

# Student Life



.....  
**YEAR IN  
REVIEW**  
.....  
**2017-2018**

## The Sage Colleges

RUSSELL SAGE COLLEGE | SAGE COLLEGE OF ALBANY



# 2017-2018

## Sage Student Life Executive Summary

This annual report is meant to share with you the 2017-2018 accomplishments of The Sage Colleges' Student Life Division. Using both direct and indirect assessment measures, we hope to demonstrate how students at Sage have benefited from a rich extracurricular experience flush with learning, leadership, and fun! This report allows us to reflect upon what we have done well and to welcome the challenges and opportunities to do better. As Student Life continues to evolve and our services become increasingly linked to learning both in and out of the classroom, we will continue to work to ensure the growth and satisfaction of students.

## Sage Student Life Vice President's Goals for 2018-2019

- » Design and implement programs, services, and systems that increase student persistence and retention.
- » Offer co-curricular programming and services that support the core academic experience.
- » Ensure that diversity and inclusion are hallmarks of student life planning, programming, and service delivery.



Trish Cellemme  
Vice President for Student Life

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# Sage is a community of scholars committed to empowering students.



**To Be:** To provide the individual student with the opportunity and means to develop and advance personally and professionally, and thus to be successful in achieving life goals.

**To Know:** To contribute to the larger society a group of diverse, thoughtful, and competent citizen-leaders who continue to be engaged in the pursuit of lifelong learning.

**To Do:** To translate learning into action and application, recognizing the obligation of educated persons to lead and to serve their communities.

# providing paths and support



## Our Mission

The mission of the Dean of Students Office is to serve as the hub for all issues concerning students. Our role is to provide paths and support for their involvement, development, and success. With a number of services and functions, the Dean of Students serves as a first stop for students when managing issues or concerns, and for faculty and administrators eager to assist students in need.

## What We Do

- » Oversee student development/student activities
- » Act as the advisor to student government
- » Educate students in community standards, including the Code of Conduct
- » Serve as the liaison between students and the faculty, staff and administration



## What Students Are Saying

“It is nice that Sage has clubs and organizations that help include students of diverse backgrounds to give those students a feeling of home.”

“I have friends of all colors, and almost all the students can say the same. I don’t see color, I see friends.”

## 2017-2018 Highlights

- » Sage College of Albany Student Government Association hosted its first ever Fall Formal. Held in the Armory with over 100 students present for dancing and hors d’oeuvres, the formal is likely to be a new tradition for SCA.
- » “Gator Day” (formerly family day) had its biggest crowd to date. Families enjoyed SCA Athletic events and a family paint and sip.
- » Sage Student Life welcomed A Campus of Difference (ADL) for a day long diversity training on both the Albany and Troy campuses.
- » The Student Life Retreat presentation focusing on working with Generation Z and Intergenerationally was asked to be presented at May College and for the Institutional Advancement staff.



## 2017-2018 Goals and Outcomes

- 1 Evaluate the new NEST program and its effect on affinity groups and persistence.
- 2 Expand the use of Campus Labs and assessment knowledge within the Student Life unit.
- 3 Evaluate the timeline, training, and roles of SCA Student Government E-Board.
- 4 Evaluate the student experience at SCA with a focus on inclusion.

### SCA Student Government



**Streamlined SGA Training** allowed a smoother transition for new members and allowed students in multiple leadership roles to participate.

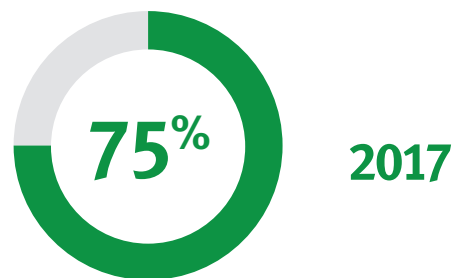
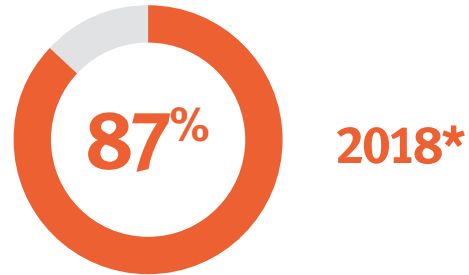
**Two new positions** (one traditions coordinator and one cross-campus coordinator) **on the SCA Student Government E-Board** has allowed the E-Board to increase its reach and impact.



## 2018-2019 Goals

- 1 Evaluate the capacity of NEST to be absorbed into Sage Connections (our First Year Experience course at SCA).
- 2 Engage SCA Student Government (and RSC SGA) in discussing, designing, and proposing a path to a shared governance model.
- 3 Create, support, and evaluate an SCA student experience based on hallmarks of inclusion, engagement, and connection.

### SCA First-Year Retention Rate



\*The final rate will be after the 2018 fall census.

### Diversity and Inclusion

79%

of Albany students identify Sage as a **diverse institution**.

81%

of Albany students feel **Sage has a diverse student body**.

86%

of Albany students feel a level of **inclusion outside the classroom**.

84%

of Albany students feel **some level of inclusion in Student Activities at Sage**.

# a growing, active Sage community



## What Students Are Saying

“This was my favorite year for events and activities! Whether it was Student Life, Residence Life, clubs, organizations, Opalka – there was so much to do. You can tell that people are really investing in the process and it shows in the end product!”

– Troy Estes, Class of 2018

“I love it here! I tell everyone that I definitely found my Hogwarts!”

