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MOVING ON UP
What's New in Your Program

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Research and Education Hot Tips

I DID IT
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Health and Wellness Tips

DOC THE DATE
Announcements

Vol. 1, No. 2, Winter 2020
The SECSA Board of Directors wishes everyone a Happy New Year filled with love, prosperity, and successes! May your interactions with students, colleagues, and industry yield manifold blessings!

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Not to be missed!
ICHRIE-SESICA Conference 2020
College of Health & Human Performance splits department into two

Submitted by:
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Lecturer
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College of Health & Human Performance
University of Florida
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This semester, students can pursue more specialized degrees in the College of Health & Human Performance.

UF’s new Department of Tourism, Hospitality and Event Management and Department of Sport Management were established in August and opened to students this semester. The previous department, Tourism, Recreation and Sport Management, split up to create the two new departments, said Doug DeMichele, master lecturer, internship coordinator and undergraduate coordinator of the Department of Sport Management.

“One of the goals of the program is for the students to benefit from this,” DeMichele said. “The future looks really good for our students.” DeMichele also said the goal of the departments is to help UF rise to the top five of the U.S. News & World Report national public university ranking.

Brijesh Thapa, a professor and undergraduate coordinator for the Department of Tourism, Hospitality and Event Management said this new department is important because the industry is growing, especially in Florida, and students will gain experience through internships, field trips and guest speakers. “There’s a need to get more graduates out in terms of meeting the demands of the industry,” Thapa said. “There’s quite a lot of jobs out there in the marketplace.”

Sport Management offers many career paths as well, including work as athletic directors or in fitness centers, DeMichele said. These career paths can lead to jobs with institutions such as NASCAR or USGA. The Department of Tourism, Hospitality and Event Management offer: a bachelor’s degree in tourism, event and recreation management, on-campus and online master’s degrees in tourism and recreation management, a Ph.D. in recreation, parks and tourism and a minor in event management. The Department of Sport Management offers a bachelor’s, master’s and doctoral degree in sport management and a certificate in Sport Management. Both departments are currently searching for program chairs, and hope to have one by July 1.

Nicole Abis, a 22-year-old UF event management senior, said the department split allowed professors to specify different industries where students want to work. Abis also likes the smaller class sizes and the ability to build better relationships with her professors. “The industry is so wide, there’s so many different events,” Abis said. “I think it’s important that in our undergrad we can get as specific as possible.”

ICHRIE-SESACA Conference 2020

Not to be missed!

Keynote Speaker: Mr. Horst Schulze
Chairman Emeritus, The Capella Hotel Group and Former President of The Ritz Carlton Hotel Company. Mr. Schulze is a legend and leader in the hotel world, whose teachings and vision has reshaped the concepts of service and hospitality across industries.
Five Productivity Tips for Researchers

Just about all of us can benefit from becoming a more productive and effective researchers. In this edition of the SECSA Heat, I would like to highlight 5 tips shared by Eva Lantsoght (2017) in the blog entitled 20 Productivity Tips for Researchers. The link to the complete article will be provided below.

1. USE TWO SCREENS
If you are not working with two screens yet, get a second monitor ASAP. Being able to have your calculations open on one screen, and write your text on another screen, for example, reduces the number of times you need to switch between programs, and the number of mistakes you make when switching back and forth.

2. QUANTIFY YOUR GOALS
Make sure your goals are SMART: specific, measurable, achievable, realistic, time-bound. If you use a good planning, you will already know during which chunk of time you need to be doing which task. But to have that task described in the most optimal way, quantify it. Instead of planning to write your dissertation in a timeslot of two hours, identify what exactly you want to achieve: make Table 6.4, revise figure 6.2, and write 1000 words to section 6.5 over the next three hours.

3. WRITE DAILY
If you want to produce papers, you need to put in the time and work. You could binge write every now and then, but writing regularly gives the best results for most researchers. I start almost every workday with two hours of writing, so that I can constantly move my different writing projects forward. Reserve time in your planning every day for writing, and make sure you reserve this time during a period of the day when you have sharp concentration.

