<table>
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<tr>
<th>Time</th>
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<tr>
<td>8-9 a.m.</td>
<td>Registration</td>
<td>Corey Lobby</td>
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<tr>
<td>8-9 a.m.</td>
<td>Breakfast Buffet</td>
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<tr>
<td>9-9:30 a.m.</td>
<td>Opening Ceremony and Welcome</td>
<td>Corey Function Room</td>
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<tr>
<td>9:40-10:30 a.m.</td>
<td>Programming Session I</td>
<td>Various Locations</td>
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<tr>
<td>10:40-11:30 a.m.</td>
<td>Programming Session II</td>
<td>Various Locations</td>
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<tr>
<td>11:30 a.m.-1 p.m.</td>
<td>Lunch</td>
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<td>11:30 a.m.-1 p.m.</td>
<td>Silent Auction</td>
<td>Hallway by Function Room</td>
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<td>1-2 p.m.</td>
<td>Roll Call</td>
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<td>2:10-3 p.m.</td>
<td>Programming Session III</td>
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<tr>
<td>3:10-4 p.m.</td>
<td>Programming Session IV</td>
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<tr>
<td>4-4:30 p.m.</td>
<td>Closing Ceremony&lt;br&gt;Silent Auction Winners Announced</td>
<td>Corey Function Room</td>
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Programming Session 1
9:40-10:30 a.m.

**Microwave Magic**

**Liam MacLeod and Jehan Luth**
The Culinary Institute of America

Ask any college student, present or past, what they ate to sustain themselves in school. You'll be met with a lot of comments such as "ramen noodles," "pizza," etc. Primarily items that are already made for them, which can often be an extremely unhealthy food item. What most college students do not understand is that, in just about every room, there is an amazing tool that opens up endless culinary possibilities: the microwave. The main focus of this presentation is to discuss the science underlying the process of microwaving foods, as well as introduce a few techniques to help the average college students eat healthier on their down time.

Van Hoesen B134

**Help Your Residents Help Themselves: A Motivational Interviewing Preview**

**Madeline Hope, Residence Hall Director**
SUNY Plattsburgh

This workshop will introduce students to the beginning of motivational interviewing. This technique helps RAs and professional staff members have conversations with students that solidify goals and values and make choices that better fit with the student's vision for the future.

Van Hoesen B139

**Finding Your Healthy Edge**

**Amy Garside, Residence Hall Director**
SUNY Cortland

This presentation will review methods of wellness and stress management which you may utilize in daily life to help maintain superhero abilities. There is a delicate balance between strength in work and play which is constantly being manipulated to fit individual needs. To find the healthy edge with work, academics and other endeavors we must lean in and take a step back all in the same breath. Learn how to give yourself a healthy edge as you lean into simple yoga poses.

Van Hoesen B140

**It's Okay to Take Off the Mask!**

**Lauren Herman, Residence Hall Director; Courtney Mills and Briana Tharas, Resident Assistants**
SUNY Cortland

Want to build confidence and courage? Come learn about the imposter phenomenon and how to overcome it! There will be fun activities and you will learn ways to combat feelings of self doubt!

Van Hoesen B229

**Religion in the Residence Halls**

**Rebekah Springer and Brandon Williams, Resident Assistants**
SUNY Cortland

Have you ever struggled with being religious while at college? As a student staff member do you struggle finding the line of things you should and shouldn't say to your residents? Come to our presentation to hear personal stories of what we're doing to make it work.

Van Hoesen B232

**Customer Service: According to Walt Disney, Fish! And Pickles**

**Holly K. Pilcavage, Residence and Student Life Coordinator**
Johnson College

Customer service plays a huge role in retention and satisfaction with the overall education, especially when living on-campus. This presentation focuses on three philosophies in which we can integrate when working with or training students, when Resident Assistants are executing programs, and in our everyday approach during every student interaction. Whether it is with the students that attend your events or the entertainers you might host, we always have to make sure to have a Fish! attitude, channel Walt, and give pickles!

Van Hoesen B233

#CortlandRLC15
**Co’s and Community**

Morgan Montgomery, Resident Assistant  
Daemen College

Co’s and Community will be an interactive and exciting presentation that acknowledges the value of mentor or co relationships between RAs and how these relationships can build strong communities throughout one or many resident halls. The presentation will also include how to create, maintain, and foster these relationships for upcoming years.

