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TACRAO News

Volume 1, Issue 4

Fall 2013

From your President-Elect

Hello TACRAO Members!

The fall season is in full swing and the TACRAO Annual Meeting and Conference is quickly approaching. We have received some great session proposals for this year's conference. We hope to provide sessions that will engage interest and benefit everyone who attends. TACRAO is the place to be if you want to share and gain knowledge, find a support system, experience a unique opportunity to network and enjoy social gatherings.

This year's Annual Meeting and Conference is being held in Memphis, TN at the Hilton Memphis November 20 – 22, 2013. I want to encourage you to make your hotel reservations soon, as the deadline is October 20, 2013. There are other conferences being held at the Hilton at the same time as TACRAO. I want to make sure that you do not miss out on reserving a room where the conference is being held. You will need to use the group code "TA1119" to receive the discounted rate of \$125 per night.

The Big Event will be at the Pink Palace Mansion, Museum and Planetarium, where we will enjoy an evening of fellow-

ship, food and fun! Hog Wild Real Memphis Barbeque will cater our dinner buffet. The CTI IMAX Theater will also be an option for you to explore while visiting the mansion. Plan to be engaged... start preparing your singing voice now –

Rockin' Robin's DJ will provide music and karaoke for entertainment.

This year, our guest speaker will be Jason Wexler, the Chief Operating Officer of the NBA Memphis Grizzlies. I know that Jason's message will be something to remember! Plan now to join us in Memphis and get ready to tackle the

"Bare Necessities of Higher Education" from Admissions thru Graduation!

Our Service Project will be the Memphis Grizzlies House which is a short term facility on St. Jude's campus for patients and caregivers. It is named after the Grizzlies NBA team because of their initial monetary gift when the house was built. A copy of their wish list is provided for your review.

Hope to see you in Memphis!

Sheryl Burnette
TACRAO President-Elect



Register for Your Support Staff Workshop

2013 East Tennessee Support Staff Workshop

Friday October 18th, 2013

Roane State Community College
Loudon County Center

100 West Broadway, Suite 131

Lenoir City, TN 37771

9:30-3:00PM EST

(check in at 9:00 a.m., EST)

Cost \$25/person-includes lunch

2013 Middle Tennessee Support Staff Workshop

Thursday, October 31, 2013

Middle Tennessee State University
Foundation Reception House
324 W. Thompson Lane
Murfreesboro, TN 37129

9:30 – 3:00 PM CST

(check-in begins 9:00 AM CST)

Cost \$25/person (includes lunch)

RSVP deadline: Friday, October 18, 2013

Note: West Tennessee Support Staff Workshop will be held early-Spring 2014.

Greetings TACRAO friends!

As November draws near I find myself reflecting on the past few years and my time with TACRAO. These years have been an interesting journey. It has been a roller coaster of emotions (yes, I was the one who Michael Palevo started all that crying during the Business meeting!), but such a great ride! I have met so many wonderful people that are now lifelong friends. TACRAO has given way more to me than I could have ever given to it over through the years. Being a part of TACRAO has afforded me the opportunity to travel to other cities and states and to explore higher education in way that was not possible before. I have gained a knowledge of higher education at the state, regional, and national level just by saying yes to being a volunteer. While you do sacrifice time and effort, you must remember that there is great reward with sacrifice. The hard work is worth it!

Whether you are new to higher education or a veteran, let me encourage you to never stop learning new things and taking new chances. Getting involved with TACRAO seemed like a stretch for me as I was unsure I could meet the expectations at times, but somehow things always worked out. There have been great mentors along my journey that have taught me the ropes, and I have in turn been able to do the same for others. Serving as a member of the Board of Directors brings great responsibility and wonderful experiences that will help mold you into a better, more rounded professional. Let me encourage each of you to get involved!

Serving on the Board of Directors may seem a bit daunting, so you could get plugged in by serving on a committee! Committees are a perfect way to start your adventure with TACRAO, and taking that first step to volunteer can help shape your future. If you

have not been involved lately, but have been in higher education for some time let me encourage you to dive back in! The Board of Directors that are currently serving our membership have wonderful plans for our organization's future and you should be a part of the excitement! Thank you for allowing me to serve the past few years with TACRAO. It has been an experience that has changed me and helped me grow professionally and personally. I look forward to future opportunities to serve our state. I hope to see your name on an "I will volunteer sheet!" at this year's annual meeting.

Can't wait to see you all in Memphis!

Kim Stephens
TACRAO Immediate
Past-President



Photos Needed!

Have great pictures from Summer Workshop, Registrar Roundtable or Support Staff Workshops?

