



## OFFICE OF STUDENT LIFE



### AY2021/22 Report

Student Life at PSU is committed to cultivating an inclusive community of love and belonging. Through our transformative co-curricular learning experiences, we provide students the opportunities to develop their sense of purpose, embody compassion, and grow into conscious leaders who actively work to make the world a more equitable place.

See further up here.



# Meet the Team



**Marlin Collingwood**  
Interim Vice President of  
Communications, Enrollment &  
Student Life



**Jessica Dutille, EdD**  
Director of Student Life &  
Community Impact



**Drew Guay, MS**  
Director of Student Life & Campus  
Recreation



**Casey Krafton, MEd**  
Associate Director of Community  
Impact



**Kyle Hastbacka, MS**  
Associate Director of New  
Student Experience



**Kadie Dickson, MEd**  
Outgoing Associate Director of  
Student Engagement



**Amber Mateer**  
Associate Director of Campus  
Recreation



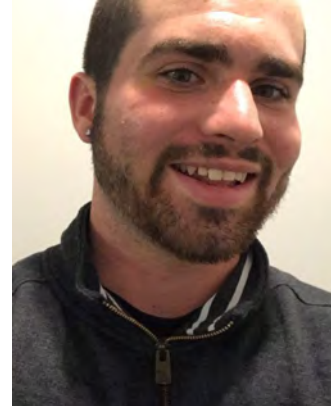
**Randy Szabadics**  
Program Support Assistant of  
Student Life



**Melina Baker, MA**  
Interim Associate Director of  
Student Engagement



**Austin Anderson**  
Program Support Assistant for  
Student Engagement



**Zachary Eastman, MBA**  
Graduate Assistant  
for New Student Experience



## Cultivating a Community of Care

*At the heart of **PSU Student Life** are the meaningful connections that students make with each other, with faculty and staff, and with our broader community leaders. These connections have never been more important, as we continued to navigate the Covid-19 pandemic this past academic year. Collectively, we experienced disconnection and heartbreak over the staggering loss of human life. While COVID-19 shed light on the social injustices and disparities in our communities and throughout the world, we remained dedicated to holding safe and brave space for students to heal, learn, and grow through these challenging times.*

*Student Life at Plymouth State University encompasses four areas: **Student Engagement, New Student Experience & Orientation, Community Impact, and Campus Recreation**. Our team of dedicated staff members give their best day in and day out, with the wholehearted intention of supporting our students on their personal journeys of discovery. Student Life facilitated **over 600 programs, events, projects, and student meetings in AY2021-22**. These co-curricular experiences focused on fostering a sense of belonging and created opportunities for students to explore passions, while making a positive impact in our community.*

***Our Student Life Team is committed to cultivating a caring and connected community, while we keep our collective health and wellbeing at top priority.** We invite students to consider what it means to be a compassionate human being, an active citizen, and a good neighbor. And, we are incredibly proud of our students in their commitment to being a part of positive change! **It is important to our team that every student at Plymouth State feels seen, valued, and loved.***

*We extend our sincere appreciation to our students, our Student Life Team, our colleagues across campus, and our treasured community partners. We are truly thankful to be a part of such a beautiful and wholehearted community!*

*With deep gratitude,*

*Jessica Dutille, EdD & Drew Guay, MS*

# Student Life at PSU

The Student Life Team at Plymouth State strives to uphold all of the ideals and values of Plymouth State University as an institution of learning. In Student Life, we realize that a critical part of a student's intellectual, social, and moral growth takes place outside of the classroom, and that requires an environment that also encourages development. For that reason, a strength that Plymouth State University and Student Life seeks is a campus life that expects accountability, that encourages co-curricular engagement, that inspires student leadership, that offers a rich, cultural experience, and that above all else demands that students grow in character as well as in mind. This presumes a Student Life program that works hand-in-hand with the academic program for one common goal, and that goal is personal growth.



*Student Life consists of four distinct yet cooperative parts.*

## **Student Engagement**

- Works with the Student Organizations at PSU including Student Government, Inter-Greek Council, PACS and all our varied organizations on everything from programming such as Spring Fling, to organization management, travel and many other organization functions.

## **Campus Recreation**

- Provides PSU students with a positive outlet and opportunities to practice active and healthy lifestyle choices through their fitness room facilities as well as our intramurals and club sports organizations.

## **Office of Community Impact**

- Promotes community engagement including service-learning projects, off campus federal work-study opportunities, service trips, and professional development tools and workshops for students.

## **New Student Experience & Orientation**

- Designed to introduce new students to all the academic and student services that will support them and help maximize their potential while at Plymouth State.

The Student Life Team works closely with colleagues at the PSU Counseling Center in support of our students. We are pleased to partner with the JED Foundation, Choose Love NH, KyleCares, and teach 1 reach 1 love 1 in advancing a culture of care. All Student Life programs and events integrate protective factors and promote mental health and wellbeing.



choose love™  
new hampshire

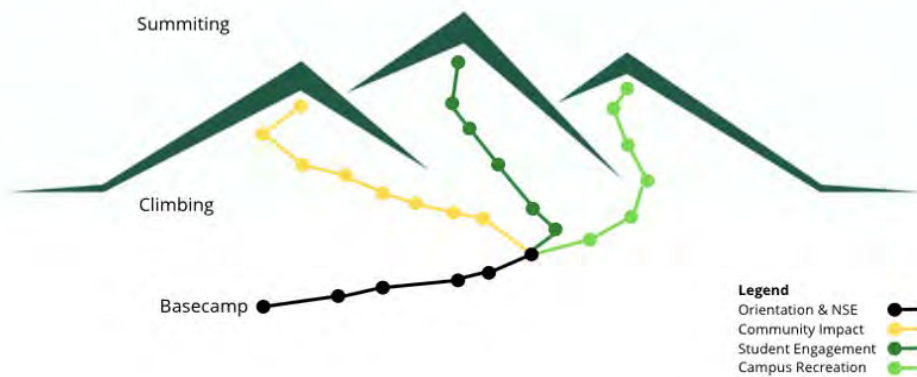


KYLECARES  
The Kyle Johnson Foundation



# Co-Curricular Engagement Model

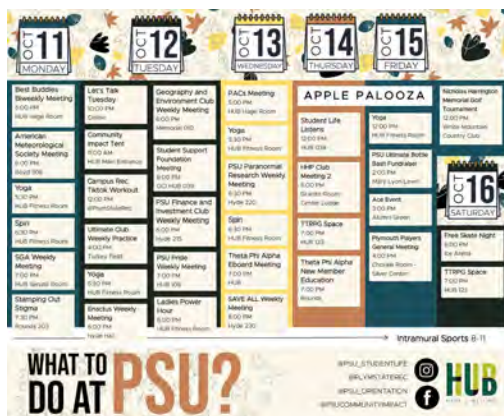
Student Life programs offer students a guided journey through campus and community engaged learning experiences, which are intentionally designed to develop PSU's Habits of Mind and NACE (National Association of College and Employers) competencies. This tiered programmatic approach to co-curricular engagement supports students from social events, to immersive programs, and ultimately to a culminating leadership experience. Students who complete a Student Life pathway receive recognition on their co-curricular transcript and are honored upon graduation.