Corey Exhibition Lounge (2nd Floor)

**True Colors as Told by Parks and Recreation**

Joseph R. Serio and Sarah Gelfand, Townhomes Assistants  
The College at Brockport

True Colors is a personality assessment used to help people be their best selves. True colors is a great way to assist in conflict mediation, team building, self-awareness, and understanding people different from ourselves. Using the characters from the NBC hit "Parks and Recreation," this presentation will leave you laughing and well equipped to handle situations in the RA role that comes your way.

Corey Fireplace Lounge (2nd Floor)

**Build a SUPERRRR Community**

Rebecca Dewitt, Resident Assistant  
Daemen College

Do you want to be the superhero of your community? Come to this workshop which will focus on programming outside your residence halls, assessing the needs of your residents, community service, and assessment of your initial goal.

Corey 201-203

**Have You Ever...**

Danni Perratto, Residence Hall Director  
SUNY Cortland

A hazing education presentation for all: What, when, why, and more.

Corey 204-206

**The One-on-One Heart-to-Heart**

Daniel Eddy, Assistant Director of Housing for FYRP; Qays Perwinto, Resident Advisor  
SUNY Polytechnic

One-to-ones are a fantastic way to learn more about your residents and lay a solid foundation for building a relationship with them. This session will focus on what the one-to-one conversation looks like, how it has affected the residence hall communities at our institution, and how you can apply some of the best practices we have seen in your own building!

Corey 207-208

**Discover “Diverse City”**

Alice Vanerio, Area Coordinator  
Hartwick College

What does diversity mean to you? During this hands-on presentation, we will explore the various aspects of diversity that are not always recognized.

Corey 209

**From Supervillains to Superheroes: Dealing With Differing Styles in the Workplace**

Justin Dickerson, Graduate Resident Advisor  
Rochester Institute of Technology

While in college you work with professionals who are here to help you, the Real World isn't always full of supervisors who want to support and develop you as an individual. This presentation will talk about our differing personalities, and further explain how these differences can lead to successes and failures in the workplace.

Corey 139

**Leadership Styles: What Are Your Superpowers?**

Cathy Smith, Health Educator  
SUNY Cortland

Superheroes may be great individually, but they also need to work with other superheroes. Would you like to discover your personal superpower, a.k.a., leadership and team-building style? This fun, interactive workshop will help you identify your personal style, highlighting your superpowers, mortal limitations and how to work most effectively with other superheroes.

Corey Caleion Room (3rd Floor)
**Introverts Unite... Separately!**

Sarah Nardone, Assistant Director of Residence Life and Housing

SUNY Cortland

Tired of small talk? Just want to be able to retreat to some quiet and alone time? Bothered by being called out for not talking more in meetings and other group settings? Working in such an extraverted field can be tiring and challenging if you are an introvert. Join Sarah, who happens to have a strong preference of Introversion over Extraversion (78%), to talk about how we can overcome and help other introverts through their college experience. Come ready to use your cell phone!

Not sure where you fit? Take the personality test prior to the session by visiting: http://www.humanmetrics.com/cgi-win/jtypes2.asp

Corey 301-303

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**You Bet I Want to Act on Consent!**

Jill Cole, Associate Director for Residential Education and Coordinator for Student Conduct

Daemen College

Is sexual assault or domestic violence education a need in your community? Concerned about engaging students in programming? Come to this interactive workshop on how a small school was able to hold over 15+ sexual health programs for under $100 dollars total in one week called "ACT Now Week". Stand up, Speak Up and ACT Now on this issue that is impacting America, one student at a time.

Corey 305-306

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**Programming Session II**

10:40-11:30 a.m.

**EOP: Inspiring Student Leaders**

Dr. Lewis Rosengarten, Director of Educational Opportunity Program

SUNY Cortland

Who comprises and qualifies for the Educational Opportunity Program is often misunderstood or unknown. From admissions to graduation, EOP students realize previously discounted potential and most often assume roles as high achievers and student leaders. This presentation explores the entire process and addresses the fallacies of certain myths or misperceptions.

Van Hoesen B134

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**Connecting with Introverted Students**

Christa Smith, Resident Assistant

Paul Smith’s College

Understanding how introversion and extroversion are defined, and using this information to create meaningful relationships with introverted residents. Having a cell phone with internet service will be helpful for this presentation.

Van Hoesen B139

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**You Mean This Can Be My Career?**

Mark Robert Ewing, Residence Director

Tompkins Cortland Community College

Being an RA can lead to more than just a free room and meal plan. This presentation will look at career fields in Student Affairs/Residence Life, how to pursue them, and the ways they can build the foundations to a rewarding career, now as an RA. For any RA thinking about turning their experiences as a student leader, into a career, this presentation is for you!

