



### STUDENT LEADERSHIP DRIVE-IN

On March 25, 2024, Methodist university hosted the Student Leadership Drive-in. The student leadership Drive-in welcomed a total of 188 individuals from 20 different schools. Thank you to the Methodist University Housing and Residence Life staff for hosting the 2024 Student Leadership Drive-in.

#### Best of the Student Leadership Drive-IN

##### Best of Session 1:

Chameleon Leadership: Aly Magras

##### Best of Session 2:

Emotional Slam Dunk: Saiberh Sanderson

##### Best of Session 3

Harnessing the invisible force of leadership: A'Jani Mainer & Bryson Ausby

##### Best of Session 4:

Time Management: Jairus Brown



Left to right: Nan Fiebig, Leteshia Mercer, Adrian Dorsey, and Mareion Gill



### North Carolina Housing Officers @NCHOCONNECT

ACUHO-I offers three virtual educational symposiums for professional development, networking, and collaboration. The NCHO Professional Development Coordinator has created an ACUHO-I Professional Development Fund for housing professionals in North Carolina to request funding to cover the registration cost for one of the below symposiums:

- [Live-In Staff Symposium](#) (Wed, April 10, 2024)
  - FORM DUE APRIL 5
- [Small College & University Symposium](#) (Wed, April 17, 2024)
  - FORM DUE APRIL 12

[APPLY HERE](#)



THE NCHO PODCAST PROVIDES HOUSING PROFESSIONALS WITH OPPORTUNITIES FOR NETWORKING, DISCUSSION, AND IDEATION ABOUT TOPICS RELATED TO THE INDUSTRY. EACH EPISODE FEATURES NEW GUEST SPEAKERS WHO WILL ANSWER YOUR QUESTIONS ABOUT RECENT TOPICS. CHECK OUT OUR FIRST TWO EPISODES ON OUR WEBSITE OR ON SPOTIFY!

### SUBMIT YOUR IDEAS FOR OUR NEXT PODCAST!

The NCHO Podcast provides housing professionals with opportunities for networking, discussion, and ideation about topics related to the industry. Each episode features new guest speakers who will answer your questions about recent topics. Check out our first two episodes on our website or on Spotify! Have an idea for a new episode or want to submit your questions for the next episode's guests? Submit your ideas to the form below or reach out to Professional Development Coordinator, Savannah Matherly, at [smather@ncsu.edu](mailto:smather@ncsu.edu)!

[SUBMIT HERE](#)

### SUBMIT YOUR QUESTIONS ON NEURODIVERSITY IN THE WORKPLACE

For our next NCHO Podcast episode, we will be hosting Nic Capano who won Article of the Year at SEAHO; he will be discussing neurodiversity in the workplace. We are hoping to select 5-7 questions to ask Nic, so please submit questions you would like him to answer!

[SUBMIT HERE](#)



Are you interested in submitting an article or flyer for our next edition of *The Nest* this spring? This is the place for you! To submit, please email [communications@ncho.org](mailto:communications@ncho.org) with your article/flyer.

We look forward to featuring your work in our newsletter!



**Congrats for all those selected to attend RELI 2024! Consider applying for RELI scholarship from NCHO.**

**They are due April 19, 2024. To Apply you fill out [this form](#) or visit our [website](#)!**



### PROFESSIONAL DEVELOPMENT

The Professional Development Coordinator, Savannah Matherly, is excited to recruit folks to serve on their Professional Development Committee! Please see below for what you could expect serving in this capacity:

- Meet twice a month via Zoom for committee meetings
- Serve on a subcommittee project related to one of the below:
  - The Nest newsletter professional development content
  - NCHO Podcast
  - Summer DEI Book Club
  - Ongoing professional development workshops/resources

If you are interested, please email Savannah at [smather@ncsu.edu](mailto:smather@ncsu.edu).



### THE IMPORTANCE OF BOUNDARY SETTING

#### Importance of Boundary Setting

Boundaries help determine what is and is not okay in a relationship— whether that be with friends, partners, co-workers, bosses, or family members. Ideally, we put them in place to protect our well-being. They help us to build trust, safety, and respect in relationships. (Stanford)

#### How to Approach Boundary Setting

The first step is working to find the balance of being there for your community but also knowing your limits. Keep in mind that limits may be different based on the person. The second step is determining what you want those boundaries to look like. Reflection and self-awareness will give you a clear idea on what boundaries need to be drawn. (Stanford) The third step is verbalizing those boundaries. Some may be more comfortable verbalizing those boundaries, while others may have never considered setting a boundary and it may be awkward to vocalize those boundaries. At the end of the day, others cannot read your mind so in order for a boundary to be created, it needs to be clearly communicated.

#### Keep In Mind

We are all human. There will be times where we may have verbalized a boundary, but then relax and let that boundary fall. It is important once that happens to talk with that person and begin to set up that boundary again.

#### Final Thought

Brene Brown said it best when she said “Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment” – Erin Schneller

