


STUDENT AFFAIRS

# IMPACT REPORT

Sacred Heart UNIVERSITY

# WELCOME

Dear Sacred Heart University Community,

It is my pleasure to share the 2025-26 Student Affairs Impact Report, which highlights the many ways our division works to create a welcoming, vibrant, and supportive experience for every undergraduate student at Sacred Heart University. The heart of our work is a commitment to helping students feel that they belong. Whether through a meaningful connection with a staff member, participation in an organization, or access to essential support services, we strive to ensure that every student feels valued and connected to our community.

Our Student Affairs mission tasks us with supporting the holistic development of our students while providing opportunities for them to learn and embody the spirit of a true Pioneer. This mission comes to life each day through the dedication of our Student Affairs professionals and their focus on four essential priorities: creating a sense of belonging, advancing student success, fostering a culture of care, and investing in professional development.

The data, programs, and events featured in this report demonstrate the broad reach and collective impact of Counseling and Wellness, Residential Life, Community Standards and Title IX, Student Involvement, the Student Union, First-Year Programs, Fraternity and Sorority Life, Club Sports and Recreation, and the Performing Arts. While each area contributes to the student experience in a unique way, we are united by a shared purpose: to challenge, motivate, guide, and support students throughout their Sacred Heart journey.

Our impact is measured not only by participation in programs offered and the number of services provided, but also by the meaningful relationships we build and the personal growth we inspire. These experiences help shape students during their time at Sacred Heart and prepare them to contribute with confidence and purpose to their communities long after graduation.

This report also reflects our commitment to continuously learning and growing as a division. By using data to better understand the needs and experiences of our students, strengthening collaboration across departments, and investing in the professional development of our staff, we can enhance our programs and respond thoughtfully to the evolving needs of our student population.

I am incredibly proud of the work represented in these pages and grateful to the talented professionals who bring our mission to life every day. Their dedication, creativity, and genuine care for our students make a lasting difference across our campus.

Thank you for taking the time to learn more about the impact of Student Affairs and our continued commitment to helping every student thrive at Sacred Heart University.

Sincerely,
**Denise Tiberio**
*Vice President for Student Affairs*
*Dean of Students*

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# STUDENT AFFAIRS AT A GLANCE