Van Hoesen B140

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**Stressed is Just Desserts Spelled Backwards**

Ryan Lee and Connor Rand, Resident Assistants

The Culinary Institute of America

Safe, helpful, and personal ways to relieve stress when the world feels overwhelming.

Van Hoesen B229

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**The Confidence of a Superhero**

Will Ahern and Julie-Jo Stanton, Residence Hall Directors

SUNY Cortland

It’s a bird! It’s a plane! It’s YOU! Come learn how confidence is a learned skill that we can practice and improve. When we’ll be done, you’ll strut around like you’re wearing spandex underneath.

Van Hoesen B232

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#CortlandRLC15
Leadership By Example!

Lt. Chauncey W. Bennett III, NYS University Police

The presentation will outline the characteristics of a good leader as well as examine the ethics of leadership within your peer groups.

Van Hoesen B233

Shake It Off

Mark Poblocki
Daemen College

Almost every RA deals with reading or hearing about negative feedback from residents or staff, whether on social media or through another medium. This presentation will discuss this type of criticism and how to “shake it off” and grow from it. We will also discuss using social media in order to better connect with your residents and how to react when the “haters are gonna hate.”

Corey 209

The Rise of a Hero: Discovering Your Powers

Angela Brice, Residence Hall Director
SUNY Cortland

You have successfully obtained your position on an elite team of student leaders, and you can feel your powers beginning to evolve as you continue to embrace your position. Your mission now, if you choose to accept it, is to continue to grow and flourish by establishing goals that you would like to accomplish, not only in the short term, but the long term as well. Come to the session to explore the unexplored and set a course to become the best hero possible, while using your powers for good!

Corey Fireplace Lounge (2nd Floor)

Let’s Talk About Vagina!

Ja’Toria Harper and Amanda Grega, Resident Assistants
The Culinary Institute of America

Yours, hers, his-- either way, we’re talking about it! We’re getting comfortable with anatomy, functions and malfunctions, and (of course) sex and sexual foul play. All genders are welcome and encouraged to attend! On a peer level, we’re answering the tough questions that you couldn’t ask, the “embarrassing” ones that you wouldn’t ask, and the ones that you never thought that you should ask! So, let’s talk about vagina!

Corey 201-203

Kryptonite or the Sun?

Kevin Gross and Jonathan Bogia, Resident Assistants
SUNY Cortland

As RAs we may not have the superhuman strength of Superman, but we sure know the greatness that can come from the Sun, and the pains that come from Kryptonite. Come on down and see how we all share experiences with the Sun and Kryptonite, but in the end we know which force keeps us moving forward!

Corey 301-303

Black and White: It’s More Than That

Morgan Bauch and Jaylen Edwards, Resident Assistants
SUNY Plattsburgh

This presentation is an open discussion on racism in modern undergraduate students’ life and Residence Life. Through a series of interactive discussions and activities, this presentation will work to broaden RA/CA understanding on handling and addressing issues with racism in Residence Life in 2015 and the future. This discussion is intended for undergraduate Residence Life staff members.

Corey 204-206

Zero to Hero: Marketing Transferrable Skills in the Real World

Rose Piacente, Residence Hall Director
SUNY Oneonta
Justin Dickerson, Graduate Resident Advisor
Rochester Institute of Technology

Everyone always tells you that employers love to hear you were an RA, but how do you sell that experience and really use it to your advantage? What does being an RA have to do with business, finance, education, and all these other jobs that are supposedly hiring former RAs? This presentation will detail the transferable skills of the RA position, and work through how you as an individual can take these experiences and market them to future employers.

Corey 207-208
Handling Difficult Conversations

Caitlin Kubala, Resident Coordinator
Daemen College

As an RA you often have to take the lead in difficult conversations. These can take the form of mediating roommate conflicts, addressing a resident of concern, documenting an incident, resolving a staff conflict, or discussing issues with your supervisor. Challenging discussions can be uncomfortable for everyone involved - but these are important and necessary conversations about things that really matter. This session will cover tips for handling difficult conversations and how to turn these discussions into more positive experiences for yourself, your residents, and your peers.

Corey Exhibition Lounge (2nd Floor)

Time is Money

Jessica Williams, Resident Assistant
SUNY Cortland

With all the responsibilities you have as a student, staff member, and individual, don't you feel like there isn't enough time in the day? Well, join us and learn how to spend your time in a frugal way as well as investing your time in the right priorities. Get ready to flash your cash at a chance to win some valuable time management skills!