– Marion Macias, Class of 2021

“It was a great experience and I really did enjoy it! I think everything went extremely well and was super engaging. Looking forward to the future!”

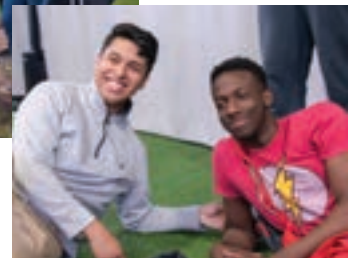
– SCA Student Leader from 2018 Leadership Symposium (anonymous survey)

## Our Mission

The mission of the Office of Student Activities is to create a well-rounded college experience by providing students with the opportunities to grow through community involvement, leadership, social, educational, and diverse programming from orientation to graduation.

## 2017-2018 Highlights

- » NEST: We successfully matriculated the Class of 2021 through the inaugural year of our SCA First Year program (NEST). Students were required to attend six events in areas of Innovation, Wellness, Leadership, and Diversity.
- » 2018 Leadership Symposium: SCA Orientation Leaders, Resident Assistants, and Student Government representatives came together to build community and hone leadership tools.
- » High Attendance Programming: Student Life and ACE combined to have multiple events with 80+ participants, including \$1,000 Bingo Night and the SCA Fall Formal. Additionally, there were several events with 50+ participants including the NYC trip, Six Flags, Bingo Nights, BATSU, and others.
- » Freddie’s Lounge: It was our busiest year in Freddie’s Lounge under the current administration! We had 35,575 equipment and space hours utilized by SCA students in 2017-2018.





## 2017-2018 Goals and Outcomes

- 1 Delivery and assessment of the first year retention and persistence initiative (NEST).
- 2 Enhance the student events, activities, and co-curricular experience for all SCA students.
- 3 Embed sustainability as a priority within the leadership of SCA clubs and organizations.



### Club & Organization Training: Succession Planning

100%

of club and organization leaders felt the training **was impactful, important, and relevant** to them and their leadership role.

45%

of participants felt that the training **provided them with new and valuable tools** for sustaining the future of their clubs.

## 2018-2019 Goals

- 1 Enhance the Student Government Leadership Symposium experience to include additional groups of SCA student leaders and explore the addition of RSC student leaders.
- 2 Design programs that promote Freddie's Lounge as a destination among SCA's first-year students.
- 3 Build campus community programs and traditions that will bring faculty, staff, and students together outside the classroom.

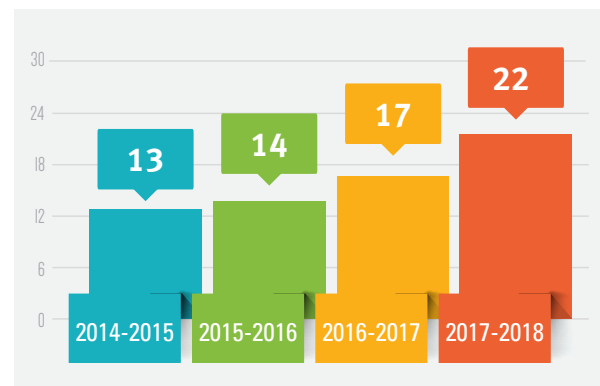
### SCA Student Satisfaction: Events & Activities



77%

of those surveyed agreed that activities and events were improved in 2017-2018 as compared to 2016-2017 offerings.

### Active SCA Club & Organizations: Year to Year Comparison



### SCA 2018 NEST Participation and Impact

85%

of the Class of 2021 **participated in the NEST First-Year Experience.**

39%

of the Class of 2021 **completed their NEST First-Year Experience requirements.**

84%

of participants felt, as a result of their participation and interaction with the campus community through NEST, **more likely to remain at the Sage College of Albany.**

# preparing students to be successful



## What Students Are Saying

“I have been able to make more connections with my peers who I normally wouldn’t have outside of my major. Also I have found my voice in a leadership position which has made me more confident in all aspects of life.”

“Commencement and the preceding honors ceremonies were nothing short of wonderful. The staff at Sage clearly put forth a great deal of effort and were obviously committed to making a special day for students and their families ... The commitment Sage has to its students and their families cannot be overstated. I have been nothing but impressed by this institution and plan on sending my daughter to this college.”

– SCA Grad, May 2018

## Our Mission

The Dean of Students Office at Russell Sage provides programs, services, opportunities, and outreach to engage students in educationally purposeful experiences that increase student engagement and prepare students to be successful leaders and responsible citizens. Specifically, the Russell Sage College Dean of Students Office:

- » Oversees areas promoting successful student engagement including student activities, spirituality, orientations, traditions, and leadership
- » Executes The Sage Colleges’ Commencement
- » Serves as a liaison between students and the faculty, staff and administration
- » Leads support and outreach to students in need