With an average of 25-30 programs, events, or student club and organization meetings per week, Student Life offers a variety of opportunities for students to make meaningful connections.

All Student Life programs are featured on the **Engage** platform, which can be accessed at: <https://plymouth.campuslabs.com/engage>.

Student, faculty, staff, and community partners are encouraged to view program and event opportunities via Engage, which includes registration information. Additionally, student clubs and organizations utilize this platform to maintain membership rosters and manage forms (please see Engage policy information in the Student Club and Organization section).



# Learning Competencies

PSU'S HABITS OF MIND (HoM)			
Purposeful Communication	Problem Solving	Self-Regulated Learning	Integrated Perspective

NACE (National Association for Colleges and Employers) COMPETENCIES*			
Oral/Written Communications	Critical Thinking/ Problem Solving	Career Management	Global/Intercultural Fluency
<p>Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.</p> <p><u>Student consistently practices:</u> honesty authenticity</p>	<p>Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.</p> <p><u>Student consistently practices:</u> creative thinking reflection</p>	<p>Identify and articulate one's skills, strengths, knowledge, and experiences relevant to the position desired and career goals and identify areas necessary for professional growth. The individual is able to navigate and explore job options, understands, and can take the steps necessary to pursue opportunities, and understands how to self-advocate for opportunities in the workplace.</p> <p><u>Student consistently practices:</u> growth mindset social responsibility self-efficacy self-advocacy value of life-long learning</p>	<p>Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations, and religions. The individual demonstrates openness, inclusiveness, sensitivity, and the ability to interact respectfully with all people and understand individuals' differences.</p> <p><u>Student consistently practices:</u> cultural sensitivity value for interconnection</p>
Digital Technology	Teamwork/ Collaboration	Professionalism/ Work Ethic	Leadership
<p>Leverage existing digital technologies ethically and efficiently to solve problems, complete tasks, and accomplish goals. The individual demonstrates effective adaptability to new and emerging technologies.</p>	<p>Build collaborative relationships with colleagues and customers representing diverse cultures, races, ages, genders, religions, lifestyles, and viewpoints. The individual is able to work within a team structure and can negotiate and manage conflict.</p> <p><u>Student consistently practices:</u> Interpersonal skills emotional intelligence developing peer networks gratitude</p>	<p>Demonstrate personal accountability and effective work habits, e.g., punctuality, working productively with others, and time workload management, and understand the impact of non-verbal communication on professional work image. The individual demonstrates integrity and ethical behavior, acts responsibly with the interests of the larger community in mind, and is able to learn from their mistakes.</p> <p><u>Student consistently practices:</u> self-care sense of purpose self-identity</p>	<p>Leverage the strengths of others to achieve common goals and use interpersonal skills to coach and develop others. The individual is able to assess and manage their emotions and those of others; use empathetic skills to guide and motivate; and organize, prioritize, and delegate work.</p> <p><u>Student consistently practices:</u> integration of all other competency practices</p>

\*National Association for Colleges and Employers. (2019). Career Readiness Defined. Retrieved from <https://www.nacweb.org/career-readiness/competencies/career-readiness-defined/>

# NEW STUDENT EXPERIENCE

OFFICE OF STUDENT LIFE



The New Student Experience Office (NSE) within Student Life officially launched in August 2021 and immediately hit the ground running to engage Plymouth State's newest Panthers. NSE focuses on fostering an inclusive environment on campus for students that promotes a sense of community that ultimately leads to higher retention at PSU. Through Summer Orientation, Panther Days, Lunch Buddies, Bingo Nights, and other semester programming, we have created a community for new students to enjoy.



# NEW STUDENT EXPERIENCE

OFFICE OF STUDENT LIFE



## Orientation

Our orientation program is a three-step process that introduces students, and their families, to Plymouth State in a way that prevents the student from being too overwhelmed with information and change.

The first step of this process is online orientation where we introduce the student to all of their campus resources and tools to allow them to learn this information in a more drawn-out way as they can go at their own pace- we do ask that they complete this prior to June Orientation, however, so that all students have the same base level knowledge of campus during that time.

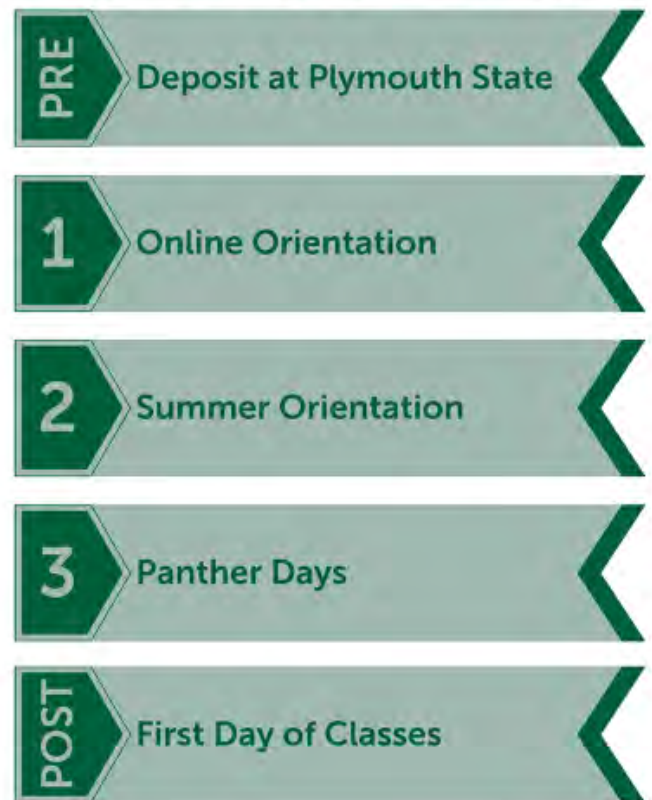
Step two of orientation is our June Orientation where we immerse students in opportunities to engage with and get to know one another. Since we know that the leading reason that students will transfer is due to lack of connection on campus, we heavily emphasize community during June so that we can

begin to ease those nerves prior to move-in day.

The third step of orientation is our August Panther Days between move-in day and the first day of classes. This final part of orientation focuses more on building excitement around finally being at Plymouth State for the fall semester through our kick-off barbeque, evening programs, HUB Fest, and our final educational sessions before the first day of classes.