Corey Caleion Room (3rd Floor)

Empathic Listening

Cynthia Lake, Associate Director for Residence Life and Housing
SUNY Cortland

Feeling heard is an essential need for humans. How well do you really listen to your students and staff? Looking deeper into what is being said in search of real understanding is a necessary skill for professionals. Learn how you can develop Empathic Listening as a means to enhance all of your human connections and strengthen your supervision.

Corey 305-306

**Professionals**

The Art of Being Interesting

Ja’Toria Harper
The Culinary Institute of America

Have you ever had to sit through a lecture, RA in-service, or student presentation that has bored you to tears? Mr. Monotone and Mrs. Umm are given the mic far too often; do you know why? It's simple: being interesting is an art form and no one starts out as an artist-- but everyone can realize their potential! Come learn how to be interesting-- like filing taxes and paying back student loans, it's another thing that they won't teach you in school.

Van Hoesen B134

The Empathic Mind: A Res Life Production

Jason Tucker and Ann Molyn So, Resident Assistants
The Culinary Institute of America

The program will consist first of an educational TED Talk that explains the power of empathy and introduces the topic to the audience. Secondly there will be an interactive activity that will allow the participants to experience empathy first hand. Finally ending with a discussion that shows how essential empathy is to an RA in real world conditions.

Van Hoesen B139

Social Media, Hook-Up Culture, and the Proliferation of Rape Culture on College Campuses

Mark Robert Ewing, Residence Director
Tompkins Cortland Community College

Keeping students safe is our number one priority. With this, there is a need to equip ourselves with the tools to recognize, intervene, and combat issues that face our residents. By using current research, incorporating Social Media and mainstream media, this presentation will allow participants the opportunity to understand why Sexual Assaults exist on our campuses, and what can be done to stop it.

Van Hoesen B140

#CortlandRLC15
The Disney College Program

Audience: All
Tara Clancy, Residence Hall Director; Chelsee Brockwell, Resident Assistant
SUNY Cortland
This Disney College Program is not only a great internship, but a great opportunity! Tara Clancy not only got the opportunity to work at the first Disney Resort in California, but was also able to bring that experience back to SUNY Cortland (where she did her undergraduate degree) where she also shared the magic as a Disney Campus Representative. Come listen to the adventure that was found, magic that was shared, and the doors that were opened!

Remember “It all started with a mouse.” -Walt Disney

Van Hoesen B229

Superheroes Use Their Words First

Audience: All
Cody Stetzl, Resident Assistant
SUNY Cortland
Words have a super impact on others. Come learn how to best communicate in the RA position through bulletin boards, door tags and floor bonding activities. We will also put these skills to use by making cards!

Van Hoesen B232

Kick Out Burnout

Audience: Undergraduate
Mitchell Kenigsberg, Residence Hall Director;
Kaitlyn Simonds, Nicholas Mello, and Andee Bartholemew, Resident Advisors
SUNY Oneonta
In this session, attendees will learn the signs and symptoms of what it means to be burnt out. Attendees will also learn the various techniques in order to prevent and cope with burnout in a safe manner.

Van Hoesen B233

Brain Farts

Audience: Undergraduate
Jordan Perry and Danielle Shilling, Resident Advisors
SUNY Oneonta
Feel like original ideas are hard to come by for programming? Sick of your programs being “blah”? This program is for you! Learn strategies to come up with cool programs that residents will actually WANT to attend.

Corey Fireplace Lounge (2nd Floor)

Bringing You Into Your Residence Hall

Audience: Undergraduate
Kayla Kamp, Resident Assistant
Daemen College
This program will focus on ways to bring your personality into your residence hall. By using door tags and bulletin boards, you can show who you are and still connect with your residents.

Corey Exhibition Lounge (2nd Floor)

Taco Bell and Ping Pong: How to Build a Thriving Floor Community

Audience: Undergraduate
Scott Sheehan, Residence Hall Director
SUNY Plattsburgh
This presentation will consist of a different tips and tricks on how to build a positive floor environment. There will be humor and cat videos so why wouldn't you want to learn something new? Whether you are a new RA or seasoned RA, this presentation will give you some new perspectives on how to make your floor rock.

