

STUDENTS

YEAR IN REVIEW 2022-23



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Student Life Year in Review

Executive Summary

2022-2023



This annual report is meant to share with you the 2022-2023 accomplishments of the Russell Sage College Student Life Division. Using both direct and indirect assessment measures, we hope to demonstrate how students at Russell Sage have benefited from an extracurricular experience that is engaging, supportive, and enjoyable!

Assessing our work allows us to reflect upon what we have done well and to welcome the challenges and opportunities to do better. The Student Life Goals for 2022-2023 have been informed by institutional priorities and have guided our work as we look to assess and celebrate our progress.

In particular this year, we were thrilled to see the growth in clubs and activities on campus. Student participation, thanks in part to a full return to in-person events, allowed us to see our students tabling on the Froman mall, hanging out on the Albany quad, attending athletic events, and celebrating things like Earth Day and Carnival. It was a wonderful reminder of what student engagement is all about and why it is so important.

As we approach the new year, we do so with intent, excitement, and an openness to change. We remain committed to helping our students learn, grow, and explore as they navigate these unprecedented times.

Trish Cellemme
Vice President for Student Life



Looking Ahead: 2023-2024 Goals

#1

Support the institutional student success agenda by continuing to build programs, services, and systems that intentionally focus on student engagement and belonging.

#2

Consistently evaluate and adapt our diversity, equity, and inclusion practices to ensure continuous improvement while focusing on the value of our students' lived experiences and the social constructs that influence our community.

#3

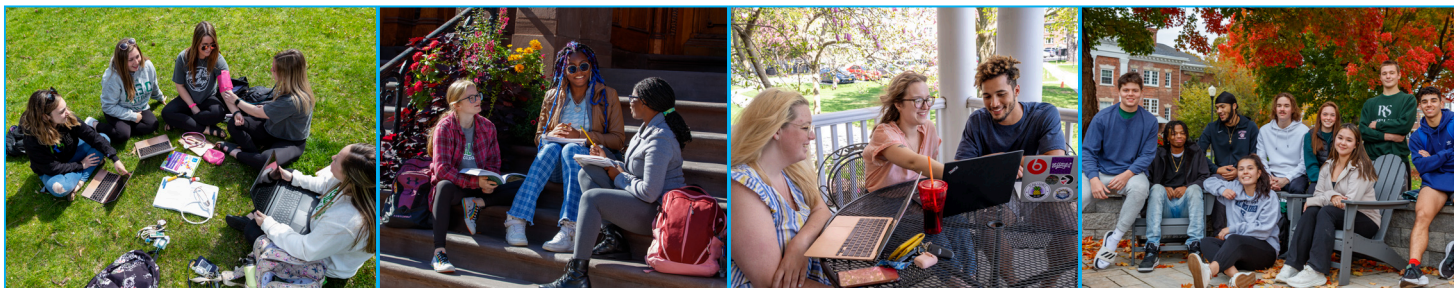
Prioritize student health and well-being by incorporating the Thrive@Russell Sage initiative into all facets of the student experience and the daily work of the Student Life team.

Student Life goals for 2022-2023

1. Ensure Student Life programming, services and systems positively impact Russell Sage College's student success agenda.



2. Continue to examine and evaluate Student Life policies and practices determining action and change needed to support a diverse, equitable, and inclusive RSC student experience.



3. As a part of the Thrive@Russell Sage initiative, embed student health and well-being into all facets of student life programming and services.



Student Spotlight: Gaby Gellys



- Student Athletic Advisory Committee president
- Student ambassador for the undergraduate admissions office
- SGA president 2023-24

"What attracted me to student government was the need to make change. I never want to leave a place the same way I entered it. If there are even small opportunities where I could've made a positive impact in someone's life I will take it."



What stands out most to me about Student Life are the people who work in the department.

Everyone uses their position to make sure that Sage students are getting the most out of their college career.



"I'm president of the Student Athlete Advisory Committee, which is a community service link to the NCAA. We do a lot of community service locally. We volunteer at food pantries. My favorite event that we do is the Chompers Reading Program. We read to children in elementary schools."



"I hope to work as an excavation director in the future, to find artifacts that were lost to history ... Having the leadership experience that I have now and managing a lot of projects that are detail-oriented is something that will propel my career forward."

GABY GELLYS '25
History major | Sociology minor

Goal 1:

Ensure Student Life programming, services and systems positively impact Russell Sage College's student success agenda.

Outcomes from RESIDENCE LIFE

100% of Residence Life professional staff report they understand their role in student success.

94% of Resident Assistants (RAs) say they know more about healthy boundary setting.