This year, we are excited to have launched our brand-new online orientation program through Advantage Design to offer a more interactive experience for new students and their families. This software allows for better tracking of participation, integrated games, and access for “guests” outside of PSU to participate as well. Moving forward, we anticipate having this ready for January of each year so that students can immediately begin online orientation upon depositing at Plymouth State.

## ORIENTATION TIMELINE





# Semester Programming

The New Student Experience Office hit the ground running this year with programming throughout the Fall and Spring Semesters. Although our target audience for these events is new students, all are welcome to attend and we regularly had attendance from students of all years at PSU.

We first introduced our First Friday Bingo Nights in September 2021 to great success. We hosted these events in the HUB Hage Room on the first Friday of each month at 9 PM to promote weekend evening campus programs. These bingo nights regularly brought in approximately 50 students each time with the exception of Sex Toy Bingo that brought in 400+ students in the Fall and 550+ students in the Spring.

In Fall 2021, we also introduced our inaugural Lunch Buddies program to offer support to new students that felt overwhelmed by visiting Prospect alone and had not yet found a group of friends to attend with. This program had limited attendance due to starting in October but we are optimistic for more participation in Fall '22 when we launch at the beginning of the semester. Lunch Buddies is possible due to Orientation Leader volunteers and a partnership with Chartwells to offer affordable meals for NSE to send OLs each week.

Other programs that were hosted during the 21-22 academic year include a mobile smash room, third annual Apple Palooza (in partnership with Residential Life), Mission Improvable (Improv Comedy Show), and Daniel Martin (Magician).



## Student Employment

From July 2021 through June 2022, the New Student Experience Office has employed 55 students in the orientation role. These roles include Summer Orientation Leader (OL), Winter Orientation Leader, Orientation Assistant (OA), and Orientation Coordinator.



Students enter our program in either the Summer OL or OA roles and upon successfully completing that position at the conclusion of Panther Days, they are eligible to apply for the Winter OL role or the Orientation Coordinator position to help plan the following year's orientation program. We hire two Orientation Coordinators per year that work from September – September to hire, train, and supervise the OL staff as well as assist in the planning and execution of the orientation program as a whole. This year's Coordinators, Kaci Cochran and Colin Mengold, are both on their third year working for this program. Below are our staff's feedback from the 21-22 academic year:

*"When I signed up to be an Orientation Leader I had no idea what I was getting into. I came into my first year during Covid 2020 and my experience then and now has changed how much orientation does matter to incoming students. Being able to meet everyone and potential best friends is such a great opportunity and I personally have grown so much as a leader. I wish I had the orientation experience these students get to have but I am so happy to be a part of new student's journeys to PSU." -Molly McAllister '24*

*"I have been an Orientation Leader for 3 years, and each year has been extraordinarily special. Coming in as a first year student was one of the scariest moments of my life, so to have the opportunity to impact an incoming student in a positive way is extremely special. The people I've met through this experience, have become some of my closest and most valued friends. This experience has impacted me in many ways. I've grown more as a leader, and become more confident in my abilities as well as feeling more comfortable asking for support." -Lauren Klotz '23*

*"Working as an orientation leader helped me feel confident in not only the incoming students but the community we are continually building. Becoming an OL helped me find my voice in a group of leaders and helped me learn to hold space for others as well as myself. I was the last addition to this year's orientation staff, I was welcomed with open arms and created connections I believe will last far beyond my college career. Being surrounded by student leaders was an incredibly opportunity to learn from each other every day." -Corinne Cloutier '24*

# Programming Attendance

**Fall '21 Programs: 1,250**  
**Spring '22 Programs: 700**  
**June '22 Overnight Orientation: 704**



*"I have had a blast being in the Coordinator position this year. Being able to work behind the scenes during the school year and really step up into the leadership role during training days and orientation sessions has been a blast, and it has helped me learn more about my leadership style."*  
-Kaci Cochran '23



*"Being a Student Coordinator has been one of the best experiences of my life. The people I get to work with, the students I get to help and make Plymouth their home, the parents I get to chat with and have conversation with is just amazing. I've come so far from my first year self and would never imagined myself doing something like this but I have zero regrets. I learned so many important life lessons from this job, met some of my best friends and hopefully made a positive impact on incoming students and families. Being a Student Coordinator is something I would do again and again if I could!"* - Collin Mengold '23

# STUDENT ENGAGEMENT

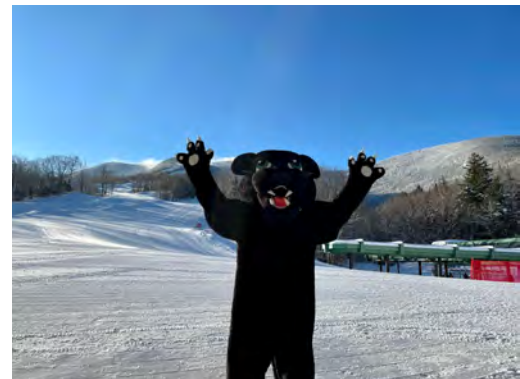
OFFICE OF STUDENT LIFE



The Student Engagement Office oversees **over 80 student clubs and organizations**, which promote robust co-curricular engagement outside of the classroom. We are committed to providing intentional experiences that contribute to academic, career, and personal goals as well as cultivating a sense of belonging and purpose to our students.

Our Student Organization Space in Mary Lyon offers group meeting spaces, a banner-making station, various club offices, and a conference room that supports 10 students. We are currently working on making this space more welcoming to campus and intend on making it a central location for students to gather for campus involvement.

Student Engagement advises the Student Government Association, as well as the Plymouth Activities Council for Students (PACs) and supports campus-wide events and programs such as **Fresh Check Day**, **Student Activities Fair**, **First Fire**, **Ski Day**, **Spring Fling**, and **Senior Week** events. We are also pleased to announce that come Fall 2022, we will be providing weekend programming each week, Thursdays through Saturdays. These programming events will include movie nights, bingo and trivia nights, and our newest addition, **Plymouth Saturday Night Life (PSNL)** which will include live music, karaoke, and open mic nights. Clubs and organizations will have the opportunity to co-sponsor events to strengthen their presence on campus.