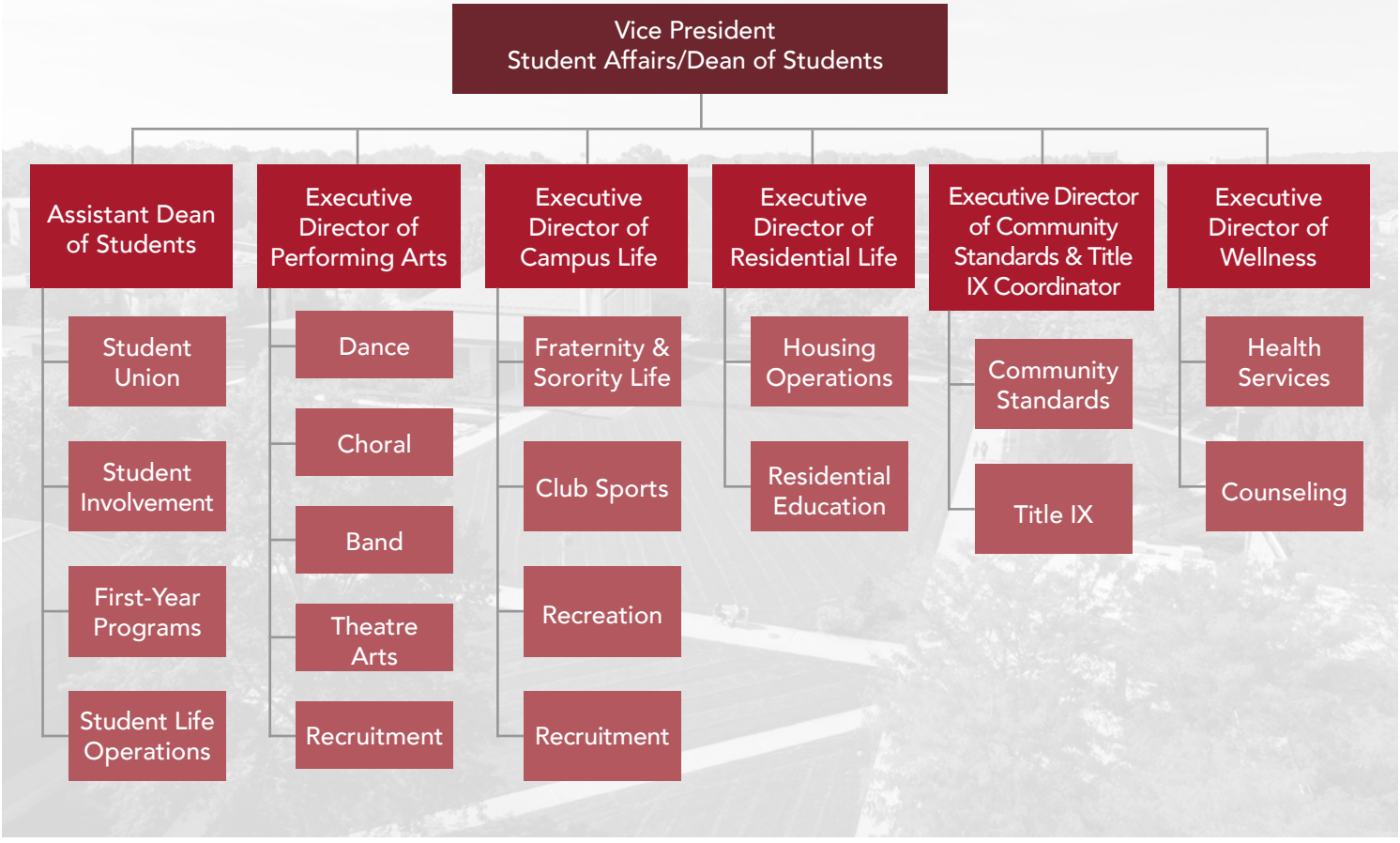
## MISSION

Student Affairs is committed to cultivating a welcoming and vibrant experience that supports holistic student development. We provide intentional opportunities for involvement and leadership so that students can learn and embody the spirit of a true Pioneer—a person who is resilient in the face of challenge, passionate in purpose, open-minded in perspective, and independent in action.

As students navigate the college experience, we challenge, motivate, and guide students by encouraging self-care, confidence, accountability, and personal growth. We foster an environment that promotes transformative learning, meaningful relationships, and engagement within and beyond the classroom where all students feel safe, valued, and supported.




## ORGANIZATIONAL CHART



# GOALS

**SENSE OF BELONGING**
Foster an environment that promotes a sense of belonging



**STUDENT SUCCESS**
Create and implement transformative programs and experiences that contribute to retention and student success



**CULTURE OF CARE**
Collaborate with campus partners to promote open communication, mutual support, and a culture of care and consideration



**PROFESSIONAL DEVELOPMENT**
Enhance Student Affairs by creating opportunities for professional development and elevating the visibility, impact, and presence of the department's programs within the University community



# PROFESSIONAL DEVELOPMENT

## LUNCH SERIES

The Office of Student Affairs Lunch Series is a monthly opportunity designed to foster connection, collaboration, and professional growth among student affairs staff. Through engaging conversations, shared learning experiences, and meaningful dialogue, the series supports a culture of belonging, promotes student-centered excellence, and strengthens our collective impact within the University community

## PIONEER LEADERSHIP INSTITUTE

The Pioneer Leadership Institute is a six-session professional development program that focuses on with the essential leadership, organizational dynamics, supervision, self-care, and career advancement skills. Through interactive learning experiences, meaningful collaboration, and a capstone project, participants strengthen their leadership capacity while building connections and preparing for future growth opportunities within the University community.

## NASPA

The NASPA Professional Development Experience brings together six to eight Student Affairs professionals to collaboratively develop and present conference sessions for the NASPA Region I Conference. Participants have opportunities to share knowledge, elevate professional voices, and contribute to the broader higher education community. Through the process, participants strengthen presentation and leadership skills, build meaningful connections with colleagues across the division, and gain the rewarding experience of engaging with professionals from graduate students to university presidents.