100% of Resident Assistants believe they better understand HEOP (a NYS program supporting academically and financially disadvantaged students), and how to better create community.



Student Conduct and Academic Affairs worked together to shift to a restorative model for students with repeat violations of academic dishonesty. Sanctions issues are focused on remedying the behavior while allowing the student to continue on a path to degree completion.

IN THEIR OWN WORDS:



“The staff that we have at Residence Life is full of different kinds of people. These differences expose me to different viewpoints and perspectives. At the same time, the staff shares a common thread of kindness and drive to better the experience of our residents, which makes everyone on staff easy to get along with and be friends with.”

Goal 1 Outcomes:

DEANS OF STUDENTS | STUDENT ACTIVITIES

New training for clubs and advisors combined with increased outreach led clubs to utilize budget resources four times more than the previous year to support growing student engagement.

320 people (representing 89 families) attended Family Weekend 2022.

The CARE Team is a cross-campus team that reaches out to those in need of support. Partnering with members of the community, the CARE Team strives to promote individual student, faculty, and staff well-being and success while prioritizing community safety. Those who received CARE Team services reported they felt:



- 92% Supported
- 80% Understood
- 76% Respected
- 72% Included
- 56% Treated Fairly
- 48% All of the Above



100% of Student Center workers say they feel more connected and engaged on campus as a result of their work.

83% of students say they know how to get involved on campus – and they do.

IN THEIR OWN WORDS:



“When I first arrived at Sage it was hard for me to feel like I was important and valued, but since I’ve reached out and been in communication, using my resources, I feel like I matter here at Sage. I feel heard and supported with my college journey. I want to say thank you for helping Sage feel more safe and welcoming. I look forward to the years ahead while I’m in school.”

Goal 1 Outcomes: **WELLNESS**

91% of students say the Student Wellness presentation enhanced their RSC 101 experience.



92% say they are more likely to utilize the services offered by Student Wellness.

Troy usage  **36%**

Troy and Albany fitness centers saw an increase in usage of the facilities

Albany usage  **36%**



1,304 exams were proctored in Accessibility Services, double the previous year. This shows increased use of services such as testing and classroom accommodations and a **34%** increase in the number of students who utilize Accessibility Services.

100% of students surveyed stated that Accessibility Services contributed to their success and they would recommend students utilize them.



Accessibility services holds weekly accountability meetings to help students who need help planning and organizing, mirroring resource meetings the students found beneficial in high school.



I had many health troubles this last year at Russell Sage, and I am so amazed and grateful for all of the support I received.



Goal 1 Outcomes: **ATHLETICS**

**3.2+
GPA**

11 teams were honored by the Empire 8 for having a 3.2 or higher cumulative GPA.

134

athletes were honored on the Empire 8 President's List for having a 3.75 or higher semester GPA.

87%

of student-athletes agree their head coach emphasizes and regularly monitors their academic performance.

80%

of student-athletes in our monitoring program increased their semester GPA from the fall to the spring, allowing seven of nine to become eligible to play.



IN THEIR OWN WORDS:

"My coach is great at being aware of things beyond athletics and keeping the team on track in not only academics but life in general."

Goal 2:

Evaluate current department policies, procedures, and programs to ensure equitable student experiences and opportunities. Add new policies and practices where needed.

Outcomes from RESIDENCE LIFE



88% of RAs agree DEI training helped promote and advance a climate that fosters inclusive excellence.

94% of RAs said Pride Center of the Capital Region training helped them better engage other students and gain trust regardless of differences.



Anonymous resume review for RA candidates created a more equitable hiring process that reduced unconscious bias.



What Our Resident Students Say:

80%

say they were able to make meaningful friendships

89%

agree living on campus helped them learn how to live cooperatively among roommates and neighbors

78%

indicated they view their RA as a positive role model



IN THEIR OWN WORDS:

"This campus has been more than accepting of trans persons, and I have felt exceptionally safe as a transgender individual in the housing provided. I have not once been singled out as different from the cisgender members of my floor. Living in a residence hall has also made it easier to make friends since spending quality time is so much more convenient."



Goal 2 Outcomes:

DEANS OF STUDENTS AND STUDENT ACTIVITIES



Equity in food service and pricing between Albany and Troy resulted in newly shaped student meal plans and changes to the options available.

90%

of students say they feel welcome, supported, included, and valued by the programming and support provided by Student Life.



Student Activities committed to ensuring Student Center activities create no financial barriers for students, allowing any student to participate.

IN THEIR OWN WORDS:

“

Just being heard
felt really good and
was all I wanted.