# Student Government Association



## AY2021-22 SGA Representatives

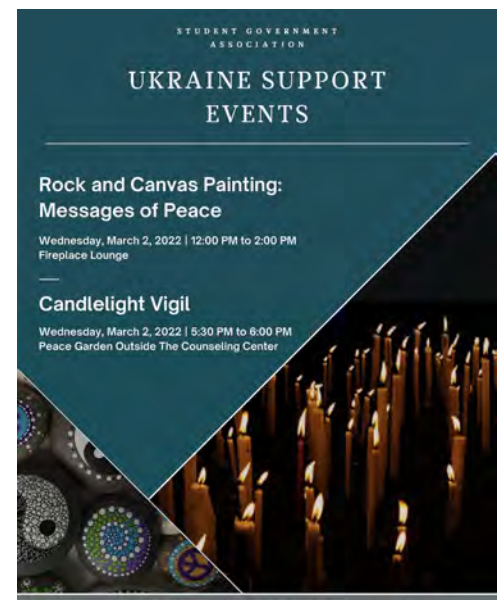
Speaker – Joshua Chandler  
Vice-Speaker – Jenna Alden  
Treasurer – Devonte Gilmore Secretary – Luke Gomes  
Parliamentarian – Joseph Lacreata USSB Rep – Ashley Ackert  
USSB Rep – Sarah Jefferson  
Student Body President – Mikayla Colburn  
Student Body Vice-President – Genesis Uribe  
Class of 2022 President – Mackenzie Goodwin  
Class of 2022 Vice President – Joseph Mitchell  
Class of 2022 At Large Representative – Shannon Franconlini  
Class of 2023 President – Luke Gomes  
Class of 2023 Vice President – Madison Hawkes  
Class of 2023 Treasurer – Alyssa Griffin  
Class of 2023 Secretary – Genesis Uribe  
Class of 2023 At Large Representative – Desteny Jones  
Class of 2024 President – Molly McAllister  
Class of 2024 Vice President – Isabelle Schena  
Class of 2024 Treasurer – Sarah Jefferson  
Class of 2024 Secretary – Abigail Angell  
Class of 2024 At Large Representative – Maria Mutesi  
Class of 2025 President – Isabella (Bella) Hanford  
Class of 2025 Treasurer – Rosanny Cabrera  
Class of 2025 At Large Representative – William Loughlin  
Off-Campus Representative – Michael Shannon  
Athletic Representative – Siri Brett  
International Student Representative – Kassidy Lyons

## Advisors:

Austin Anderson, Marlin Collingwood, Kadie Dickson, Jess Dutille

Melina Baker joined our team of advisors in April 2022 as Kadie Dickson transitioned out of her role at Plymouth State University. Kadie will be missed but we welcome Melina and are excited to have her on our team.

The Student Government Association (SGA) is dedicated to policy development and advocacy on an institutional level. SGA works in collaboration with Plymouth State University leaders to advance educational and professional development and contribute to our campus community. In addition, SGA hosts campus-wide events such as Ski Day. This past year, SGA leaders came together to facilitate a Candlelight Vigil in support of Ukraine.



## Student Clubs & Organizations

With **over 80 clubs and organizations**, there are plenty of opportunities for PSU students to explore their interests. These opportunities strengthen students' sense of belonging on campus and cultivates a strong community within PSU, all while building leadership skills and career competencies.

### Clubs and Organizations:

Adventure Education Club  
American Chemical Society  
American Meteorological Society  
Athletic Training Student Organization  
Backcountry Ski Club  
Black Student Union  
Cheerleading Club  
Chess Club  
Club Golf Team  
Common Ground  
Criminal Justice Organization  
Delta Zeta  
Educator Prep- ASCD Chapter  
Enactus- Entrepreneurial Action Us Ethical  
Hacking Club  
Freeski Club  
French Club  
Geography and Environmental Planning  
Girls Not Acting Right  
Graphic Design Club  
Health and Human Performance Club  
Jewish Student Coalition  
Kappa Delta Phi  
Kappa Delta Phi NAS  
Latinx Student Union  
Marketing Association of Plymouth State  
Men's Rugby  
Mixed Emotions  
Model United Nations  
Mountain Bike Club  
National Association for Music Educators  
NH Youth Movement Club  
Outing Club  
Paintball Club  
Physical Therapy Club  
Plymouth Activities Council for Students  
Plymouth Players  
Plymouth Sports Management  
Plymouth State ESports  
Plymouth State Handbell Choir  
Plymouth State Paranormal Research



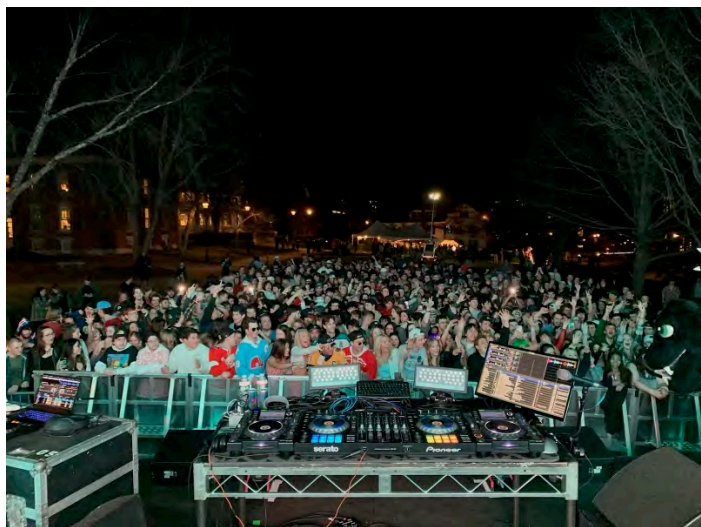
Plymouth State Rock Climbing Club  
Plymouth State Shooting Association  
Plymouth State University Anime Club  
Poets & Writers  
Pre-Law Club  
PSU Best Buddies  
PSU Bowling Club  
PSU Dance Team  
PSU Democrats  
PSU Fashion Club  
PSU Fishing Club  
PSU Gaming Club  
PSU Investment Club  
PSU Pre-Medical/Professional Society  
PSU Pride  
PSU Republicans  
PSU Volunteers  
Psychology Club  
Public Health Club  
SAVE ALL  
She's The First  
Sigma Tau Gamma  
Snowboarding Club  
Social Action Trips  
Social Work Club  
Stamping Out Stigma  
Student Accounting Society  
Student Art Collective  
Student Nurses Association  
Student Support Foundation  
Students in Professional Sales  
The Clock  
Theta Phi Alpha  
TRIO Club  
Ultimate Frisbee Club  
Vocal Order  
Women's Rugby  
WPCR 91.7

# Plymouth Activities Council (PACS)

Plymouth Activities Council (PACs), led by Katelyn McCoy '22, hosted meaningful programs for students to gather, connect, and have fun together, including Plymouth After Dark (PAD) Nights. PACs is also highly involved with Welcome Week and Winter Carnival each year.

This past year PACs was also highly recognized at National Association for Campus Activities (NACA) and won several awards for SWAG and graphic design, including most spirited table.

