



# Advisement Forum

Utah Valley University  
February 2019 Volume VI Issue 2



## Agenda

9:00-9:15	Welcome & Announcements	Wade Oliver
9:15-9:25	Human Resources Minor	Bernd Kupka
9:25-9:35	FYESR Update	Marcy Glassford & Team
9:35-9:55	Enrollment Services Update	Andrew Stone & Team
9:55-10:25	First Year Center Update	David Connelly & Michelle Kearns



“Be a Nice Human” reads the tiny note on my desk.

This note reminds me of everything I strive to achieve every day. One of the ways I remember this intention is to incorporate it into the passwords I use. In the past, I dreaded the periodic “invitation” to create a new login password. I realize now that passwords simply need to make sense to me, be easy to use on a variety of devices and be highly memorable.

You may have a different starting point but presently I use the “Be a Nice Human” note as the basis of my passwords because that intention matters to me. I offer this password construction “tip” in case it is helpful to you:

Step 1: Determine the vital elements in the password. UVU Login passwords need to be at least eight characters long, have a lowercase letter, a number, and a special character. (Good luck finding that info by the way!)

Step 2: Decide on some number(s) to use in your new password. Anything meaningful and/or memorable for you.

Step 3: Decide on a special character. I love the equal sign (=) because I believe that being a nice human requires the belief that everyone is doing the best they can with the lives they have been given.

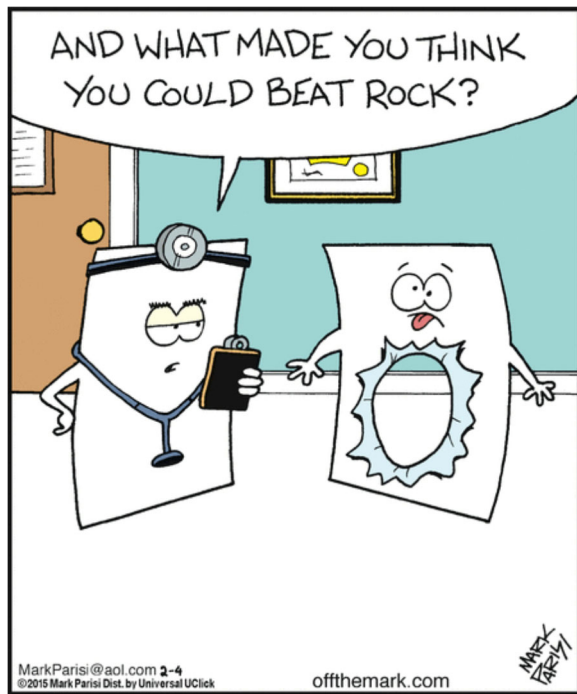
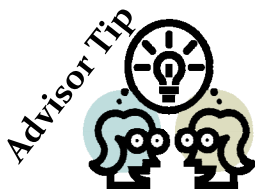
Step 4: Decide on an area of your life that you would like to celebrate, honor or improve. This is almost the most difficult part for me – deciding on ONE basic area of my life. Step 4a: Consolidate your thoughts into ONE word. (This is the MOST difficult part for me.)

Step 5: Type the chosen number/symbol/word combination at least a dozen times (on all of the devices on which you will use it) to make sure it feels right to you.

Step 6: Enjoy your new password.

P.S. Be a Nice Human

Robbin Anthony– English & Literature



**SYLLACROSTIC** ([www.puzzlechoice.com](http://www.puzzlechoice.com))  
Fill in the answers to the clues by selecting the correct syllables from the list below. Each syllable can only be used once and the number of syllables to be used is shown in brackets. When the correct words are filled in, the first and last letters reading down will reveal a proverb.

A, BI, BU, CI, COM, GE, IG, LI, LOUS, ME, MI, NE, NE, NI, NORE, ORB, PASS, RE, SIS, TAL.

Disregard \_\_\_\_\_ (2)  
Third sign of the zodiac \_\_\_\_\_ (3)  
Bane \_\_\_\_\_ (3)  
Globe \_\_\_\_\_ (1)  
Performance \_\_\_\_\_ (3)  
Legal excuse \_\_\_\_\_ (3)  
Lacking in definition \_\_\_\_\_ (3)  
Navigational instrument \_\_\_\_\_ (2)

Deanna I. Pitts- School of the Arts

Deanna has been advising at UVU since August of 2018, but has worked here 7 years. She loves the freedom to be able to help another person. She has wanted to be an advisor for quite some time and has worked hard to get here. To help a student successfully gain their degree and go on to find something they enjoy as a career is very fulfilling for her. She also likes working with the other advisors both in her department and across campus who are so invested in their students and want to help them succeed. Top on her list of interests/hobbies is her two cute grandkids aged 1 and 2 who breathe new life into how she and her husband see the world. She and her husband also love the outdoors. They spend a lot of time camping, hiking, fishing, and just enjoying being in the mountains. She loves to spend time with family and friends, gardening, looking at the night sky, baking, creating, and drawing.

“In her younger years,” she enjoyed horseback riding (competing in horse shows and rodeos), downhill skiing, dancing, and many different sports. She doesn’t have one favorite color, but enjoys many colors. Her favorite foods include warm homemade bread fresh from the oven and angel food cake with fresh strawberries and whipped cream. She doesn’t have a particular favorite book or movie, but enjoys books and movies that make her feel good and are upbeat. That being said, she and her family do enjoy the Avengers movies even though they may not be considered “upbeat.”

Deanna has been married to her husband, Dean, for 30 years. They have one son, Cody, who is an architectural draftsman married to Katelin who is an RN; they are the parents of the grandkids. She loves animals, but is limited as to what she can have. They currently have six chickens and a turkey named “Flea Flickin’ Floyd” that may actually be a Floyd-ette now that he/she is grown. S/he loves people and has been known to follow them down the sidewalk when not watched! She would like to be able to hike to Havasupai Falls, hike the backside of Timpanogos, and backpack into the Tetons to camp. She would also like to travel. Her list of destinations include Alaska (to see the Northern Lights), Canada, Vermont and Maine in the fall, Paris (to see all the history she studied in her Art History classes), Mackinac Island, Prince Edward Island, Martha’s Vineyard, San Francisco, Solvang, Finland, Sweden, and Denmark. Someday she would like to be a self-employed artist creating illustrations for children’s books and using her artwork in other ways.



Solution – Syllacrostic Puzzle		
I	E	IGNORE
G	I	GEMINI
N	S	NEMESIS
O	B	ORB
R	L	RECITAL
A	I	ALIBI
N	S	NEBULOUS
C	S	COMPASS
= IGNORANCE IS BLISS		