new individuals who had not been to an OACRAO conference previously. Thursday night was also a time for us to relax and "Run for the Roses" in our best derby attire. Check out the OACRAO Facebook page for more pictures from the conference.

The Board of Directors will start off the new year with a retreat in late November to begin planning for workshops, meetings, and our annual meeting for 2020. OACRAO is such an exciting organization filled with so many amazing people. I am humbled to serve you as OACRAO President over the next year. I welcome your ideas and hope to hear from you. I can be reached at chris.dorsten@tri-c.edu or by phone at 216-987-3014.

Post-Conference Feedback Survey

By Carol Jones and Molly McDermott-Fallon, 2019 LAC Co-Chairs

Thank you to all of those who attended the Annual Conference at Salt Fork! To help us make next year's conference as successful, we are looking for your feedback. Please click the link below regarding the conference. See you next year at Maumee Bay State Park, October 7-9, 2020. Complete the feedback survey [here](#). Please fill out the survey by Friday, November 1, which is when it closes. Thank you again for making this year's conference great!



Social Media!



Newsletter Editors— Michelle Livingston, Mount Carmel College of Nursing (mlivingston@mccn.edu) and Christine Court, Aultman College (christine.court@aultman.com). Submit stories, ideas and pictures to Heather Pritchard (heatherp@muskogum.edu).

IMMEDIATE PAST PRESIDENT'S REMARKS

By, Sue Shepherd

Those of us who "Traveled into nature with OACRAO at Salt Fork State Park" the first full week of October, had a fantastic meeting! Workshops and sessions were substantive, topics were varied and timely. It was obvious the program committee took their jobs seriously. Thanks to VP for Programs, Bob Bulow, and his committee for their dedication in putting together a terrific program. "Run for the Roses" was the theme and what fun that inspired! Music, dancing, costume contests, colorful derby hats and a photo booth all contributed to the fun. We began with learning about student passions and a unique program to meet their goals utilizing animal science with Dr. Dooley. We got the opportunity to learn the history of "Big Foot" in Guernsey County including the use of infrared to detect their presence and tree knocking and whoop calls to communicate with them. Dr. Paddock closed the conference with a chance for each of us to connect with our true passions and creativity. Kudos to LAC Co-Chairs Carol Jones and Molly McDermott-Fallon and their team for an outstanding three days' worth of fun. Their hard work was evident throughout the conference experience.

You might be thinking that you wish you could be involved and an integral part of the planning for next year's conference. **YOU CAN!!** Click [here](#) to take a look at all the ways you can be involved and then click on the participation form to sign up. Becoming involved in a committee helps you connect with your colleagues as well as provide opportunities for leadership and development of new skill sets. Don't wait, OACRAO needs you, sign up today! It will be good for you, for your institution and for the organization.

We will be putting together new committees at the end of October so get on the list now, don't put it off!

OACRAO MEMBER RECOGNIZED



The Linus J. Ryland Award Goes To....

David Schneider, Registrar at Otterbein University was recognized at the 2019 Annual Meeting by being awarded the Linus J. Ryland Award. The Ryland Award is given to those who have demonstrated outstanding service to the profession and to OACRAO. David's history with OACRAO includes his service as both former Treasurer, Past President, for presenting many sessions at our conferences and for mentoring many new organization members.

David is the 25th recipient of the Ryland Award. Congratulations, David!

AND THE WINNERS ARE....

During the Business Meeting, which was held on Thursday, October 10 at Salt Fork State Park the OACRAO Nominations and Elections Committee unveiled the results of their most recent elections cycle.

Congrats to all those who were newly elected to OACRAO leadership positions, and thank you to all who voted.

President-Elect

Molly McDermott Fallon, University of Cincinnati

Vice President for Membership Development

Jayme Arnett, Ohio University

Vice President for Programs

Tina Hickman, Marietta College

Secretary

Heather Pritchard, Muskingum University

2019-20 Nominations and Elections Committee Past Presidents

Deb Benton, Ohio University

David Schneider, Otterbein University

At Large Members

Bob Bulow, Ohio University

Carlier Myers, Case Western Reserve University

THANK YOU FOR YOUR SERVICE!