The group's signature event, Spring Fling, was held on April 23rd and engaged over 3,000 PSU students in an outdoor concert by GrooveBoston!



# Inter-Greek Council

The Student Life Team has been working in collaboration with the Inter-Greek Council to rebuild a new and robust Fraternity and Sorority Life (FSL) program. The Inter-Greek Council has been a great addition to Student Life in offering additional social, programming, and service opportunities to students. This past spring we have gained an interest group who is looking to join Plymouth State University's FSL Community, which will be reviewed in Fall 2022.

Current Operating and Recognized Fraternities: Kappa Delta Phi and Sigma Tau Gamma. Current Operating and Recognized Sororities: Kappa Delta Phi NAS and Delta Zeta

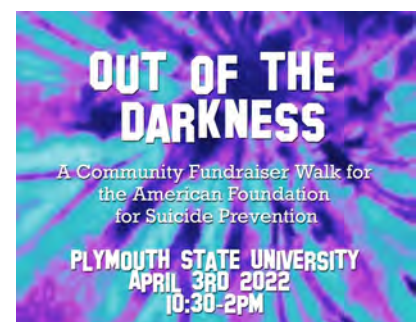
## Sororities



## Fraternities



**Kappa Delta Phi NAS** hosted the **Out of The Darkness Walk**, which took place on Sunday, April 3rd. This was a community-wide event, organized by Kappa Delta Phi NAS students in collaboration with the Student Government Association, and Communications, Enrollment & Student Life at PSU. **The event raised \$10,000 for The American Foundation for Suicide Prevention.** We have deep gratitude to students, Corrine Cloutier and Kasey Arnold for leading these incredible efforts! In addition to raising the most money in organization history, the sorority walked away with 4 Nationally-recognized awards including the President's Cup and the Golden Opportunity award.





# COMMUNITY IMPACT

OFFICE OF STUDENT LIFE



The Office of Community Impact (OCI) fosters transformative learning experiences for PSU students to engage in active citizenship, explore their sense of purpose, and grow into conscious leaders who cultivate love and connection throughout our local and global communities.

Special thanks to Student Impact Ambassadors, Emily Infinger '23, Breanna Kender '22, Jonah Rosenberg '24, Destiny Jones '23, and Olivia Akocaitis '25!

The OCI facilitated **410 placements** throughout the broader region during AY2021-22. These experiences resulted in **3,017 total service hours**, with an **economic benefit of \$86,105** (based on current volunteer rate of \$28.54/hour).

### COMMUNITY ENGAGEMENT

Participate in opportunities on campus and with local & global partners.

- Day of Service:** campus wide opportunity for students, faculty, staff, and alumni to engage in state wide service projects.
- Angel Tree Project:** annual project that provides gifts to local children for the holidays.
- Service Trips:** international and domestic service trips focused on community identified projects. A learning experience of a lifetime through social and cultural connections.

Student organizations that have a community focus:

- PSU Volunteers, Student Support Foundation, Alternative Spring Break, International Service Trip



### SERVICE LEARNING

Bridge the connection between your classroom experience and your community engagement.

Visit us if you have a course that requires engagement with off campus partners, and we can help connect you.

**Student & Faculty Supports:**

- Reflective practices
- Assessment tools
- Course consultations
- Partner connections



### OFF CAMPUS WORK STUDY

Use your work study award to work at local non-profits.

**Current partners include:**

CADY	Ladders
Campus Ministry	PBTV
Campus Caring Coalition	Pease Public Library
Campton Recreational Department	Pemi Valley Habitat
Flip N Furniture	Pemi Youth Center
Grafton Regional Development Corp.	Russell Elementary
Plymouth Recreational Department	Whole Village



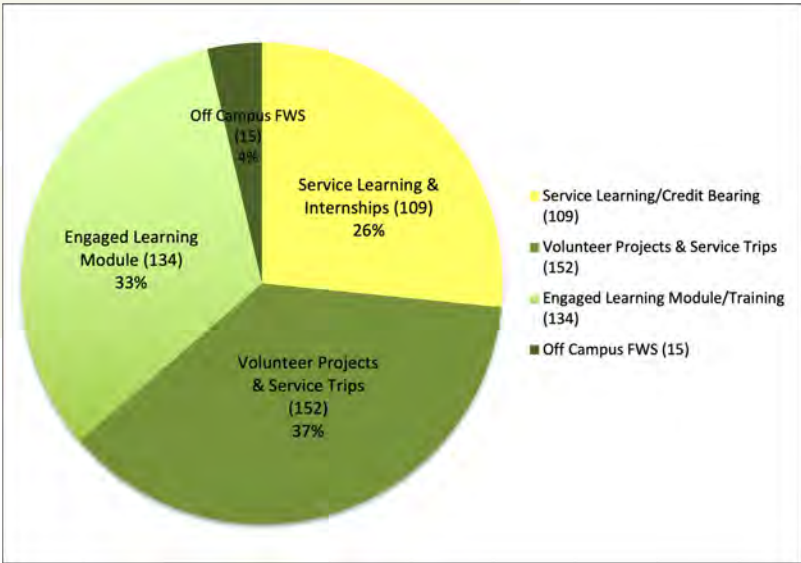
### LEADERSHIP

We offer leadership development and opportunities for students who are interested in making a positive impact in the broader community.

- Community Impact Ambassadors
- Workshop Experiences
- Student Professional Development Modules
- Community Impact Pathway



"SOMETIMES THE BRAVEST AND MOST IMPORTANT  
THING YOU CAN DO IS JUST SHOW UP."  
- BRENE BROWN



Service Learning/Credit Bearing (109)	109	26%
Volunteer Projects & Service Trips (152)	152	37%
Engaged Learning Module/Training (134)	134	33%
Off Campus FWS (15)	15	4%
	<b>410</b>	
<b>Total Volunteer Hours</b>	<b>3,017</b>	
<b>Total Value of of Volunteer Hours *\$28.54</b>	<b>\$86, 105</b>	

*"Volunteering is more than just satisfaction for yourself. It's actually making a huge difference and it makes other people happy."*

-Student Reflection AY2021-22

## A Leader in Community Engagement

PSU is recognized as one of only 119 U.S. colleges and universities to hold the **Carnegie Foundation Community Engagement Classification**, a designation that honors institutional commitment to community engagement.



## Service Projects & Programs



The OCI is proud to work with Project Linus in making over 100 blankets for children and youth from throughout the region.

We are grateful for our partnership with the Bridge House Shelter of Plymouth in providing community dinners twice a month.



