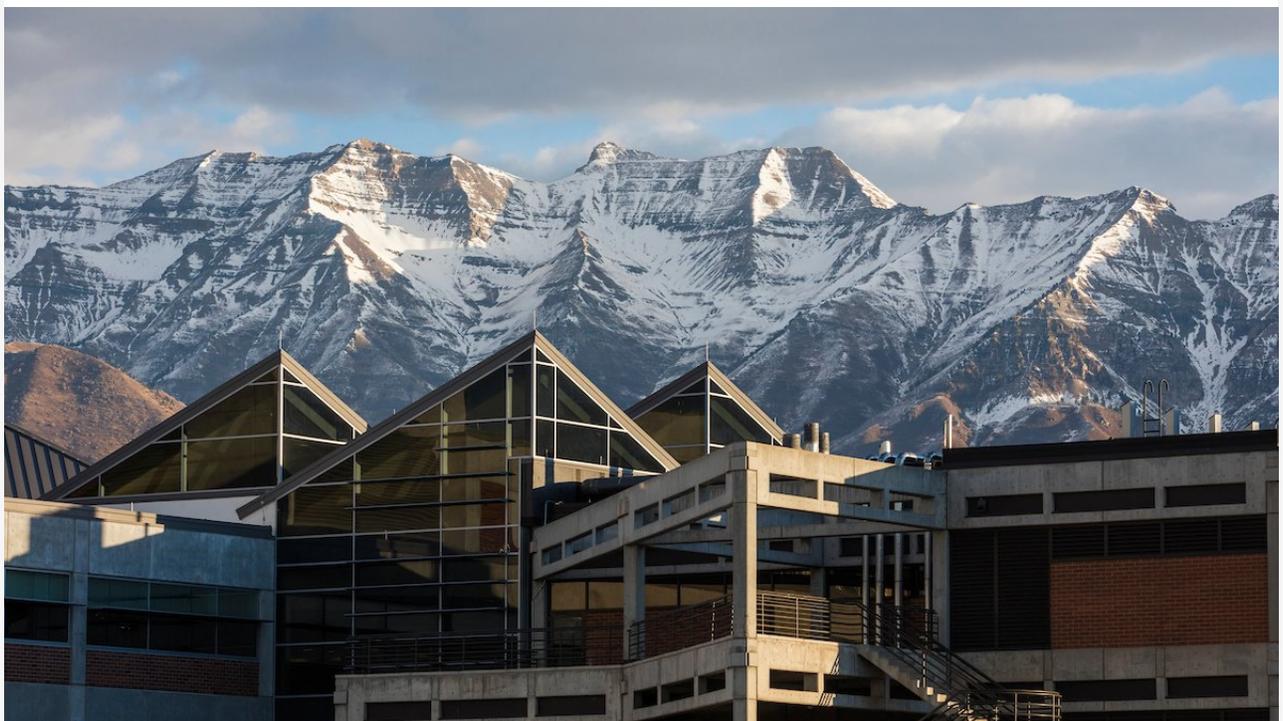




UVU Women's Council February 2022 Newsletter



In This Issue: A message from Dr. Alexis Palmer, spotlight with Dr. Diane McAdams-Jones, information on UVU's DEI Certificate Program, UWHEN events, and more!

Alexis Palmer, AVP Student Development & Well-Being/Dean of Students

As the Associate Vice President of Student Development and Well-Being and the Dean of Students, I spend most of my time thinking about student mental health and securing basic needs for students. We know that if students' basic needs are not met, they will not be successful in the classroom. Food and housing insecurity impede academic success, including completion rates, persistence, and credit attainment (Goldrick-Rab, Baker-Smith, Coca, Looker, & Williams, 2019). Nationally, of university

students surveyed, 36% were food insecure, 36% were housing insecure, and 9% were homeless. In 2021, Utah Valley University (UVU) food pantry users indicated that 33% did not have enough to eat. Additionally, 10% of food pantry users were in immediate risk of losing housing. Per the Spring 2021 UVU National College Health Assessment, the most common factors affecting individual academic performance included stress (46.8%), anxiety (31.8%), depression (34%), and financial worries (31.8%). Lacking basic needs heavily contributes to a student's stress, anxiety, depression, and financial issues (Goldrick-Rab, 2019).

UVU is doing quite a bit to address mental health and basic needs for students. The list is too long for this newsletter, so I encourage you to stay updated on mental health and well-being projects by visiting this [website](#).

Based on my own personal experiences, I can imagine these issues are the same for our staff and faculty. If you are an employee needing mental health support, please reach out to the Employee Assistance Program (EAP). EAP offers access to many services at no cost to you and discounts on others. Services include counseling, 24-hour crisis help, online consultations, chatbot, legal assistance, and peer support groups. To find out more about EAP, visit the EAP section of myUVU.