## 2017-2018 Highlights

- » Collaborated with Sage’s Title IX Coordinator and Samaritan Hospital’s Sexual Assault and Crime Victims Assistance Program to bring the Take a Stand, Troy workshop to campus in October 2017. This community-wide effort is organized by SACVAP and aims to raise awareness, challenge thinking, create an open dialogue and inspire leadership to prevent and intervene in situations involving interpersonal violence. More than a dozen Sage faculty and staff participated.
- » Created and distributed an online Campus Safety Survey in collaboration with the RSC Student Government Public Safety Representative and shared the results with the Office of Public Safety in April 2018.
- » In collaboration with the Diversity Task Force, sponsored several student forums and a campus-wide survey to gather student input regarding diversity and inclusion on campus. In response, the Task Force planned monthly initiatives throughout the spring 2018 semester to increase awareness of diversity and inclusion issues and to gather additional input, which included:
  - » January – ADL’s A Campus of Difference Program
  - » February – Follow up Student Forums in Albany and Troy to share Diversity & Inclusion Survey Results
  - » March – All Task Force members completed Sage ALLIES training and presented Diversity & Inclusion Survey results to faculty and staff at the President’s Forum.
  - » April – Diversity Task Force staffed tables at Earth Day celebrations in Albany and Troy to raise awareness.
  - » May – Diversity Task Force presented to faculty and staff at May College.
- » Students are now able to access all required financial forms, including requisition requests, via [sites.google.com/sage.edu/rscstudentgov](https://sites.google.com/sage.edu/rscstudentgov), making the process more accessible and easier to navigate and monitor. Students can also access information about starting a new club and the RSC Student Government Constitution, along with information about upcoming Senate meetings, in a more visually appealing and accessible format.

## 2017-2018 Goals and Outcomes

- 1 Facilitate the development of a set of shared community standards for students at RSC.
- 2 Create a set of standards for RSC Student Government to promote financial literacy, fiscal responsibility, and succession planning.
- 3 Improve the commencement rehearsal experience for participants.

### 2017 Orientation Parent Survey

100%

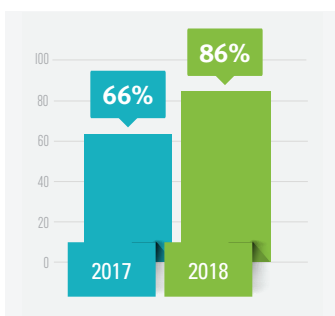
of respondents rated the overall experience at **RSC Orientation** in July 2017 with a level of satisfaction of **at least 4 out of 5** (91 percent rated 5 out of 5).

94%

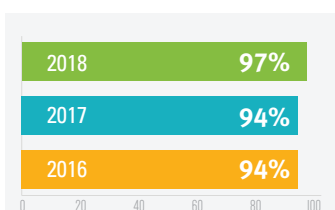
of respondents rated each individual session at **RSC Orientation** in July 2017 with a level of satisfaction of **at least 4 out of 5**.

### Commencement Survey

Percent of respondents who expressed the **Highest Levels of Satisfaction** with Commencement.



Percent of respondents who thought **Commencement Emails were Helpful**.



The RSC Student Life Office collaborated with the Office of Diversity and Inclusion to sponsor our first **Hispanic Heritage Month** celebration that attracted nearly 50 students from both campuses.



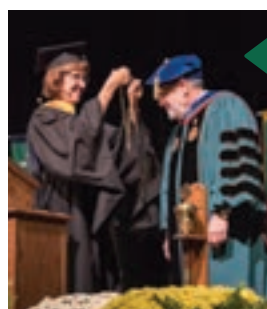
### RSC Community Standards

100%

RSC First-Year Students who **attended at least one event** this year that introduced and reinforced RSC's Community Standards.

100%

RSC First-Year Students who indicated **they aim to exhibit the RSC Community Standards** in their daily lives.



RSC Student Life assisted with the planning and execution of a successful **inauguration ceremony for President Chris Ames** in October 2017, including the addition of a student leader procession that increased student involvement.

### ADL's A Campus of Difference Program

90%

RSC students who indicated that **they have a better understanding of bias** after participating in A Campus of Difference program.

87%

RSC students who indicated **they have a better understanding of how bias appears in their own lives** after participating in the program.

### 2018-2019 Goals

- 1 Engage RSC Student Government (and SCA Student Government) in discussing, designing and proposing a path to a shared governance model.
- 2 Promote mental health and wellness awareness among RSC's first-year students through the first-year seminar and companion programs.
- 3 Offer enrichment opportunities to allow student leaders to glean new skills and see greater value in their campus leadership positions.

# entertaining, educational, and diverse



### What Students Are Saying

“My favorite part of orientation was getting to meet new people. I met my friends and now we hang out every day.”

#### Parent Quotes:

“I think the Student Orientation was full of extremely helpful information... Everyone is so welcoming and if they don't know the answer, they find out for you RIGHT AWAY! My daughter can't wait!”

“Excellent job...loved the Campus Life Session”

### Our Mission

The mission of the Student Activities Office is to provide students with the opportunity to attend programs that are entertaining, educational, and diverse, and to provide a student center space that is welcoming and engaging for our students.

Specifically, the Office of Student Activities:

- » Plans and implements events for Russell Sage College students
- » Oversees all aspects of the McKinstry Student Center
- » Coordinates the Russell Sage College traditions with student leaders
- » Coordinates and implements New Student Orientation
- » Coordinates and implements Family Weekend
- » Oversees all aspects of SageFest (Russell Sage College Annual Street Fair)
- » Supports and guides student clubs and organizations
- » Partners with other departments to design a rich extracurricular experience

### 2017-2018 Highlights

- » Social Chair of Student Government, Student Center and Resident Assistants collaborated on the first annual Haunted House in the McKinstry Dorm space. Over 85 students attended.
- » Collaborated with the First-Year Class Officers to initiate specific programming in Kellas Hall to foster community building and student retention.
- » In just two weeks, students participating in Rally raised \$5,460 which was shared between the Alzheimer's Association and The Center for Missing and Exploited Children.
- » Over 450 students, faculty, and staff attended our annual Earth Day celebration.
- » Three new clubs formed at RSC: Green Thumbs, Integrated Medicine, and Natural Hair.
- » Maintained extended hours in the McKinstry Student Center to provide students with late-evening resources and services when the campus library is closed, which has resulted in an overall increase in usage.