*"This experience exposed me to the social justice issues of homelessness and hunger, and how homelessness and hunger can impact anyone."*

-Student Reflection AY2021-22



The OCI was pleased to partner with Choose Love NH in bringing Founder of the Choose Love Movement, Scarlett Lewis, to campus to talk about the importance of social emotional learning and building a culture of care. To read more, please click this link: <https://www.plymouth.edu/news/choose-love-celebrated-on-campus/>

*"...sharing a meal with people has the amazing power to bring people together and make people feel like they can take a deep breath no matter what the diverse challenges everyone may be facing in life at the moment."*

-Student Reflection AY2021-22

*"One take away from this experience was how important it is to choose love and to express love to those around us..."*

-Student Reflection AY2021-22

# Service Projects & Programs



*"I think a lot of social justice issues feel abstract when you don't have to deal with them yourself or see them face-to-face. This [experience] helped make it less abstract."*

*-Student Reflection AY2021-22*

Impact Ambassadors facilitated Community Cleanups in partnership with the Town of Plymouth to help connect students to the broader community and make a local impact on the environment.

The OCI facilitated the largest Angel Tree Project in history, which collected holiday gifts and winter items for over 350 children and youth throughout the broader community. We're grateful for the support of all who volunteered and donated, and a special thanks to Student Impact Ambassador, Emily Infinger '23, for leading the effort!



**Social Action Trips** expose students to complex social and cultural issues through direct service, group discussion, and reflection. These trips immerse students in diverse communities to learn from those around them as they learn about themselves.

Our goal is to provide financially accessible opportunities for students to explore the world through meaningful service opportunities.

On February 23rd, we hosted a Virtual Culinary Night with our host community members in Petersfield and Galloway Jamaica!



*Let's Talk Tuesday* is the OCI's podcast, hosted by Student Impact Ambassador, Jonah Rosenberg '24, which explores the intersections of social justice issues.



## Service Oriented Organizations

### Student Support Foundation

We are proud of all the hard work the Student Support Foundation board members have dedicated to the Plymouth State community this past year. This year the Food Pantry was relocated to the Hartman Union Building and we are grateful for the help we have received from campus to make the transition successful!

The board was able to get over **\$8,000** out to the PSU community via emergency financial grants and resources for the food pantry. A big thank you to the PSU Student Government Association for their contribution of Culturally Appropriate Foods to collaborate with SSF on their goals to increase resources to meet the requests of our campus community.



SSF is grateful for the support of our campus and community through financial donations and food donations. Throughout the year we had donations come in from local businesses, student organizations, Residence Halls, class projects, and individual contributions from many individuals. Thank you to everyone who has contributed to our community and our philosophy of taking care of one another!

### PSU Volunteers

In the past year the PSU Volunteers were able to take part in the CADY community wide yard sale where they moved and set up items and helped guests. They also hosted a canned food drive, took part in community clean ups and volunteered for the OCI to table for the Angel Tree project, make blankets for Project Linus, and attend Bridge House Community Dinners.



## Service Learning



The OCI is pleased to collaborate with faculty members in supporting high impact community engaged learning that advances integrated cluster projects and positively benefits our broader community. This past academic year, we facilitated **109 placements** with community partners.

Resources and tools are available on the OCI website in support of high quality service learning experiences that integrate best practices in partner **development, reciprocity, and reflection.**

The OCI hosts in-class workshops that provide students with safe and brave space to explore important topics and further develop as self-aware, civically engaged, and socially responsible active citizens. We were pleased to present the *Ethical Engagement Workshop* to students taking Tackling A Wicked Problem, a required course for all incoming first-years.

All students who participated in the annual Community Impact survey indicated that they *agreed* or *strongly agreed* that their volunteer work was meaningful and worthwhile.

### Ethical Engagement Workshop

Presented by: The Office of Community Impact



*"Thank you so very much for all of the amazing volunteer opportunities I was fortunate enough to be able to be a part of this school year! I can't wait to come back to PSU in the fall and volunteer more!"*

-Student Survey Response AY2021-22

## Community Engaged Learning Module

The Community Engaged Learning Module helps to prepare students for their community engaged learning experiences. This online training lays the foundation for developing PSU's four Habits of Mind that cultivate the NACE (National Association for Colleges and Employers).

In AY2021-22, **134** students completed the module, representing a **47% increase** in comparison to AY2020-21. All students who engaged in the module indicated that they agree to some degree that the training was valuable in preparing for their engaged learning experience.



All partners who participated in the AY2021-22 survey indicated they strongly agree that their partnership with PSU helps achieve their organizational mission. Furthermore, all partners indicated they strongly agree that PSU students have a positive impact on their organizations/clients, and that it is important for partners to help develop future leaders.

*"It has been a pleasure to partner with PSU faculty, staff, and students. I believe this partnership will benefit both the Plymouth community and the PSU students."*

-Partner Survey Response AY2021-22

## Off- Campus Federal Work Study

Students have the opportunity to use their work study financial aid packages to work at local nonprofit organizations. This experience provides our students with direct learning from our community partners. This past year the program engaged **42 student placements at 5 location, completing approximately 1,823 hours during AY21-22.**

Students spend their time supporting our local agencies and learning from them in areas including client management, youth development, social services, event management, community education, and many other valuable learning opportunities.

### Off-Campus Federal Work Study Partners

Campton Recreation Department, Campus Ministry, Ladders, Pemi Youth Center, Plymouth Recreation Department

## OCI Leadership

The Office of Community Impact empowers student leaders through student employment and program coordinator positions. This past academic year, five Student Impact Ambassadors worked for the office through student employment opportunities. In addition, volunteer student leadership positions are available through social action student organizations such as PSU Volunteers, Student Support Foundation, and Service Trips.

These student leaders create a welcoming environment at Plymouth State, where their peers gain a sense of belonging and come to understand how much they matter in our community.

## Campus Compact Presidents' Awards

The Campus Compact for NH Presidents' Awards celebrate the work of member campuses and their community partners in providing vital aid for communities across the state. We are so proud of our AY21-22 PSU Recipients:

**Student Leadership Award: Eliana Jones**

**Newman Civic Fellow: Emily Infinger**

**Good Steward Award (for a faculty or staff): Dr. Katherine Wolsiefer**

**Community Partner Award: Best Buddies of NH**

# CAMPUS RECREATION

## OFFICE OF STUDENT LIFE



Plymouth State's Campus Recreation is recognized within the National Recreation-Intramural Sports Association (NIRSA) as one of the premiere Small School Programs in the country. Our department focuses on Student Development, Quality, Safety, Inclusion, and Fun! After a year of many difficult COVID restrictions, students were happy to be back in the Fitness Room and playing Intramural and Club Sports throughout the year. Once the masking policies were lifted, it was as if a major weight was also lifted and students were able to bring an incredible energy into our space which allowed students to 'Find Their Fit' on our campus. Our professional staff also worked hard to strongly represent Plymouth State University within NIRSA. Drew Guay worked with the Small Programs and Student Development Committees and was also a contributor to Campus Recreation Magazine while Amber Mateer was chosen as 'Rookie of the Year' at the National Club Soccer Tournament and has served on several committees surrounding EDI.