## LOOKING BACK ON THE YEAR

**September:** Motivational Speaker

**October:** Emotional Intelligence Speaker

**November:** Read-Aloud Community Service opportunities, local schools

**December:** Holiday Breakfast

**January:** NASPA Recap, conference presenters share key insights from the fall conference

**February:** Active shooter response training and presentations on mental fitness, strategies to build resilience, and tips on supporting student well-being

## DINGLE EXPERIENCE

The Dingle Experience provides Student Affairs staff with a unique professional and cultural opportunity to serve as residential support staff at the university's Dingle campus in Ireland. Selected participants receive funds for travel and a stipend while supporting students through office responsibilities, on-duty coverage, and community engagement during the 14-day program experience



# AWARDS & RECOGNITIONS



## NEW PROFESSIONAL/RISING STAR

This award recognizes a Student Affairs staff member who is early in their career and has demonstrated exceptional promise, initiative, and impact within the department. Strong dedication to student success, positive contributions to their team, and meaningful contributions to the campus community are recognized.
**Winner: Ashlyn Spinelli, Assistant Director of Fraternity & Sorority Life**

## INNOVATION AWARD

This recognition honors a Student Affairs staff member who has introduced creative ideas, programs, or solutions that enhance the student experience or improve services. This individual demonstrates forward-thinking approaches, problem-solving, and a willingness to explore new strategies that positively impact students and the campus community. **Winner: Spencer McBrearity, Director of Community Standards**

## UNSUNG HERO AWARD

This honor recognizes a Student Affairs staff member whose consistent dedication, reliability, and behind-the-scenes contributions make a significant difference in supporting students and colleagues. While their work may often go unnoticed, their efforts are essential to the success of programs, services, and daily operations.
**Winner: Alyssa Cavalieri, Wellness Center Office Manager**

## ABOVE AND BEYOND AWARD

This award honors a Student Affairs staff member who consistently exceeds expectations and demonstrates extraordinary commitment to students, colleagues, and the department's mission. This individual goes the extra mile to support students, solve problems, and ensure the success of programs and initiatives.

**Winner: Conner Murphy, Assistant Director of Residential Life**

## CAMPUS PARTNER AWARD

This recognition is granted to a faculty or staff member outside of Student Affairs who has demonstrated outstanding collaboration and support for Student Affairs initiatives and student success. This individual works closely with Student Affairs professionals to strengthen programs, services, and opportunities for students.

**Winner: Pete Bravo, Supervisor of Investigations & Safety Programs (Public Safety)**

## PILLAR OF POSITIVITY

This honor goes to the staff member who brings the most positive energy, school spirit and morale-boosting enthusiasm to the office every day. This individual actively improves the workplace environment for everyone.
**Winner: Kara Justo, Counseling Center Case Manager**

# DIVISIONAL DATA HIGHLIGHTS

**65**
Staff members

**83.8%**
First Year Fall to Fall Retention

**6,829**
Undergraduate Students

## FIRST-YEAR COHORT RETENTION RATES

**87%**
Clubs & Organizations

**89.2%**
Club Sports

**82.9%**
Commuters

**92%**
Fraternity & Sorority Life

**86.2%**
Living & Learning Communities

**91.8%**
Performing Arts

**88%**
Pre-fall










## FIRST-YEAR PIONEER CONNECT SURVEY

SEPTEMBER 2025

**87.6%**

respondents would recommend SHU

**990**

STUDENT REFERRALS

**98%**

of students rated their SHU experience as a 5 or above on a scale of 7

*98% response rate*
*(1,971 student respondents)*



# CLUB SPORTS & RECREATION

## MISSION

The Sacred Heart University Club Sports & Recreation Department's mission is focused on fostering a welcoming and unifying environment that promotes physical wellness, leadership development, sportsmanship, and lifelong engagement in recreation. Guided by Sacred Heart University's commitment to educating the whole person, we provide opportunities for students to build meaningful relationships, develop character, pursue excellence, and contribute positively to the campus and surrounding community through participation, competition, and service.

## VALENTINE HEALTH & RECREATION CENTER

NUMBER OF USERS PER DAY

MON.–FRI. **880 AVERAGE**
SAT.–SUN. **350 AVERAGE**

NUMBER OF FITNESS CLASS PARTICIPANTS

**4,778** CHECK-INS
**1,024** UNIQUE STUDENTS

## INTRAMURALS

**11** SPORTS OFFERED

**493** TOTAL participants
**240** FALL
**389** SPRING

## CLUB SPORTS

**37** CLUB SPORTS TEAMS

**1,263** total participants

**554** first-year participants

*94%* retention rate for first year fall to fall

**6** REGIONAL APPEARANCES

**2** REGIONAL CHAMPIONSHIPS

**8** NATIONALS APPEARANCES



# COMMUNITY STANDARDS & TITLE IX

## MISSION

The Office of Community Standards and Title IX administers the Code of Student Conduct through a developmental process that balances individual accountability with the interests of the broader University community. Students are expected to uphold code standards, take responsibility for their conduct, and exercise reasonable responsibility in supporting a safe and respectful community.