## 2017-2018 Goals and Outcomes

- 1 Establish, with the current social chair and the executive board of Student Government, a self-supporting and functional activities board.
- 2 Create and implement a comprehensive training for Student Center staff.
- 3 Establish a process for student leader recruitment to broaden the application pool.

### Student Leader Recruitment



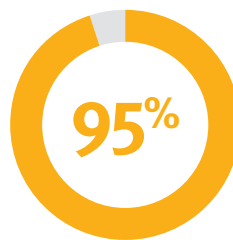
100%

The application pool for **Orientation Leaders** increased by 100 percent over last year.

## 2018-2019 Goals

- 1 Engage RSC students in a discussion about traditions; how they have evolved, and how they can further evolve to fit the needs of today's students.
- 2 Enhance the parent experience during orientations.

### RSC Welcome Weekend Orientation



of students stated that **they felt ready to start their education at RSC** as a result of Orientation.

### RSC Student Center

100%

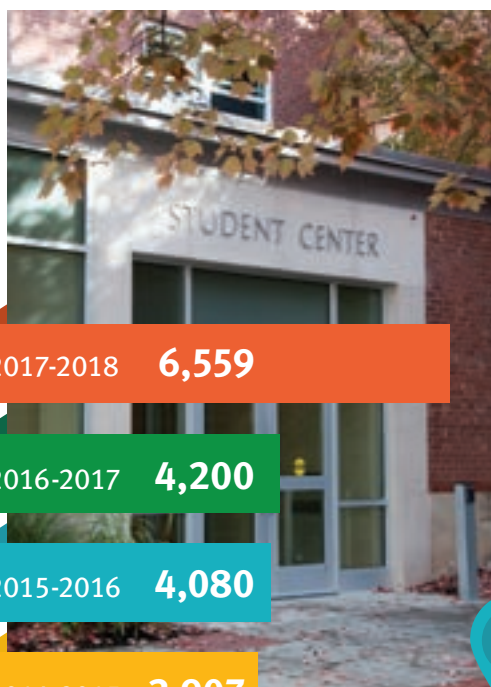
Student Center staff **felt they were given adequate training to perform their duties successfully** in the Center.

100%

Student Center staff **felt they had adequate support from their manager and supervisor** to successfully carry out their duties.

### McKinstry Student Center Visits

visits per academic year



# optimal level of health & wellness



## What Students Are Saying

“My counselor helps me get through the stress of my week and it was great to have someone to talk to outside of my family. She supports my decisions and gives me advice when I am unsure of what to do. Every time I leave after an appointment, I am always smiling and feel much better.”

“I feel that the Wellness Center went above and beyond in my appointment. It was my first time going to the Wellness Center, I’m not a fan of going to the doctors or taking medicine. The staff at the Wellness Center were amazing and made me feel comfortable in the appointment.”

“Yes, for every one of my issues regarding my anxiety, my counselor was always willing to listen and provide coping solutions. She is friendly, compassionate, and incredibly easy to talk to – I feel immense relief just from being in her office during our appointments.”

## Our Mission

The goal of the Wellness Center is to assist all Sage students in reaching their optimal level of health and wellness through direct treatment and prevention including medical care, counseling services, nutrition advice and guidance, peer education, and other health promotion outreach programming. Most services are free for all Sage students.

## Services include

- » Mental health counseling
- » Routine physicals, throat cultures
- » Alcohol and drug education (mandated for some students with alcohol violations)
- » Gynecological exams
- » Health promotion and outreach
- » Medical care
- » Nutrition advice and guidance
- » Peer education
- » Referrals to outside agencies
- » Sexual assault care and counseling (partner with local agencies)

## Counseling Mission

We provide short-term supportive services in order to maximize students’ academic performance and personal experience. Our therapists provide assessment, brief counseling, and referral to community providers when indicated.

## 2017-2018 Highlights

- » New process for counseling patients allows them to receive email reminding them of their appointment reducing no show rates and maximizing providers time.
- » Relaxation Station (stress-free room) opened in Troy in January 2018, promoting stress relief and mindfulness.
- » Partnered with Rite Aid on a campuswide Flu Shot Clinic in September as an accessible and cost-effective way for students to get their flu shot.
- » Stress-free bags were disseminated at SCA during fall semester finals.
- » Teamed with Sodexo to have pink ribbon cookies for Breast Cancer and Testicular Cancer awareness day at SCA.



## 2017-2018 Goals and Outcomes

- 1 Encourage students to invest in their individual health and well-being.
- 2 Continue to initiate and evaluate programming to improve grit and resilience.
- 3 Ensure that all services are accessible, accommodating, inviting, and meeting the distinct needs on both campuses.

### Appointment Timeliness - Fall 2017 & Spring 2018



95%

of students who took the annual patient satisfaction survey reported that **they were given an appointment in a timely manner.**

### Mental Health Screening Tool



▲ 400%

increase in usage of **online mental health screening** tool as a result of increased social media communications regarding its existence.

### RSC Drum Circle - Fall 2017 & Spring 2018

90%

of participants reported **feeling less stress** as a result of participating in the drum circle.



### Counseling Services



▲ 35%

Increase in use of counseling in **Troy Wellness Center** from fall 2015 to fall 2017.

▲ 30%

Increase in use of counseling in **Albany Wellness Center** from fall 2015 to fall 2017.