**SEPTEMBER** 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



## Fitness

**Student Employees: 47**

**Fitness Room Participants: 2,696**

**Fitness Room Participations: 38,970**

**Group Exercise Participants: 614**

**Group Exercise Participations: 3,315**

**Fitness Orientations: 288**



Our Fitness Programs remained strong as the Fitness Room was one of the biggest touch points on campus even as students dealt with the masking policies. Our staff was very diligent about having students continue to be masked up to align with PSU Policies which made the Fitness Room a safe spot for all of our students. Once the mask policy was lifted in March, the environment was great for our students and it was great to feel 'like normal' again. Our staff continued to work hard to help gym users of all ability levels to use our space and we conducted nearly **300 Fitness Orientations** to help students learn how to properly set up equipment and feel comfortable with the proper range of motion. Our Group Exercise Classes remained strong and we were able to offer Yoga, Spin, and Strength & Spin as weekly classes that were conducted free of charge for our students. Ladies Power Hour continued to be a strong program that was offered monthly and allowed women a safe space to use the Fitness Room for a Women's Only hour. Stretch & Flex was another strong program that we offered by going into the Residence Halls and allowed us to connect with Residential Students. This program gave us the chance to meet students where they were and show them exercises that they can do in their own space with a resistance band. We offered the program monthly and gave out over **1,000 resistance bands** to help students take their fitness home with them.

Campus Recreation continues to have a strong social media following and continued to connect with students online with various Fitness & Wellness Programs. Aidan Sinclair '23 led the Workout of the Week Program where he put out videos to teach students how to properly use our equipment and how to get the best out of each machine. Rebecca Giles '23 and Alyssa Cafarelli '22 ran programs on nutrition highlighting ways for college students to eat healthier. Madeline Littlefield '24 ran a monthly workout calendar mashup with a TikTok to give students ideas how to do workouts at home if they were still uncomfortable with coming into the gym.





# Intramurals

**Intramural Staff hired throughout the year: 43**

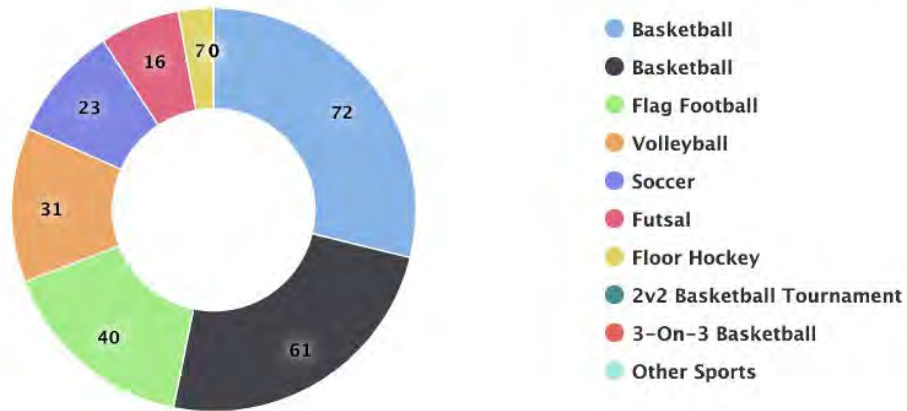
- Fall 2021-Spring 2022 Semesters**
- Total Games: 250**
- Teams: 124**
- Participants: 848**
- Unique Participants: 527**
- Participations: 2,835**



Even with our mask protocols for the Fall semester, our Intramural participants were eager to get back into the competitive swing of things. When Spring semester got underway and the mask mandate was lifted, our participants thrived! We hosted several different formats of leagues, short 4-week leagues, 5-week leagues, and even an 8-week long basketball season with a total of 19 teams in our single elimination bracket! Participants got a taste of what to expect next year and can't wait! We even hosted a bracket challenge all about "Back 2 School" that highlighted some major Plymouth traditions! Although limited due to facility capacity, our Intramural community grew week by week. By the end of Spring semester we were seeing crowds of 30 & 40+ for our Basketball Playoffs! Our Intramural staff got a bunch of new faces and continuously showed up for each other. Several nights a week you would find an additional 2-3 staff members hanging out in the Courtroom to support their fellow coworkers and just enjoy watching some Basketball, Floor Hockey, or even Volleyball games!



# Sport Statistics



## Sport Clubs

There were 12 active clubs for the 2021-2022 academic year, all have successfully transitioned leadership in Spring '22. They all participated in the President & Treasurer's meeting at the beginning of the school year, HUB Fest, Activities Fair, monthly Sport Club meetings, and helped to build the scope of next year's Sport Club Council! This was a huge year for all to rebuild their leadership and league participation. Their efforts paid off to set the stage for a very prolific season in 2022-2023.

### Backcountry Ski

Roster size: 15

\*\*\*New club this year

Instagram @psu\_backcountryski



### Cheer

Roster size: 15

"When we got a solid committed roster, we were finally able to use the money we had in our account to attend NECA. Next year, I will not be here, but I know that the team is committing to more fundraising events starting in early fall, wishing to attend a bigger competition. But this year we got very lucky, our team got super close and we had a great trip." -Maddie, graduating senior and club officer

The Cheer team won first place in their competition at the University of Rhode Island in late April at NECA (New England Cheerleading Association). They hosted practice 3-4 times a week with Coach Carrie and were able to have a successful year building up their team!

Instagram @plymouthstatecheer

### Golf Club

Roster size: 36

Hosted another successful Nick Harrington tournament which brought in 50+ golfers to a beautiful day on the greens! The club continued to gain members throughout the year with both a robust Fall and Spring season. They were able to regularly play at two different golf courses during the year, White Mountain and Owl's Nest.

Instagram @psuclubgolf



### Freeski

Roster size: 12

Instagram @plymouth\_freeski

### Men's Rugby Rugby

Roster size: 23

"...being able to get back to the Beast of the East tournament in April. Both of these I think were huge stepping stones in getting our foot back into the door and having a team again. The first game I think was special to us too, being able to have a game after two years of not having a team, drawing a big crowd of students, and being able to win that game was a huge stepping stone for us and the future of our team." -Christian, Incoming Club Officer

Were able to successfully host an Alumni Game at the end of the semester with a turnout of 40+ Alumni which included some major fundraising efforts.