An OACRAO round of applause went to this year's outgoing Board members. Each outgoing Board member received a plaque from President Sue Shepherd in recognition of their service and dedication to OACRAO.

Immediate Past President:
Beth DaLonzo
Mount Vernon
Nazarene University

V.P. for Membership Dvlpmnt:
Sun Jamerson
Lorain County Comm College

Vice President for Programs:
Bob Bulow
Ohio University

Secretary:
Justin Weimer
The Ohio State University



SCHOLARSHIP COMMITTEE UPDATE

By, Kimberly Edge

We hope that those of you who were able to attend the 2019 OACRAO Conference truly enjoyed yourselves. I hope that you were able to participate in the wonderful auction and activities coordinated by the Scholarship Committee.

As you are probably aware, the OACRAO Scholarship Application is live: <https://www.ohioaacrao.org/scholarship-committee>.

Please make every effort to encourage our students to complete the application. Three deserving students will be awarded a \$1,000 scholarship. Student employees within the Registrar's, Admissions, Student Services, and Enrollment Management offices are eligible to apply for the OACRAO Student Scholarships!

The deadline to submit the scholarship application is **November 1, by 5pm**.

We are super excited for the next step of reviewing applications, which will begin no later than the week of November 10, 2019. It is never an easy task to decide on our winners, as all of these students are exceptional. We know that they are dedicated to obtaining their education.

The OACRAO Scholarship Committee did an awesome job obtaining auction items, monetary donations and preparing for the day of the auction. The Scholarship Committee worked their magic on Thursday, and we successfully raised \$1,813.

Let us not stop there. We still have time to collect additional funds for this worthwhile endeavor. We would love to raise at least \$3,000 each year.

Checks can be mailed to:

OACRAO
P.O Box 651
Columbus, Ohio 43216

Please spread the word!

PROGRAM SPOTLIGHT!

Handling Change: Professional, Personal, and More

Presented at OACRAO Fall 2019

By, Ginny Taylor, Associate Registrar Hiram College



Change is inevitable. Professionally, we may take a new job, receive a promotion, or retire. Personally, maybe we move to a new home, get married or divorced, survive the empty nest only to assume the role as caretaker for parents or loved ones. Some changes we may navigate without any difficulty at all. Others, quite simply, derail us.

Change is an event that interrupts our life in some way. It's usually accompanied by a date on the calendar, an event, or even a celebration like retirement or wedding. But when the event affects our roles, relationships, situations, or life views significant enough to affect our well-being, it then becomes a *transition*. For instance, a job promotion sounded like a great idea, but now you're yearning for your former institution where you had friends, felt well-respected.

Whether personal or professional, transitions have three stages. These stages are dynamic, fluid, and circular. The first transition stage is *Letting Go of the Old Way* where we consider what we can let go but also what we can take with us. The second is *Moving In-Between* where life feels chaotic, like a roller coaster, good one moment and awful the next. But this stage can also be where we have wild dreams, where anything is possible. Lastly, there is *Accepting the New Way*, where we experience the emotional acceptance and willing participation in our changed roles, relationships, situations or life views.

Note that these stages can take weeks or years, and that the *Moving In-Between* limbo stage usually lasts the longest. You move through transitions on your timeline, when you're ready, not when well-meaning family and friends tell you to "get over it."

During a transition, we burn through a lot of emotional energy. Therefore, self-care is essential. There are many expressions of self-care, but here are two to ponder. Consider who or what are good supports you, like music, journaling friends, yoga, professional groups, hobbies, etc. This is a time to let go of toxic people and habits. Second, practice self-compassion. Notice what language you use with yourself. Can you make it more positive? How can you treat yourself with kindness?

Like death and taxes, transitions are inevitable. Yet, awareness of the three transition stages plus self-care can help us manage the turmoil. Even more, we might glean a seed of wisdom that can be useful the next time a big change rolls around.

SAVE THE DATE!



AACRAO 2020
CONFERENCE
APRIL 5 - 8
NEW ORLEANS