4. USE REFERENCE MANAGEMENT SOFTWARE
Start using reference management software as early as possible during your PhD. Inform about the available software, and always archive papers in your chosen reference management software after reading. If you haven't used reference management software yet, set aside a day or a few days to enter your references - your future self will thank you.

5. TRY THE POMODORO TECHNIQUE
If you need to push through a tedious and repetitive task (one that you can't program for example), use the pomodoro technique: set a timer for 25 minutes, and commit to working only on this task without disturbances for the next 25 minutes. Then, take a break of 5 minutes. Repeat 3 sets of 25 minutes concentration and 5 minutes of break, and then take a longer break to refresh your brain.

Visit https://www.academictransfer.com/en/blog/20-productivity-tips-for-researchers/ for the complete article.

While some of you may have already adopted many of these habits, adopting the ones you haven't may make 2020 your most productive research year to date.
Rethinking Our Classrooms

I recently came across a fairly old article that piqued my interest ‘4 hospitality principles that can transform our classrooms’. The 2014 article came from a blog by Matt Miller, and it made me think, "as a hospitality management instructor, do I apply hospitality principles in my classroom?" As you read further, ask that same question of yourself.

What are those principles and how can we apply them? According to Miller (2014) educators can learn much from the hospitality industry about meeting the needs and desires of their guests in order to make them happy, relaxed and ready to work! In this scenario, educators take on the role of hosts, and their guests are the students.

Principle #1: Everything communicates. Every interaction with your students is a ‘moment of truth’. Do you remember that term? Think of your classroom in the same way you view a hotel lobby. Does it reflect the clean, orderly environment with cheerful employees (you) that the guests (students) are looking for? Remember, how students feel about their learning environment impacts how much they learn. What is your present classroom communicating to your guests?

Principle #2: Anticipate. Know the needs of your guests before they arrive. "Great classrooms anticipate what students will need, on an entire-class level and on an individual level" (Miller, 2014). It is recognized that the classroom will not be able to meet all needs, however, acknowledgment and empathy for these needs go a long way in showing students we care.

Principle #3: Treat guests as friends. This is a little difficult I must admit, considering ‘rank and file’ issues. However, we teach students to do it in the hotels and restaurants, so why can we not do it in the classroom? This concept refers to treating students like guests in your home. At the college level, students make choices about where to go for schooling, think about the impact it would have if we treated students as if we needed to keep their continued business. Ultimately, we do, so the principle should not be as far-fetched as we first thought.

Principle #4: Create an experience. In our industry, we thrive on creating experiences which keep our guests coming back, so how can we apply this to our classrooms? In our Fall 2019 edition of SECSA Heat, Dr. Ruth Smith provided tips on ‘setting your class on fire’. We need to identify ways to keep students engaged and interested in order to create those experiences.

Do these principles have you rethinking your classroom? Miller (2014) and I certainly hope so.

Visit the blog at: http://ditchthattextbook.com/ for more information and ideas.

Reference
Students Place in Top 3 at Convention Management Competition

Four students in the Department of Tourism, Hospitality & Event Management placed as a top 3 finalist in the PCMA (Professional Convention Management Association) annual student competition which was held on December 2, 2019. The team of students included first-year student Alexis Brengman and seniors Julia Clow, Shawna Gray and Cassidy Mandelbaum.

The competition featured teams representing universities from around the country. The University of Florida team selected a cookie convention in the Kansas City area and focused on face-to-face events in a digital era. This annual student competition was an extracurricular research project during the fall semester. The UF team was advised by Annamarie Sisson, lecturer in the Department of Tourism, Hospitality & Event Management.

"I am very proud of our student team," said Sisson. "This competition is a great opportunity for students to work with emerging event themes and present to top event management professionals around the country. I look forward to challenging new students in next year’s event."