## COMMUNITY STANDARDS

**17** Good Samaritan cases

**32** STUDENTS ACCEPTED **TITLE IX** SUPPORTIVE MEASURES

**37** alcohol and other drug assessment meeting referrals

**98** DRUG POLICY **VIOLATIONS**

**433** ALCOHOL POLICY **VIOLATIONS**

**50** students attended **first annual SafetyFest**

*A collaboration with Community Standards, Title IX, Public Safety, Counseling Center and Residential Life*

**626** educational sanctions completed

**70** hours of community service

**215** STUDENTS PARTICIPATED IN EVENTS FOR **SEXUAL ASSAULT AWARENESS MONTH**

**Students, Staff, Faculty Participated:**

| | |
|---|---|
| **293** | GreenDot Bystander Intervention training |
| **378** | Title IX training |



# COUNSELING & WELLNESS

## MISSION

We advance student mental health by uniting education, accessibility, and equity in care. Through resilience, creativity, and strategic collaboration, we extend support beyond the counseling center, making well-being a collective campus commitment.

**687** student served with counseling

### APPOINTMENTS

**3,791** scheduled

**162** walk-ins/same day access

### WELLNESS GROUPS

- Move to Heal
- Nursing group
- Altered book series (x2)

sweet

**13** new peer educators onboarded

**7** new Project Connect facilitators trained

### STAFF

- Executive Director of Wellness
- Director of Counseling and Collegiate Recover
- Director of Prevention and Health Promotion
- Clinical Case Manager
- Athletics Counselor
- Office Manager
- University Counselors (4)

### INTERNS

- Interns from three universities

## STUDENT FEEDBACK FORMS

Students reported positive outcomes from counseling services, with the majority responding from *somewhat agree* to *strongly agree* that their counselor helped them:

**96%** Better understand their mental health

**96%** Develop healthy coping skills

**94%** Improve relationships



Students also reported strong overall satisfaction with counseling services:



**100%** Counseling provided a safe and nonjudgmental atmosphere

**98%** They felt better than when they started counseling

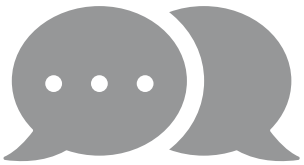
**79%** Counseling helped them continue their education at SHU

**2,133** TOTAL STUDENTS REACHED THROUGH PROGRAMMING



**197** STUDENTS ENROLLED IN **THE GREEN BANDANA PROJECT,** SERVING AS MENTAL HEALTH RESOURCE AMBASSADORS

**9** **STALL STREET JOURNAL** CREATED FOR CAMPUSWIDE DISTRIBUTION



MESSAGING EFFORTS




# FIRST-YEAR PROGRAMS

## MISSION

The Office of First-Year Programs supports the successful transition of new students and their families through intentional programs, resources, and experiences that foster belonging, engagement, personal growth, and student success from Orientation through the first year at Sacred Heart University. This work includes Orientation, Welcome Weekend, the First 50 Days, First-Year Experience (FYE) course, family engagement initiatives, and transition programs designed to help students build connections, develop resilience, and thrive academically and socially.

FYE SACRED HEART UNIVERSITY FIRST-YEAR EXPERIENCE

**80** TOTAL SECTIONS
**76** FALL
**04** SPRING
*3 TRANSFERS EACH SEMESTER*

**77** TOTAL INSTRUCTORS
**73** FALL
**04** SPRING

**53** TOTAL ASSISTANTS
**49** FALL
**04** SPRING

**29** EVENTS

### PRE-FALL

**11** Programs
**316** Participants

### FAMILY WEEKEND

**6,670** Participants
**22** Events

**462** EVENTS

SACRED HEART UNIVERSITY FIRST 50 DAYS

### PIONEERS TOGETHER

**5** EVENTS

***New collaboration*** *between* ***First-Year Programs*** *and* ***Student Involvement*** *to get students connected to resources and each other*






## JUNE 2025 ATTENDANCE

95.2%

Students:
**1,868***

86.6%

Student's guest:
**2,065**

**Data represents 1,868 orientation attendees out of the 1,962 total accepted students.*

**32** ORIENTATION LEADERS

**2** ORIENTATION LEADER CO-CHAIRS

**96%** **of respondents** reported feeling **stronger** in their preparedness after Orientation

**98%** **positive agreement** was reached by **families** that Sacred Heart University has the resources and support systems to help their student thrive.