Corey 201-203

A Model of Acceptance and Awareness

Audience: Undergraduate
Courtney Andros, Residence Hall Director; Rob Corter, Resident Assistant
SUNY Cortland
LGBTQIA residents, as all residents, are an intricate part of the residence hall community, though sometimes that thought is not shared by all of their peers. By creating an environment of acceptance, awareness and encouraging people to become allies, we can make a difference not only in the community, but the people in it as well.

Corey 204-206

Villains Have Way More Fun!

Audience: Undergraduate
Jonah Reardon, Residence Hall Director
SUNY Cortland
Why would anyone want to be a hero? Heroes have to follow rules, be ethical, and put others first. Why on earth would anyone want to be a hero? Wouldn't you rather be a villain?

Corey 207-208
Nick Fury: Ordinary Man Working with Superheroes

Audience: All

Ralph Carrasquillo, Director of Residence Life
SUNY Cortland

“He’s an ordinary man in a world of super-heroes ... who nonetheless stands on the same level with them,” notes Tom Brevoort, Marvel’s Senior Vice President of Publishing. “He’s a ‘greatest generation’ soldier who now leads in the modern day. He’s a bottom-line, two-fisted sort of player in the world of international espionage—the anti-James Bond. And he’s got an eyepatch!”

Nick Fury (aka, Ralph Carrasquillo) is an ordinary Director of Residence Life and Housing who works with the super-hero staff members. This presentation will offer Ralph’s path to the place he finds himself today, calling together the teams that would save the world (and provide excellent residence hall guidance).

Attendees will learn about the path of one Director from his days as a Resident Assistant to present day.
Attendees will learn how to consider residence life as a professional job or career path.

Corey 209

Finding Balance and Making Time: Candid Advice from a Student and Supervisor’s Perspective on Keeping RAs at the Top of Their Game

Audience: All

Bennie Williams, Area Director; Steven Siano, Resident Advisor
Le Moyne College

This session is designed to reach the involved student leader and provide them with tips and suggestions on how to manage their college and life commitments while effectively being an RA. There will also be tips for supervisors on how to support their students to be effective time managers. This session will help students assess their campus involvements and create a successful plan to strive as an individual.

Corey Caleion Room (3rd Floor)

Policies Round Table

Audience: All

William Hernandez, Residence Hall Director; Cristian Velasco and Ian Donaghue
SUNY Cortland

The objective of our round table discussion is to compare common practices at various institutions to create an atmosphere of critical thought as to if our initiatives are truly effective. This would be an excellent opportunity to network with other institutions and explore some new ideas that you would want to bring home to your institutions.

Corey 139

***Professionals***

Xavier’s School for Gifted Youngsters

Audience: Professionals

Laura Luettger, Residence Hall Director
Onondaga Community College

Come discuss best practices for student staff training with two professionals who have been responsible for developing training. This will be a round table discussion as we explore new technology and how it can either help or hinder our training techniques.

Corey 301-303

Apples Among Oranges: A Juicy Proposition

Audience: Professionals

Daniel Eddy, Assistant Director of Housing for FYRP
SUNY Polytechnic

The connection between an RHD and their RA staff is one of the more meaningful supervisor-supervisee relationships that a student will experience. This is one of the main reasons that transitioning to a new supervisor when an RHD leaves can be challenging for our paraprofessional staff members. This session will examine the bonds between RHDs and RA, and different ways we can best prepare our student staff for success when experiencing a transition in supervisors.

Corey 305-306
Programming Session IV
3:10-4:00 p.m.

Don't Be in the Closet: Positive Ways to Connect and Understand LGBTQIA+ Residents and Coworkers
Audience: All
Juanita Diaz, Resident Assistant
SUNY Oswego
This program is meant to give staff a foundation of knowledge toward the LGBTQIA+ community, including a breakdown of the acronym and basic terminology. This session will also go over a few common scenarios that LGBTQIA+ individuals face, such as coming out and stereotypes, and will give staff more confidence and understanding when dealing with what their LGBTQIA+ residents and/or coworkers may be going through.

Corey 201-203

The Next Iron Chef
Audience: All
Nate Swain and Lizzie Savoie, Resident Assistants
Paul Smith's College
Want to learn how to create your own iron chef program? This presentation will teach you how to do just that, based on the campus-wide success of Paul Smith’s College Iron Chef. It will provide tips to ensuring that your program will run smoothly, and even engage you in creating an easy dish that you can use for your very own Iron Chef program! **Peanut butter will be used**

Corey Exhibition Lounge (2nd Floor)

Unleashing the Super You!
Audience: Undergraduate
Connor Berg, Hall Manager; Courtney Mills, Resident Assistant
SUNY Cortland
Do you ever feel discouraged or overwhelmed? We would like to show you some techniques we use to overcome these feelings. You will leave this session with strategies to be the best you, you can be!