Remember to take time for yourself. One of my favorite quotes is from Greg McKeown, who is the author of *Essentialism: The Disciplined Pursuit of Less*. He says, "If you don't prioritize your life, someone else will." So, to help with my mental health I am constantly learning ways to create boundaries both in my professional and personal life. I do that by clarifying what is important to me and by learning to say "no." For example, I know I need about 9 hours of sleep each night to be at my best. I'm proud of that fact and I now say "no" to things that will impact my 9 hours of sleep. I challenge all of you to find ways to prioritize your life and not leave that prioritization up to someone else.



Spotlight: Dr. Dianne McAdams-Jones

Dr. Diane McAdams-Jones is UVU's first-ever African American to be advanced to the rank of full professor. Through her journey of life, she has shown exceptional resilience and hard work. Dianne was born in South Carolina as a sharecropper's daughter. She is a first-generation college graduate, having received a bachelor's degree in nursing science from Tuskegee University in Alabama in 1973. After completing a graduate program in education management at Tuskegee University, she served in the United States Army Nurse Corps for 8 years, entering as a Captain and exiting as a Major. She took a seven-year childbearing hiatus, and as her last child started school, she reentered the workforce and completed a graduate degree in nursing science with a nurse educator certificate. In 2010, Dr. McAdams-Jones earned an EdD in health professions at the College of Saint Mary in Omaha, Nebraska, and followed that with a completion of a nursing education post-doctorate from Teachers College, Columbia University in New York in 2018. She is credentialed by the Society of Simulation in Healthcare (SSH) as a Certified Healthcare Simulation Educator (CHSE), as well as a Harvard-educated Simulation Instructor. Also, she is a Senior Fellow of the Higher Education Academy. She chairs and co-chairs college and university committees and serves in multiple leadership roles for the National League for Nursing. She is currently enrolled in the American Association of Colleges of Nursing Diversity Leadership Institute and serves as a member of the Citizen Advisory Board for the Provo Police Department. Dr. McAdams-Jones is married and has five children. UVU will be celebrating her achievements and she will be recognized with the Black Academic Excellence Award on February 28, 2022 as part of Black History Month.



Register today and unleash your leadership potential
Find full program details at: bit.ly/uvudiversity22

Program Highlight - DEI Certificate Program

Diversity, Equity, and Inclusion (DEI) are large aspects of a vast and colorful emerging field in the realms of organizational management and community. The intentions of DEI efforts are to maintain openness in learning environments and to give people of all backgrounds equal opportunity to contribute, speak, move into leadership positions, and share their unique perspectives in the board room, the classroom, the community center, and beyond. By focusing on inclusiveness and equity, leaders will foster environments of learning and understanding within their organizations and communities that will allow for peaceful variability and enhanced competitiveness.

Offered in partnership with the award-winning Office of Inclusion & Diversity at UVU, the Diversity, Equity & Inclusion Leadership Certificate Program provides leaders with introductions to common language within DEI and understanding the histories and situations of various populations. Leadership skills that participants will develop include new takes on empathy and active listening, resources, and options for developing, improving, and sustaining DEI efforts within companies. This program will

also foster beneficial networking opportunities and will give participants a chance to interact with and learn from heavy-hitting leaders within the DEI realm of Utah Valley and across the country.

If you are interested in participating in this program feel free to email heidi.billy@uvu.edu or visit our website [here](#) for more information.

UPCOMING EVENTS



UVU

UVU Roots of Knowledge Speaker Series

The Logic of Gender

- Presented by Kelli Potter

Feb 24, 2022

1 p.m. - 2 p.m.

Location: UVU Bingham Gallery

[ROK Speaker Series: Learn More & Register Here](#)

UWLP - USU

Conflict Management for Women: Skills, Strategies, and Solutions

March 1, 2022

12 p.m. - 1:30 p.m.

Location: Virtual

[Conflict Management for Women: Learn more & Register Here](#)

UWHEN

Spring Faculty Forum 2022: Identifying and Meeting Publication Goals with Dr. Maureen Andrade!

March 1, 2022

12 p.m. - 1 p.m.

Location: UVU Keller Building 256

[Spring Faculty Forum: Learn More & Register Here](#)

UVU Roots of Knowledge Speaker Series

Fostering Educational Equity by Sustaining Roots of Knowing & Culture

- Presented by Laurie Toro

March 3, 2022

1 p.m. - 2 p.m.

Location: UVU Bingham Gallery

[ROK Speaker Series: Learn More & Register Here](#)

UWLP

International Women's Day Celebration: Utah Women Learn, Lead, & Lift

March 8, 2022

9 a.m - 10 a.m

Location: Virtual

[International Women's Day Celebration: Learn More & Register Here](#)

Future Events

[Perspectives on Women's Leadership from Prominent Utah Women of Faith](#)

[Business Women's Forum 2022: Women's Equality in Utah: Why Utah Is](#)

Ranked as the Worst State, and What Can Be Done

Career Exploration for Girls and Women: Law & Nonprofit

Perspectives on Women's Leadership from Prominent Utah Women of Faith

UWHEN Career Advancement Workshop Spring 2022

UVU Women's Council

Utah Valley University
800 West University Parkway
Orem, Utah 84058

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