ASSESSMENT RESULTS



# FRATERNITY & SORORITY LIFE

## MISSION

The Office of Fraternity & Sorority Life at Sacred Heart University enriches the undergraduate experience by fostering a transformative, values-driven community where students are empowered to lead with purpose, excel academically, serve others, and build lasting bonds. Grounded in the principles of leadership, scholarship, service, and brotherhood/sisterhood, we cultivate a supportive environment that inspires meaningful relationships, lifelong learning, and active citizenship. Through these experiences, students are prepared to make positive contributions to Sacred Heart University, their communities, and the world beyond.

## MEMBER ORGANIZATIONS

18



2,394
NUMBER OF MEMBERS

NATIONAL PANHELLENIC COUNCIL (NPC)

8 CHAPTERS

200 AVERAGE NPC SIZE

INTERFRATERNITY COUNCIL (IFC)

7 CHAPTERS

98 AVERAGE IFC SIZE

PRE-PROFESSIONAL

1 CHAPTER

108 MEMBERS

NO COUNCIL/MULTICULTURAL

2 CHAPTERS

6 AVERAGE MEMBERS

## RETENTION RATE

**93.2%**

First year fall to fall

**94.5%**

Chapter members fall to fall

## CHAPTERS

### NATIONAL PANHELLENIC COUNCIL

Alpha Delta Pi
Chi Omega
Delta Delta Delta
Delta Zeta
Kappa Alpha Theta
Kappa Delta
Phi Sigma Sigma
Zeta Tau Alpha

### INTERFRATERNITY COUNCIL

Beta Theta Pi
Delta Tau Delta
Kappa Sigma
Phi Gamma Delta
Pi Kappa Phi
Sigma Alpha Epsilon
Sigma Chi

### PREPROFESSIONAL

Alpha Kappa Psi

### NO COUNCIL/ MULTICULTURAL

Alpha Kappa Alpha
Omega Phi Beta

## PROGRAMMING



### SIGNATURE EVENTS

- Grillin' with the Greeks
- Anti-Hazing Week
- New Member BBQ
- Greek Sing
- FSL Student Appreciation Day
- Fraternity & Sorority Life Awards

National Greek Leadership Honor Society

**108**

MEMBERS OF ORDER OF OMEGA





**$235,126**

FUNDRAISING DOLLARS

**55,998**



COMMUNITY SERVICE HOURS











# HEALTH SERVICES

## MISSION

Health Services, in partnership with Yale New Haven Northeast Medical Group, is committed to providing accessible, compassionate, and high-quality healthcare that supports the whole student. We promote student well-being and success by delivering timely care for illness and injury, fostering healthy lifestyles, and addressing the physical, emotional, and preventive health needs of our diverse campus community.

### CLINICAL SERVICES

**1,864**
TOTAL DIAGNOSTIC TESTS ADMINISTERED

The most frequently utilized services included

**771** STREP TESTS
**699** RESPIRATORY VIRAL TESTS
**317** MONONUCLEOSIS TESTS

helping students receive prompt treatment, reduce time away from classes, and limit the spread of communicable illnesses on campus

### APPOINTMENTS

**2,782**
APPOINTMENTS ATTENDED

### DOCUMENTS REVIEWED

**2,250**
IMMUNIZATION DOCUMENTS REVIEWED

***200***
***on-campus influenza vaccinations*** *were sponsored and coordinated through an initiative delivered by nursing students to improve community health and accessibility.*



# PERFORMING ARTS

## MISSION

The Sacred Heart University Performing Arts Program is committed to providing every student with the opportunity to engage in the performing arts through performance, production, design, and creative collaboration. Whether participating in theatre, musical theatre, dance, band, orchestra, color guard, or choir, students are encouraged to develop their artistic talents and enrich their student experience. The program welcomes students of all experience levels from those pursuing careers in the arts to those seeking creative expression and personal growth as part of their higher education journey.