Van Hoesen B134

Social Media: The Hero or the Villain?
Audience: Undergraduate
Rob Binnall, Residence Hall Director; Brooke Stevens, Resident Assistant
SUNY Cortland
While social media allows you to connect all over the world, it also places you as a student leader in the so called “fish bowl.” Come see the ways in which you can maximize your social media presence with your peers and future colleagues by branding yourself. With all eyes on you, what will you choose to be? The hero or the villain?

Van Hoesen B139

Little Things
Audience: Undergraduate
Laura Luettger, Residence Hall Director; Amanda Boyd and Erin Zseller, Resident Assistants
SUNY Cortland
Learn how to have the confidence of a superhero! Come learn techniques that help you reflect on what might be holding you back from developing into a super leader.

Van Hoesen B140

Avoid Frustration With Communication
Audience: Undergraduate
Lumesh Kumar and Paige Gilbert, Resident Assistants
Daemen College
Daemen College has a unique Residence Life Staff that thrives on co-worker communication. We would love to share our tips on how you could implement our practice with your staff on and off your campus. Building relations outside of the RA life creates lasting friendships that makes the RA role such a sought out leadership role on campus. We will also be playing Ice Breakers which you can bring back to your staff.

Van Hoesen B229

Programming for a Mature Audience
Audience: Undergraduate
Juan Pablo Perez and Brittany Carlucci, Resident Assistants
SUNY Oneonta
Programming is at the core of Residence Life, but have you ever noticed that some of the programs might be just a tad ‘kiddish’? Nothing wrong with that because those programs draw residents in, but we also have a more mature audience in the residence halls. This presentation will detail the importance of targeting a more mature audience as well as programming ideas that you can utilize.

Van Hoesen B232
### The Ten Commandments of Residence Life

**Alexa Accardi and Celeste Simpson, Resident Assistants**  
**SUNY Plattsburgh**  
The ultimate guide to upholding a stress-free lifestyle in a stressful environment.

**Van Hoesen B233**

### Promoting Healthy Body Images in College Men

**Danni Perratto, Residence Hall Director**  
**SUNY Cortland**  
Promoting Healthy Body Images in College Men looks at what types of body image concerns affect college aged men and how they are affected. This presentation will also discuss some programming pieces to help combat male body image concerns on the college campus.

Corey Fireplace Lounge (2nd Floor)

### Let’s Talk Transfers!

**Courtney Andros, Residence Hall Director; Amber Rice, Resident Assistant**  
**SUNY Cortland**  
Transfer students comprise part of the student population that is sometimes overlooked. As residence hall staff, we may need to change the way we think and how we interact with these students to address their needs, and challenges they may face. Let’s talk transfers!

Corey Caleion Room (3rd Floor)

### Leadership and Ethics

**Rose Piacente, Residence Hall Director**  
**SUNY Oneonta**  
Do you know the difference between values, morals, and ethics? In this presentation you will have a chance to interact with your own values, your morals and that of others, and the ethics of an institution and how to uphold those. This is a completely interactive presentation so be prepared to have discussions and debates about what matters to you.

Corey 207-208

### Build Your Own Cha(RA)cter

**Monica Rivera, Resident Assistant**  
**The Culinary Institute of America**  
Expand the limitations of your own mind by creating the minds of others. Come, make a character your own and learn a different way to view yourself and others.

Corey 209

### Learn to Meditate Like Dr. Strange: The Master of the Mystic Arts

**Mike Beierle, Resident Assistant**  
**SUNY Cortland**  
Meditation has a number of medical benefits. Come learn how to meditate properly to unleash your inner superpowers.

Corey 301-303

### Prince Charming

**Brian Hartrick, Phil Mastroisimone, Mackenzie Pert, and Rosa Moore, Resident Assistants**  
**SUNY Cortland**  
An energetic, fun program that facilitates positive interaction between male and female residents, while addressing issues of catcalling and sexual harassment.

Corey 204-206

### **Professionals**

### Bystander Intervention for Bias-Related Incidents

**Melissa Da Costa Wilson, Residence Hall Director**  
**SUNY Cortland**  
The audience will develop awareness, knowledge, and skills in identifying, intervening, and following through on bias-related incidents.

Corey 305-306

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#CortlandRLC15