Send them to claney@memphis.edu

Regional/National Upcoming Meetings

2014 SACRAO Conference

February 16-19, 2014

Raleigh, North Carolina

2014 100th Annual

AACRAO Conference

Education on the Verge: The

Precipice of Change

March 30-April 2, 2014

Colorado Convention Center

Denver, Colorado



21 day challenge: The Happiness Advantage

We've all likely heard that that if we work hard and perform well, we'll be more successful. And if we are successful, then we'll be happy. But according to Shawn Achor, author of *The Happiness Advantage: The 7 Principles of Positive Psychology That Fuel Success and Performance at Work*, that thinking is backward. Happiness comes first. A happy brain performs better and breeds success. *Not* the other way around.

Achor's philosophy notes that a positive outlook opens new ways of thinking and acting. When we think positive, we become more open-minded, more resourceful and open ourselves up to a wider range of possibilities. Our performance is enhanced when we are positive, since we have a greater desire to learn and grow.

“Your brain at positive performs significantly better (31% better) than it does at negative, neutral or stressed. Your intelligence rises, your creativity rises, and your energy levels rise.”- Shawn Achor

To demonstrate this, Shawn Achor proposes a 21-day challenge which consists of five activities you commit to doing every day.

- **Record 3 new things for which you are grateful.** This will rewire your brain to recognize and look for the positive.
- **Journal about one positive experience.** This will help your brain to relive that positive memory instead of the negative or embarrassing ones which we typically remember more easily
- **Exercise** This teaches your brain that your behavior matters.
- **Meditation** This will help you to get over the cultural craziness that exists all around us, and will allow your body and mind to focus.
- **Random Acts of Kindness.** Whether you offer to carry heavy items for someone or send a positive e-mail that praises or thanks someone in your support network, people notice. Your random act may encourage someone else to do the 21-day challenge.

Farewell and Thank You to our Exiting Board Members

At the Annual Meeting in November, we will be recognizing our four current board members who will be completing their term. Please join us in thanking them for their tireless dedication and continued commitment to TACRAO.

We also want to thank their institution for allowing and encouraging their staff member's to serve as TACRAO Leadership.

As a TACRAO member, you will also be voting new board members at the Annual Meeting. Be sure to attend the meeting so that you can meet your newest board members



Kim Stephens, Immediate Past-President
Director of Admissions, Cumberland University



Michele Priddy, Secretary-Treasurer
Registrar, Aquinas College



Charlie Folsom, Jr, VP for Admissions and Financial Aid
Assistant Director of Admissions, University of Tennessee, Knoxville



Dusty Duncan, VP for Administrative Support Services and Outreach
Associate Director , East Tennessee State University



Admission thru Graduation
TACRAO '13 : MEMPHIS
 November 20 - 22, 2013

2013 Annual Meeting At-a-Glance

- Theme:** The Bare Necessities of Higher Education
- When:** November 20 – 22, 2013
- Location:** Hilton Memphis
- Reservation Deadline:** October 20, 2013.
- Room Rate:** \$125 using Group Code “**TA1119**”
Note: Since other conferences being held at the Hilton at the same time as TACRAO, you'll want to reserve your room quickly!
- Big Event:** Pink Palace Mansion, Museum and Planetarium, CTI IMAX Theater (*Titans of the Ice Age* and *Great White Shark*), Rockin' Robin's DJ will provide music and karaoke for entertainment.
- Keynote:** Jason Wexler, the Chief Operating Officer of the NBA Memphis Grizzlies.
- Service Project:** Memphis Grizzlies House which is a short term facility on St. Jude's campus for patients and caregivers. Wish list below.

TACRAO Trivia

What are the 5 steps to the 21-day Happiness Advantage?

Answers to the Summer 2013 trivia questions

- **What are some things you can do to prepare for the Fall travel season?**
 Use checklists for work and personal use; plan ahead; pace yourself; expect the unexpected
- **How can you get the most out of the 2013 Annual TACRAO conference?**
 Attend as many diverse sessions as possible; visit the exhibitors in the exhibit area; attend the Keynote Address; take at least one or two good ideas home with you; attend the special events.



Memphis Grizzlies House

Wish List

Individual Toiletry Items

- (Without hotel logos)
 Razors
 Shampoo
 Conditioner
 Deodorant
 Lip Balm
 Combs / Brushes
 Toothpaste
 Toothbrushes
 Sewing kits

Cleaning

- Paper Towels
 Kleenex
 Fabric Softener (sheets)
 Laundry Detergent (powder only)
 Kleenex

Electronics

- (Unopened, New Releases,
 G, PG, PG13)
 DVDs
 Wii games
 Wii accessories

- X-Box 360 Games
 X-Box 360 accessories
 Calling Cards

Crafts

- Plastic table rolls
 Balloon Weights
 Mylar Balloons
 Curling Ribbon
 Individually wrapped snacks