### Fall 2017 Resilience Workshop

100%

of students reported that they now **have a better understanding of the impact that resilience** has on their academic performance as a result of this session.

100%

All first-year RSC and SCA students received training on resiliency and **all agreed that being more resilient would help them to cope with stress more effectively.**

## 2018-2019 Goals

- 1 Nurture happiness and cultivate positivity within our department and extending to larger Sage community.
- 2 Strengthen social skills among the student population to help them become more socially competent.
- 3 Encourage students to adopt a healthy lifestyle through education and resources.

# safe, healthy, & comfortable living environment



## What Students Are Saying

“The active shooter training was very heavy, but also very educational. It addresses a topic with an instructor who was able to help educate us on what to do in case of an emergency.”

“I thought that the SafeTalk (suicide prevention) presentation was very enlightening and very helpful. Of course it was a tough topic, but by addressing it with the instructor and learning it as a group, I feel more comfortable handling a crisis in the future.”

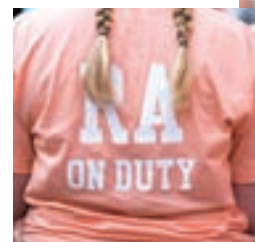


## Our Mission

The Sage College’s Office of Residence Life strives to enhance the educational mission of the College by providing a safe, healthy, and comfortable living environment for all residential students. This experience includes fostering and appreciating diverse cultures and lifestyles, and teaching students the importance and role of community living and standards and personal responsibility. Other functions include: campus mailbox distribution, meal plan assignments and changes, room assignments, and overseeing Resident Assistants.

## 2017-2018 Highlights

- » Pet-Friendly and Gender Affirming housing options were added for residential students beginning in fall 2018.
- » Added mid-year training for RAs to reinforce skills in the areas of crisis response and diversity and inclusion.
- » Re-branded the Sage BETA team as the Sage CARE Team to align with national best practices, and created a triage team that addresses issues within 72 hours.
- » Automated the student conduct outreach (charge) system streamlining communications for students and administrators.





## 2017-2018 Goals and Outcomes

- 1 Assess and redesign the Student Conduct process.
- 2 Collaborate with the Office of Public Safety to assess and improve service to resident students.
- 3 Explore new ways to improve the residence experience for students.

74%

of residential students believe **that living on campus has been a positive experience.**



80%

of resident students **attended a Residence Life program** during the academic year.



## 2018-2019 Goals

- 1 Develop a support system that utilizes best practices across student conduct, behavior and threat assessment, and student development.
- 2 Implement research-based trainings for student staff members, professional staff members, CARE team members, and student conduct administrators.
- 3 Develop a framework for assessing resident student growth across multiple vectors during their time in Sage residence facilities.

## Resident Assistants

85%

of resident students **believe their RA is sensitive** to the needs and concerns of the residents.

95%

of resident students **were satisfied** with the way their RA enforces, understands, and explains housing and college policies.

94%

of resident students **were satisfied** with the way their RA is consistent and fair in dealing with floor situations and violations of policy.

91%

of resident students **were satisfied** with the way their RA shows concern and provides encouragement and support for residents.



# sportsmanship, leadership, pride, & development



## What Students Are Saying

“In my time at Sage, I’ve not only been a part of an incredible student-athlete experience but I’ve also gained a family here! The atmosphere is always so welcoming from the moment you step on campus!”

“In my time at Sage, I’ve built a world of connections and communication skills from being a student-athlete and working in Admissions. I’ve also gained the memories and experiences that have made me into the person I am today. I wouldn’t have had any of that if I did not come to Sage. I have truly made lifelong friendships and also found a second family.”

## Our Mission

The mission of the Athletics Department is to strive for premier levels of competition for student-athletes, including the highest elements of sportsmanship, ethics, recognition, leadership, growth, development, success, pride, and dignity. Athletics strives to:

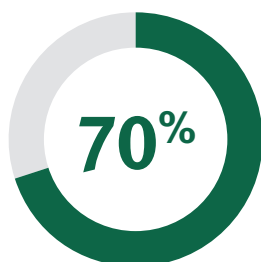
- » Provide an outstanding Division III experience for student-athletes
- » Establish the Athletics Department, its programs, and participants as an integral part of the Sage fabric and identity
- » Lead Sage to be recognized locally, regionally, and nationally as a top-ranked academic and athletic institution

## 2017-2018 Highlights

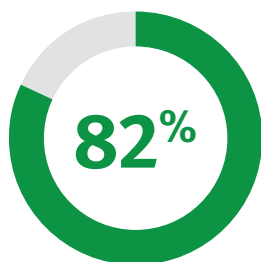
- » In 2017-18, first-year student-athletes posted a combined GPA of 2.89. The highest GPA that the first-year class has attained is 3.01 during the 2016-17 academic year.
- » Sage student-athletes have earned eight CoSIDA Academic All-America citations, including three by softball player Kristen Beikirch (2013, 2014, 2015) and most recently in 2017, by 1st team All-Skyline second baseman Alexa Silk.
- » River Seybolt was honored by Empire 8 as Men’s Soccer Player of the Year, and Scott Sanders was honored by Empire 8 and the United Volleyball Conference Men’s as Volleyball Rookie of the Year.
- » Sage joined the Empire 8 athletic conference during the 2017-2018 academic year. Women’s Soccer and Men’s Basketball finished sixth out of nine teams; Women’s Tennis finished fifth out of nine teams, Men’s Soccer finished third out of eight teams, and Women’s Basketball finished second out of nine teams.
- » Thirty Sage student-athletes were included on the fall 2017 Empire 8 Presidents’ List for academic excellence.
- » During the 2017-18 academic year, Sage student-athletes posted their 14th consecutive semester with GPAs over 3.0. Their combined average of 3.18 was the highest since 2008.
- » The Sage Student Athlete Advisory Committee has been extremely active in the community. Among the many activities the group supports are a school supply drive, the Ronald McDonald House, and the Yards for Yeardeley program to combat campus dating violence. This past year, Sage became the first NCAA Division III university in New York state to partner with the Second and Seven Foundation’s reading program and brought 900 books to area elementary schools.