”



Student Spotlight:
ANTHONY MANZO '25
Health Sciences major



"In addition to practicing physical therapy post-graduation, I would like to be an independent business owner, perhaps holding roles in local and national affairs. The leadership roles that I occupy help build skills for these future endeavors by exposing me to situations where I have to create, improvise, and make decisions while keeping in mind the effect those decisions will have on others."

"Being an RA fulfills my desire to help young people become successful. Being an RA is a training ground for working together regardless of background or beliefs. It gives me the ability to take what I have learned throughout my life and use it to assist young adults during this important transitional phase of their lives."



Goal 2 Outcomes: **WELLNESS**

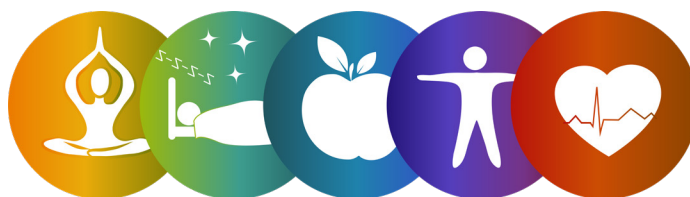
Purchased five inclusive chairs for the Wellness Center, allowing students with different body types to be comfortable while in the waiting room.

Provided employees with an update during May College on ADA, allowing them to better support students with accessibility needs.

Diversified recreation and fitness offerings to be inclusive of students at all levels.

Renewed "Beach Body on Demand" due to 103% increase in usage – giving students a virtual exercise option.

Removed the \$30 fee for physicals to make them free for all students, eliminating financial barriers and creating more medical care opportunities for students.



IN THEIR OWN WORDS:

"The Wellness Center and Accessibility Services were just wonderful to me and have been there through this tough year. I wouldn't have done it without their help!"



Goal 2 Outcomes: **ATHLETICS**

Enhanced the Student-Athlete Advisory Committee to include a DEI subcommittee.

Added a fourth athletic trainer position to provide equitable coverage to all athletic programs and give each sport a designated trainer for practices and home games.

87% of student-athletes believe Athletic Communications provides equitable coverage of Russell Sage sports on the website and social media.



Go Gators!



Goal 3:

As a part of the Thrive@Russell Sage initiative, embed student health and well-being into all facets of Student Life programming and services.

Goal 3 Outcomes: RESIDENCE LIFE

87% of RAs say a student wellness training session helped them identify students in need of professional counseling and offer referral to the RSC Wellness Center.

94% of RAs who responded to Fall 2022 survey agreed that the Student Wellness session increased their ability to understand the services that fall under the Student Wellness.

90% of Resident Assistants who responded to the RA Satisfaction Survey for Spring 2023 agreed that they have been exposed to new intellectual ideas through opportunities made possible to them based on being on the residence life staff.

86% of students say their RA is sensitive to the needs and concerns of their residents.

IN THEIR OWN WORDS



Being an RA has connected me to some of my best friends, has pulled me out of my shell, and has allowed me to make an impact on those around me. I love being the person people can go to when they need help.

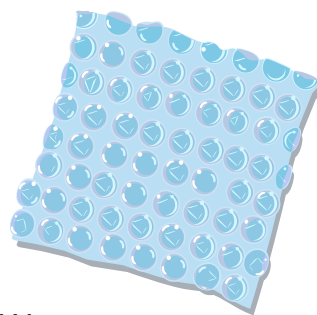


Goal 3 Outcomes: DEANS OF STUDENTS AND STUDENT ACTIVITIES



96% of students can identify events that represent one or multiple dimensions of wellness >

- Emotional
- Intellectual
- Social
- Occupational
- Physical
- Financial
- Spiritual
- Environmental



Student Life held activities such as Bubble Wrap Popping and Therapy Dog visits as stress-relief opportunities on campus.



IN THEIR OWN WORDS:

“One thing that I felt was very inclusive and welcoming was the spa night. It was a great activity to take a break near midterms and relax.”

Goal 3 Outcomes: **WELLNESS**



WHAT IS FRESH CHECK DAY?

Fresh Check Day aims to create an approachable and hopeful atmosphere, where students are encouraged to engage in dialogue about mental health. It helps to build a bridge between students and the mental health resources available on campus, in the community, and nationally.



AFTER FRESH CHECK DAY:

80% of students said they are more aware of the warning signs of suicide.

90% said they are more aware of the mental resources available to them.

85% said they are more comfortable talking about mental health and suicide.



Accessibility Services acquired standing desks for student use, allowing for increased access to movement. The desks support a variety of student heights and sizes, making all students comfortable in testing rooms.