## PERFORMING ARTS OVERVIEW

**31,724**
Audience members from **18 states**

**100+**
**Live performances** produced during the **2025–26 season**

**43**
active ensembles, productions, and performance groups

**1,000+**
PERFORMING ARTS STUDENTS ACROSS **60 UNIQUE MAJORS**

Performing arts groups traveled to **17** **national** and **international venues**



## BAND & ORCHESTRA

175
Members

**74** PERFORMANCES
**131** PIECES OF MUSIC
**17,000** MILES TRAVELED

**18 million**
marching band steps

Performed in **5** different countries

**FINALIST**
for the American Prize in Band/ Wind Ensemble Performances









## CHORAL

157
Members

Invited to perform at
**CARNEGIE HALL**
in New York City

**237** choral works performed across
**38** performances

**10**
**Masterclasses** with **nationally** and **internationally** recognized **artists** and **educators**

**58** Masses featured student singers and cantors

## DANCE

415
Members

### DANCE ALUMNI PERFORMED

- Riverdance
- Disney
- New York Knicks
- Connecticut Sun
- Professional contemporary dance companies



20+ professional artists—including choreographers, designers, photographers, and videographers—worked alongside students



78
STUDENT-CHOREOGRAPHED WORKS WERE STAGED

100 Dance classes offered each week across 10+ styles





## THEATRE ARTS

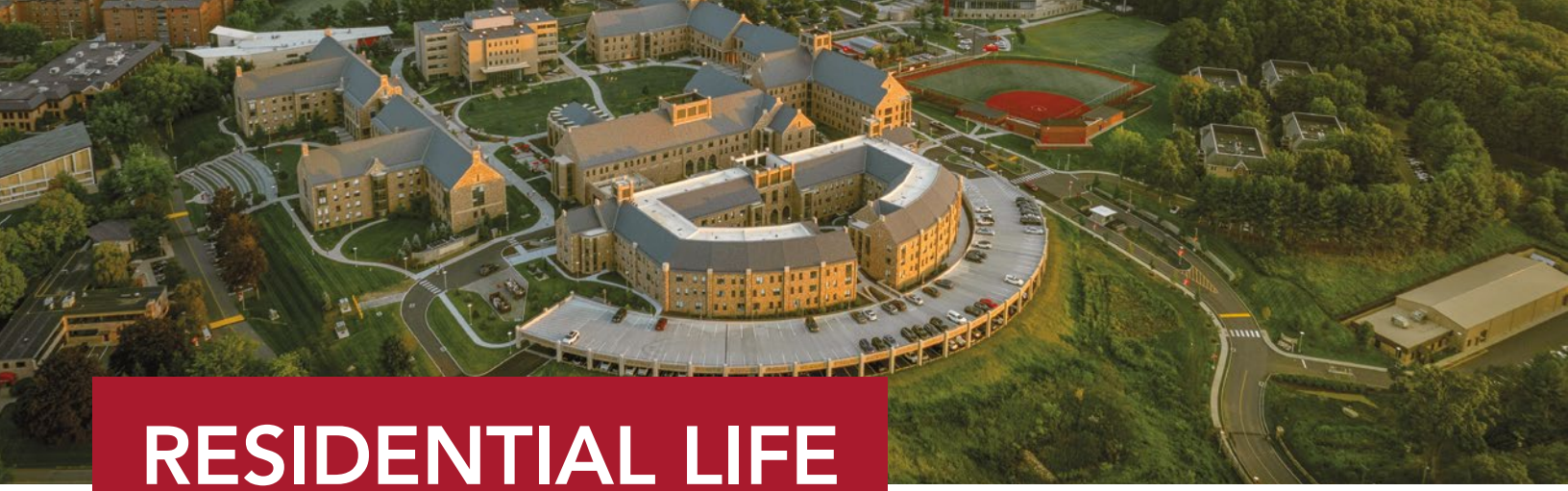
259
Members

#11
Princeton Review's Best College Theatre Programs

22
Original works written, developed, and performed by Sacred Heart theatre arts students

275
creative, technical, and design leadership opportunities

16 Dedicated performance and production spaces housed within a professional-caliber theatre complex



# RESIDENTIAL LIFE

## MISSION

The Sacred Heart University Residential Life Office is dedicated to fostering a supportive and dynamic living-learning environment where every Pioneer can thrive. We strive to create a secure, welcoming campus home that champions personal responsibility, respects diverse perspectives, and inspires lifelong friendships. By blending academic success with vibrant community life, we challenge and support students as they discover their purpose and passion.