Instagram @norsemen\_rugby\_football\_club

# Sport Clubs



## Mountain Biking

Roster size: 45

Instagram @plymouth\_state\_mtb

## Outing Club

Roster size: 8

“One thing that we did well, and will continue to do is recruit new members, and keep the members going on outings.” -Brendan, Club Officer

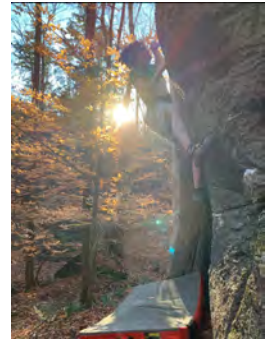
Instagram @plymstateoutingclub

## Climbing Club

Roster size: 20

Hosted several “intro to climb” sessions for new members, cross training & yoga opportunities lead by a club leader, and even had some weekend trips to boulder outside! Safety of course!

Instagram @psuclimbing



## Bowling Club

Roster size: 10

“...our focus was getting off the ground, which we excelled in. We were able to gain 4 new members via accepted students' day which was a great opportunity to connect with incoming students!” -RJ, Current Club President

\*\*\*New club this year

Instagram @plymouthstatebowling

## Dance Team

Roster size: 8

“This year was intense, but I'm beyond excited for the next year's officers and their continued success they will work towards. I was ready to quit the club as the semester started, but I kept with it and we ended up winning Club of the Year.” -Ryanne, Outgoing Club President

Won first place & received the entertainment award at the Endicott Spring Invitational (February '22

Instagram @plymouthstatedanceteam

## Ultimate Frisbee Club

Roster size: 29

Competed in Lemony Fresh in Rhode Island, made their way over to Norwich University for some competition, hosted Franklin Pierce at Plymouth, participated in a tournament at Keene State, and they hosted their first official Bottle Bash fundraising tournament at Plymouth!

Instagram @plymouthstateultimate

## Woman's Rugby Club

Roster size: 18

“Our biggest challenge that we faced this year was retention and overall roster size. Coming back from two Covid seasons, our team was made up of almost all Freshman and Seniors. Even in all this turnover we managed to go to Nationals! A huge accomplishment after two years of lock down.” -Anna, Outgoing Club President

Two members of their team got named to the CCRC 2021-2022 Women's All Star Roster, Anna Dodge & Izzy Lord. The team was able to travel and compete at the Nationals 7's Tournament in Pittsburgh! This came from placing 2nd in their Rhode Island tournament in April. Their team also showed up in numbers to support the “Out of the Darkness” Suicide prevention walk.

Instagram @psumaraiders

## Student Employment

Throughout the year Campus Recreation hired 90 student staff to work various jobs for us over the semester. Students start in the roles of Recreation Assistant who monitors safety and service in the Fitness Room and the Intramural Official who is charged with officiating our intramural programs. We have an internship program which allows students to work their way up in our program and get truly transformative experiences that can help them long beyond college. This year, Kelsey Dunn '22 and Aidan Sinclair '23 were chosen as our Student Employees of the Year.

Student Development continues to be a strong value of our program and our students have expressed how Campus Recreation has helped them complete their experience. Our Exit Interviews highlight the skills that they have gained from our program with Leadership Skills, Sense of Community, Time Management, Meaningful Interpersonal Relationships, and Problem Solving being the areas they feel strongest about developing through their time with Campus Recreation.

- Leadership Skills 100%**
- Sense of Community 100%**
- Time Management 100%**
- Meaningful Interpersonal Relationships 100%**
- Problem Solving 95%**
- Appreciation for Diversity 90%**
- Social Responsibility 9%**
- Healthy Behaviors 90%**



*"I felt so lucky to be involved with Campus Recreation. Looking back, I got to meet my best friends through the program and working there was my best memory about being at PSU."*

*"I don't know if I would have been able to get into Grad School without working at Campus Rec. It was the thing that helped push me over the edge and gave me the skills to flourish and confidence that I can do anything."*

*"I could talk all day about my experiences with Campus Rec but it was incredible for me to grow both personally and professionally."*

*"I honestly have to say that Campus Recreation changed my life. It gave me the confidence to pursue my passions and that I was worth it."*



## eSports

Campus Recreation has worked with Campus Partners to look at developing an eSports Program on campus and our space is expected to open in Fall 2022 in The Hartman Union Building on the first floor. Working with our colleagues in marketing, a survey was put out to the Student Body with over **300 student replies**. After that, we conducted **10 different focus groups with students** to get a plan for their thoughts on how to best build up the space. A small group of students continued working with us through the year and we took multiple trips to visit eSports Facilities around New England. We have worked with students to start an eSports Club at PSU as they will help dictate further growth of the space. Our buying for the space will begin in July as we will set up the room with 16 work stations and 4 console gaming centers. We will have a content creator space, planning space for team play, and plenty of lounge seating for casual gamers to come and enjoy the space. Additionally, expansion opportunities are to be set for Virtual Reality. Our first SmashBros tournament was a major success with over 65 participants competing in the tournament.



# Student Leadership Awards

On Tuesday, April 26th the Student Life team hosted their annual Student Leadership Awards Banquet! This was the first one in several years and the event was a huge success honoring all of the hard work of our students over the past year. Below are the award recipients of the evening:

Campus Compact Presidents' Leadership: Eliana Jones

Campus Compact Presidents' Community Partner: Best Buddies (Caylin Bessette & Marissa LoGrasso)

Newman Civic Fellow: Emily Infinger

New Organization of the Year: She's the First

Unsung Hero: Lois Numbi

Student Employee of the Year: Hailey Botelho

Greek Organization of the Year: Kappa Delta Phi, N.A.S.

Outstanding Volunteer Service: Madison Hawkes

Service Is Love in Action Award: Rachel Caliguri

Event of the Year: Rail Jam

Event of the Year: The Women's March

Student Organization of the Year: LatinX Club

Outstanding Leadership: Eliana Jones

Outstanding Leadership: Manny Alisandro

Van A. Hartman Award: Hannah Chartier

Top 20 Seniors: Caylin Bessette, Hailey Botelho, Kimberly Bowles, Hannah Chartier, Mikayla Colburn, Merlyne Desire, Emma Fredyma, Mackenzie Goodwin, Olivia Gut, Acadia Herbst, Lexi Howard, Delaney John-Zensky, Eliana Jones, Cassidy Keyser, Malynda Lent, Katelyn McCoy, Randall Scroggins, Eric St. Jean, Katelyn Townsend, & Emily Woods



# The Journey Forward

- Focus on mental health and collective wellbeing in all Student Life programs.
- Integrate sequenced co-curricular opportunities that integrate PSU Habits of Mind and NACE Competencies across all Student Life.
- Align tracking and assessment practices across all of Student Life.
- Scale community engaged learning model to support additional partnerships.
- Create additional touch points for cross Student Life programs.