Fidget spinners were purchased for students who take tests with Accessibility Services, allowing students to be physical with an item and focus nervous energy onto a device rather than being nervous about their tests.



19 physicals were completed during the first-ever, two-day physical clinic, allowing students to get physicals needed to meet the requirements for their program or sport.

Goal 3 Outcomes: **ATHLETICS**



85% of student-athletes have used the academic support and mental health referrals provided by Athletics.

.....

100% of the Athletics staff know the mental health services provided by the College and feel comfortable pointing student-athletes toward them. And coaches now provide an option to student-athletes to take a “Mental Health Day” when needed.

.....

99% of student-athletes felt our athletic trainers provide high-quality care.

IN THEIR OWN WORDS

“Sage’s trainers are easily some of the best at the school. No matter what the issue is with our bodies they are dedicated to figuring it out and are driven to give us the best opportunity to get back into the game and stay in the game.”



Student Spotlight: **Jenny Bryan**



"My leadership positions inspire me to be more. Perseverance, Resilience, they've given me those attributes."

I'm very involved at Sage. I am a student ambassador, I'm a Women's Institute ambassador. I'm an RA. I'm in the Baking Club, treasurer of Democracy Matters. I'm an orientation leader – a NaviGator – so I welcome freshmen to campus.

I'm so involved in school and I've made so many connections. I've also become an approachable figure. Whenever I walk through Buchman people are saying hi to me and it makes my day.



"I'm a big Sage advocate. I would recommend anyone come to Sage. That's why I like being an orientation leader. I want to welcome freshmen to campus and give them the perspective that I have."

JENNY BRYAN '25
Nursing major

STUDENT LIFE HIGHLIGHT REEL



Check out some of our favorite bragging points from the 2022-2023 academic year.

Meet Our Outstanding RAs

They had a
3.46 average GPA

21%
acheived a 4.0



One was the Class of 2023 valedictorian

One served as Student
Government Association
president

One served as president
of Democracy Matters

One founded the Caribbean
Student Association and served
as its president



One was a Diversity, Equity and Inclusion (DEI)
Social Justice Scholar

One served as president
of Democracy Matters

One founded the Caribbean
Student Association and served
as its president

One founded the Queer Collective and served
as its president



One served as a
Women's Institute
Ambassador

Four served as
NaviGators

Two served as co-conductors
for the Sagettes

Nine were student-athletes, with two of them receiving **Gator of the Year** awards in their sport.

PUTTING WELLNESS AND STUDENT ENGAGEMENT AT THE FOREFRONT



- In October 2022, the College signed the Okanagan Charter, an international charter for health-promoting universities and colleges, calling upon post-secondary schools to embed health into all aspects of campus culture.
- We presented at the U.S. Health Promoting Campuses Network international conference.
- We received an Enhancing Supports and Services for Students with Disabilities for Postsecondary Success grant to expand existing supports for students with disabilities.
- Say Hey Friday, a monthly open house with homebaked goods, brought over 300 students into the Student Life offices.
- Attendance at the Student Centers grew by 17%.





LET'S GO GATORS

Baseball and softball finished as runner-ups in the Empire 8, and women's basketball and men's and women's soccer also made the postseason.



Two student-athletes – women's basketball player Syrita Faraj and softball player Arianna Papas – became the third and fourth All-Americans in Russell Sage athletic history.



7 student-athletes were named to the Empire 8 Conference First Team, 14 made the Second Team, and 18 were named to the Third Team.

Four student-athletes qualified for the 2023 All-Atlantic Region Track and Field Championship in shotput and hammer throw, javelin, the 1500-meter run, and 10,000-meter run.



Two Esports student-athletes were named ECAC players of the month.

13 teams earned a GPA of 3.2 or higher -- the third most of any college or university in the Empire 8.



We Hear our Students...and Respond

Student Life prides itself on not only hearing students' concerns but truly listening and making adjustments whenever we can. Here are examples from the 2022-2023 year:

Sodexo meal plans were updated to better accommodate students, helping students learn how to make the most of their plans.

We made Student Conduct Mediations easier to understand.

RAs received requested training in numerous topics, including fire safety and working with college students with autism.

RAs received an "on-duty pocket guide" to help them make decisions while on duty.

Late Night Nacho and Game Night was added to meet the demand for first-year student weekend events.

Public safety forums gave students a place to share concerns and have them addressed.

Weekly Zumba classes were back by popular demand, and we added requested Martial Arts classes.

The Fitness Center added earlier hours and student-athletes were provided with an athlete-only weight room...

...and more flexible hours in the training room for treatment.



Student Life Rocks!



Student Life Rocks!



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