## 2017-2018 Goals and Outcomes

- 1 Support Division III Mission – Discover, Develop, Dedicate.
- 2 Ensure new and underperforming athletic teams meet recruiting and staffing goals.
- 3 Guide and support student-athletes and athletic staff in transition to Empire 8 Conference.
- 4 Improve effectiveness and cohesiveness among athletic department staff, and between athletics and campus community.



of student-athletes indicated that **social media and the Sage Spirit Store improved fan engagement.**



of staff indicated that **monthly staff meetings and brown bag lunches** helped with the sense of connection to one another as a department.

## 2018-2019 Goals

- 1 Guide coaching staff in their recruiting efforts. Strive for each team to be near or at the NCAA Division III average roster size for their sport.
- 2 Ensure that all student-athletes have the support they need to succeed.
- 3 Guide the athletic support functions (athletic training, athletic communications) to meet the needs of all student-athletes with the resources provided.

## Back to School Gator Night Surveys

98%

of student-athletes **enjoyed hearing about the improvements to Athletics** which included more full-time coaches and athletic trainers, Armory offices, and adding Field Hockey and Men's Lacrosse.

92%

of first-year students indicated that the **first-year programming was beneficial** for the successful transition to college.

91%

of juniors indicated that the **Junior Year leadership programming was beneficial** for becoming leaders on their teams.

88%

of student-athletes **felt more connected to Sage** and aware of resources because of attendance.

## NCAA D3 Week Surveys

60%

of student-athletes **participated in Yards for Yeardeley**, a relationship violence fundraiser.

57%

of student-athletes were **engaged in the Diversity in Athletics workshop.**

84%

of the events of D3 Week **align with the essence of Division III Athletics** involving full integration of student-athlete into campus culture.

# fun and healthy competition



## What Students Are Saying

“Group Fitness Instructors are great. Very engaging.”

“Love the new TRX equipment in Albany. Would love TRX added in Troy.”

“The new space for group fitness and/or stretching on campus is great.”

“Wish we had more space in Albany for the fitness center.”

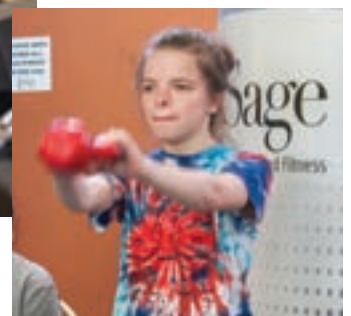
## Our Mission

The Recreation and Fitness Department at The Sage Colleges promotes lifelong health and wellness through diverse and comprehensive programs, while fostering a sense of identity for those in the Sage community. Through the Fit Stop, McKinstry Fitness Center, group fitness classes, intramural and club sports, and partnerships within Sage and with outside agencies, the Recreation and Fitness Department:

- » Provides fitness opportunities for people of all abilities
- » Creates an environment that promotes fun and healthy competition
- » Promotes leadership and team building skills for all participants
- » Challenges community members to try new activities
- » Encourages positive lifelong health and wellness habits
- » Educates community members regarding health, wellness, and safety
- » Develops pride and sense of membership in the Sage community

## 2017-2018 Highlights

- » Added Group Fitness Studios with Beach Body on Demand Access on both campuses to provide more offerings at flexible times.
- » Added three TRX stations in the Albany Group Fitness Studio.



## 2017-2018 Goals and Outcomes

- 1 Increase opportunities for all TSC students to participate in Recreation and Fitness activities.
- 2 Create a system to provide students with a more personalized Recreation and Fitness experience at The Sage Colleges.
- 3 Raise the profile of Recreation and Fitness to be embraced as a brand/lifestyle of The Sage Colleges.



Despite a decrease in overall undergraduate enrollment and available service hours in the fitness centers, we saw a **2 percent increase in discrete fitness center users.**

## 2018-2019 Goals

- 1 Expand student participation by 10 percent across all fitness platforms.
- 2 Offer services and programs that improve student well-being and teach lifelong health skills.
- 3 Utilize technology to engage students in Recreation and Fitness programs and services.

## New Equipment Additions

Through the addition of **three TRX stations on the Albany Campus** we have provided students with access to the newest training trend that allows them to improve their cardiovascular health while strengthening their entire body using the basic everyday body movements of pushing, pulling, rotating, squatting, planking, hinging and lunging.



## Recreation & Fitness Survey

**91%**

of students who participated in Group Fitness Classes reported being **satisfied or very satisfied** in the classes they took.

**79%**

of fitness centers users are **satisfied with the equipment choices available** to them.



# providing equal opportunity



## What Students Are Saying

“Students enjoyed resource information especially the apps for stress management, study skills, meditation and time management they indicated were effective, informative and they have easy access from their phones.”

“Testing accommodations and testing rooms are helpful to concentrate and get a better grade.”

“Comfort animals help to alleviate stress and pressure for high anxiety.”