**85.8%** overall housing retention

**14** RESIDENTIAL NEIGHBORHOODS

### LIVING & LEARNING COMMUNITIES

- Exploring Business & Technology
- Faith in Action
- Leadership: A Work of Heart
- Serving from the Heart
- SHU-Well
- Start Strong

## HOUSING

| TOTAL | | FIRST-YEAR | |
|---|---|---|---|
| **3,658** | FALL | **1,732** | FALL |
| **3,425** | SPRING | **1,637** | SPRING |

### ROOM CHANGES

159 TOTAL

103 FIRST-YEAR

## PROGRAMMING

**800+**

SPECIFIC PROGRAMS TO MEET THE **LEARNING GOALS** OF OUR RESIDENTIAL CURRICULUM




## RESIDENT STUDENT ASSISTANTS (RSA) STAFF

**122**

RSAS

OVER

**18,000**

**intentional, documented conversations** were conducted by RSAs with residential students during the academic year to provide assistance, resources, and guidance.

**3.63** CUMULATIVE GPA

Overall academic average maintained across the entire staff

**28**

individual staff members who achieved a **perfect 4.0 GPA** during the highly rigorous fall semester

## RESIDENT STUDENT ASSISTANTS (RSA) TRAINING

To ensure residential students receive the best services and support for their success, RSAs undergo extensive training in the following critical areas:

- Mental Health First Aid (certified through Connecticut)
- Title IX compliance and awareness
- Roommate conflict resolution
- Crisis management and intervention



# STUDENT INVOLVEMENT

## MISSION

Student Involvement provides a comprehensive co-curricular program that enhances the college experience and supports the growth of students in mind, body, and spirit. The office works closely with campus and community partners to design meaningful experiences that foster student learning beyond the classroom. These opportunities help students develop their strengths, skills, and leadership abilities, which prepares them for success during their college years and in their future endeavors.

**3,707**
STUDENTS IN **CLUBS**

**93**
REGISTERED **CLUBS**

## NEW CLUBS

**FALL**

- SHUfluencers
- Business Law
- WorldState
- Food for Thought
- Pre-Health Community Honors
- Business Mental Health
- Perfect Pair
- Turning Point USA
- Athletes in Action
- Knights of Columbus
- Hiking Club
- Wellness Society
- Business Administration Club

**SPRING**

- The Property Digest
- For Every Step
- Sacred Heart Hellenic Society
- Gut Instincts
- Orthodox Christian Fellowship
- Applied AI

**$1.6 million**
**of the Student Activity Fee was dedicated to programming**

**$21,019.11**
money allocated to clubs/orgs

**$18,502.33**
Student Government for conferences and events

STUDENT EVENTS SET TEAM

# 9,734

**total students entertained** by the Student Events Team across this year's 85 events



STUDENTS IN ATTENDANCE

**995** FALL FEST
**750** SPRING FEST



**95%** of participants feel very connected to the SHU community after attending



# 185

students recognized by **Campus Life Leadership Awards**

34 students
5 clubs and organizations
4 faculty/staff





# STUDENT UNION

## MISSION

The Student Union is committed to fostering an environment that embodies the Sacred Heart spirit and enhances the student experience. By creating welcoming, enjoyable, and vibrant spaces for students to live, learn, and grow, the atmosphere will lend itself to self-realization and personal growth amongst a student community diverse in culture, perspective, and thought.






**34**
STUDENT
**EMPLOYEES**

**45**
STUDENT
**LEADERSHIP ROLES**

Red's
Sacred Heart University

**7,675** PATRONS

**112** PROGRAMS

**26**
different beers and ciders on tap

### SPACE RESERVATIONS

**1,551** Unique student events booked in Pioneer Planner

**3,473** Space reservations requested

21
COMMUTER EVENTS

529
EVENTS ATTENDEES



664,352
TOTAL RIDERSHIP




MOST RIDERS

| | |
|---|---|
| 251,505 | West Campus Express |
| 102,022 | Pioneer Garden/ Oakwood Express |
| 96,675 | Service |



Successfully implemented and launched the **SHU mobile ID**

OPENED THE NEW
**VETERANS RESOURCE CENTER**






Sacred Heart
UNIVERSITY