## Our Mission

The Sage Colleges is committed to providing equal educational opportunity and full participation for students with disabilities, as defined by the Americans With Disabilities Act and section 504 of the Rehabilitation Act of 1973. The Office of Disabilities Services is committed to providing support services and reasonable accommodations when requested by students who qualify for them, and to assist faculty and administrators in meeting the reasonable accommodation needs of students.

## What We Do

- » Provide pre-admission counseling to respond to applicants' inquiries about support services
- » Assist students in developing self-advocacy skills
- » Assist with suitable housing, alternative testing, and reasonable academic accommodations
- » Provide auxiliary aids and services
- » Assist with resolving issues and concerns and the development of an education plan
- » Facilitate academic and career advisement

## 2017-2018 Highlights

- » Increased accessible locations for wheelchair students to participate in theater and dance productions.
- » Retention for disability students remains constant at 80 percent.
- » Increased the use of federal work-study students to assist with the increased need for proctoring exams.
- » Average spring 2018 GPA of students receiving services:
  - » SGS 3.6
  - » SCA 3.0
  - » RSC 3.1



## 2017-2018 Goals and Outcomes

- 1 Support and engage students with disabilities as active participants in their cognitive, personal and professional growth.
- 2 Enhance understanding, provide consultation and serve as a resource for TSC faculty.
- 3 Provide exceptional service delivery to students with disabilities through reasonable accommodations.



### Workshops and Events

100%

of students who attended the Disabilities Awareness workshop **were satisfied with the information and resources.**



### Faculty Awareness

100%

of faculty who attended new faculty orientation say **they understood ADA and the resources offered** by disabilities services.

## 2018-2019 Goals

- 1 Design services that support and empower students with disabilities to be academically successful, independent, and self-advocates.
- 2 Coordinate and provide consultation, training, and resources to faculty in order to promote equal access and ensure achievement of disability students' success.
- 3 Create and ensure students with disabilities have comparable access to the college by addressing physical, attitudinal, technological, and communication barriers.



### Student Awareness

95%

of students receiving services **understand the process and how to access resources.**

# assisting students in achieving goals



## What Students Are Saying

“This workshop was extremely helpful! I have a hard time talking about skills and experiences and your tips were very helpful!”

– Workshop feedback, spring 2018

“The Office of Career Planning has prepared me for the opportunities that will come to me in the near future.”

– Career appointment, fall 2017

“I definitely learned a lot more about myself and was able to do a lot of self reflection about myself and my traits.”

– Sage Select Leadership Program, Workshop 1

“These events are so empowering. I learn more about about myself and about what kind of leader I would like to be.”

– She’s a Boss program, spring 2018

## 2017-2018 Highlights

- » Used the four-year plan and career readiness skills as a guideline to host skill building individual appointments and developmental programming on campus each with a unique opportunity for students to network, ask industry questions, learn more about the community, and enhance their skills necessary for career success. Events included:
  - » Sage Engaged, Day of Community Service
  - » Student-Athlete Round Table
  - » STEM/Health Care Career Fair
  - » She’s a Boss
  - » Professional Etiquette Dinner
  - » Crash Course for Student-Athletes
- » Twelve students completed the Sage Select Leadership Program in fall 2017 by completing eight workshops and a group community service capstone project over three semesters. A new class of 19 sophomores and transfer students started the three semester program in fall 2017.
- » Thirty unique workshops were implemented for faculty, staff, and student groups in the classroom and for specific populations such as First-Year Seminar and ITD Classes, Introduction to Health Sciences, Nursing, HEOP, CSTEP, Orientation, Residence Life, and Law and Society Club.
- » Career Planning participated in the Campus Labs Co-Curriculum Engagement Outcomes national survey in March 2017 and Sage students rated themselves lower than national average in proficiency of career-ready skills such as communication, teamwork, problem solving, self-awareness, and professionalism. As a result of the need to develop students’ interpersonal and career skills, Career Planning developed nine Career Ready Skills and worksheets such as “Career Guide to Your Future” and “Are You Career Ready?” and used them as the basis of their work with students individually and in programs to build skills students need to succeed in the real world.

## Career Planning Staff in the Community

- » Career Planning successfully transitioned “Sage Engaged” from an orientation service project to a full day of service in Troy and Albany with over 200 students participating.
- » Assistant Director Amanda Shaw was promoted to Associate Director in November 2017, taking on leadership of the Sage Select program.
- » Director Carleen Pallante became Chair of the Capital Region Career Consortium, consisting of 23 Career Centers at colleges in the Capital District.
- » Sage worked with eight colleges in the Capital Region Career Consortium to bring the STEM/Career Fair to the Armory on the SCA campus in February with over 50 employers.
- » Carleen Pallante received the Champions of Character Award from the Academy of Character Education at Sage in April 2018.



## 2017-2018 Goals and Outcomes

- 1 Career Planning will use a four-year career guide as a template to direct activities and programs that support career readiness skills.
- 2 Career Planning will improve its internal and external partnerships to increase its impact on the Sage community.

### Employers On Campus



85

employers recruited on campus between August 2017 through February 2018.

86%

of Sage students that attended the STEM/Health Care Career Fair in February 2018 would attend again in the future.



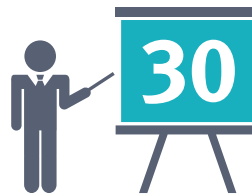
33%

Increase for recruiting employers for 2017-2018. This number has increased 12 percent since 2016-2017.

### 2018-2019 Goals

- 1 Career Planning will use Career Readiness skills as a guide to direct activities and programs to develop professional skills and readiness for life after college.
- 2 Career Planning will continue to improve its internal and external partnerships to increase its impact on the Sage community.

### Career Planning Workshops



The number of **workshops Career Planning delivered during fall 2017 and spring 2018** in classes, for student organizations, and for staff.

**92% of students** that attended Career Planning workshops reported a **greater overall knowledge** of the topics covered.

### Sage Engaged 2017

200

students **participated in Sage Engaged** from both campuses, and 30 staff volunteered.

82%

of participating students **learned the importance of community service** and future opportunities available.

### Career Advisement

The number of career advisement **appointments and walk-ins that were completed** in 2017-2018 in person, by phone/Google Hangouts, or email.



**94% of students** surveyed said they **were confident in their ability** to take ownership of their own career development after their meeting.

### Sage Select Leadership

The number of **transfer and sophomore students participating** in the Sage Select Leadership program this academic year.



**80% of Sage Select** students that participated in the Communications Workshop **indicated competent or advanced communication skills** after the workshop.

# WE HEARD you!

## Sage College of Albany Dean of Students



- Students wanted easy access to sign up for events and activities so we initiated a **completely online system for 24/7 sign ups.**

- In response to student feedback on leadership training, the Student Government Association (SGA) and Student Life developed "**Leadership Symposium**" a multi-tiered and skill based training to develop leaders of all levels.



## Russell Sage College Dean of Students

- Parents asked for more time in the morning Resources Fair at New Student Orientation. These **sessions will now last 45 minutes during the summer 2018 orientations.**



- Parents asked to hear from fellow parents about their experiences. We added a **Parent Panel Session to the July 2018 New Student Orientation.**

- Worked with RSC Student Government to survey students about campus safety. In response to requests, we **provided our first Active Shooter Training** for students on the Troy campus.



- Graduates who responded to the 2017 Commencement survey recommended that we provide more **detailed information about parking prior to commencement rehearsal and the ceremony.** Therefore, greater detail was added to email messages and the website regarding parking. This information was **reinforced in a handout that was provided electronically** the week of commencement and distributed in print form at rehearsal.



- Many 2017 survey respondents also expressed frustration with the large number of students leaving early from the ceremony. This was addressed more explicitly with written and verbal reminders at the commencement rehearsal and ceremony that all should remain for the entire ceremony. This, combined with a shortened ceremony, resulted in almost **no graduates leaving early from the ceremony and not a single student expressing frustration** about this in the 2018 Commencement survey.

## Sage College of Albany Student Activities

- In response to student feedback, Freddie's Lounge purchased **new pool sticks, Ping-Pong paddles, and gaming equipment.**



- Based on student requests, we **expanded the ACE Bingo Night program to include a \$1,000 session** in December. Close to 100 students attended the event!

## Russell Sage Student Activities

- Students were disappointed when told the Spirit of Sage Cruise offered in fall would not take place. The Executive Board of Student Government worked with our office on options to make the cruise happen for students. The **RSC River cruise sold out with 250 RSC students attending.**



- Students voiced a concern with the time frame for obtaining the Purchasing Walmart card for club purchases. We worked with purchasing to **secure a Student Life Walmart card** for this purpose.

## Recreation & Fitness



- Students wanted TRX equipment. We **added three TRX stations** in the Albany Group Fitness studio.
- Students wanted heavy bags, so **each campus will have a heavy bag** by the start of classes in fall 2018.

• Students wanted a Stair Master. **Each fitness center will be getting a Stair Master** when the new leased cardio equipment arrives in July 2018.

## Athletics

- Student-athlete feedback detailed in student-athlete end of season surveys has **resulted in staffing adjustments**.



- Men's tennis had concerns about their image on campus and their ability to build a fan base. As a result **we have secured a new competition venue** (Albany Academy) walking distance from SCA to increase fan engagement.

## Residence Life

- In response to student feedback, the room reservation process on both campuses was changed to a **seniority-based lottery system**, streamlining the process for students and Residence Life staff.



- Resident Assistants requested **more in-depth training on crisis intervention for spring 2018**. Residence Life was able to bring in SafeTalk suicide prevention, Albany Police Department active shooter training, and the American Red Cross disaster preparedness team for January training.



## Career Planning

- Students wanted a Career Fair and more recruiters and alumni on-campus. The STEM/Health Care Career Fair was held at the Armory with **50 employers**. In addition **35 employers and 16 alumni** came to both campuses for recruitment and industry education events.



- Students wanted to keep participating in service, beyond their orientation experience as a first-year or transfer. Career Planning **successfully transitioned "Sage Engaged" from an orientation service project to a full day of service** open to all students in the Troy and Albany communities with over 200 students participating in fall 2017.

- Students wanted to keep exploring careers beyond first-year seminars and take career assessments as upperclassman if necessary. Starting in fall 2017, **Career Planning started using FOCUS2**, an online assessment and career exploration platform that is available to all Sage students.

## Disability Services

- Students wanted to have their accommodations as early as possible. **We now register students at the end of the previous semester** during course registration.



- Students requested that online testing request forms needed modifications, therefore online forms were revised. **All testing request forms will now be online, allowing easier access for students.**

## Wellness Center

- You asked for a **stress-free room** in Troy and we delivered!



**Your words, our actions!**

**Thanks for your feedback!**

Be. Know. Do.  
**MORE**



# The Sage Colleges

STUDENT LIFE DIVISION

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