Read the full article at: http://hhp.ufl.edu/articles/2019/them-student-competition.html

ICHRIE-SESICA Conference 2020
Not to be missed!
Cocktail Reception, Thursday, Feb. 27, 5:30-6:30pm
Sponsored by: HOSCO
Creating a Work Environment Culture of Health

Many of us go to the office or have our work space at home and it may not be very inviting. With several course overloads, and tons of grading to do on the computer, this may require hours upon hours of sitting. Several analysis studies have shown or eluded to "sitting is the new smoking." Dr. Edward Laskowski of the Mayo Clinic suggests to counteract prolonged sitting with 60 to 75 minutes of moderately intense physical exercise a day.

Helpful Tips to Increase Productivity and Reduces Stress:
- Take a break from sitting every 30 minutes – Apple watches remind you with stand alerts or you can set an alarm on your phone to keep you mindful.
- Prepare your workspace with a standing desk or active seat, like a ball seat.
- Take a walk when on the phone or meeting with a student, colleague, etc.
  - outdoors is even better!
- Challenge family, colleagues, friends to a movement competition within the office setting – share your progress; involve awards!
  o Motion Monday
  o Wellness Wednesday
  o Fitness Friday

- Utilize anything involving nature or the outdoors (or outdoor-like in inclement weather) for at least 20 minutes per day.
  o Take a nature walk or tour the arboretum
  o Bring plants indoors to your workspace
  o Incorporate an outdoor view from your desk or add a wall mural
  o Use images or recordings of nature within your workspace
  o Increase natural lighting and open the windows on beautiful days
- Diffuse essential oils to help reduce stress and increase focus.

- Practice yoga/meditation before/during or after office work.
  o Practice gratitude
  o State a positive change to approach the day
  o Read something spiritual or positive to energize your focus and energy

These are just a few tips to incorporate within your work day to alleviate the dreaded sitting. Pick one or two to try, add more as you feel comfortable, and begin creating a routine to promote your chosen work environment. The more inviting and welcoming you make your work space the more you will see your productivity soar!

Reference
Healthy Workplaces: The Effects of Nature Contact at Work on Employee Stress and Health
Erin Largo-Wight, W. William Chen, Virginia Dodd, Robert Weiler

I DID IT
Acomplishments

Congratulations to our Director of Member Services and Development, Dr. Heather Lewis from Troy University on the birth of her son Owen Wayne Lewis!
The Impact of a Healthy Lifestyle

Over the last 2 years, I have worked extremely hard to lose about 120lb. I have done this through... you guessed it... a good diet and exercise! None of that is new or rocket science. It took dedication and consistency to achieve the results I desired. What was an unexpected bonus, was all the ancillary positive impacts to my life.

Most of you know that I am an Assistant Professor at FIU, which means the old adage, ‘publish or perish’, is in full and unrelenting effect. When I was at my highest weight of 330lb., my stress levels were out of control, I was constantly irritable and my family more than anyone suffered right along with me (as they had to deal with my mood swings), and my research productivity suffered. Through the process of bringing my life and health back into balance, I not only have more energy but I am generally a happier person. I enjoy my time with my kids and wife more. I am more present. I can work harder and produce more because I manage my stress and release endorphins by doing a physical activity I enjoy (weight training). By regulating my food intake, I am not nearly as susceptible to the peaks and valleys of over-consumption of sugar and processed foods.

What am I saying? Moderate exercise (walking for 30 min every day) and monitoring your food (especially sugar intake) can have profound impacts on your work and personal life! Those of us on tenure track, want to earn tenure and move to associate professor status. ALL of us want a healthy and satisfying personal/family life. Becoming more physically healthy extends well beyond our physiology. It impacts all aspects of our lives including our psychological wellbeing, relationship health, and even our spiritual practices.

I wish all of you the blessings of healthy life! If anyone would like to chat more about health and wellness, I am always happy and eager to have those conversations!
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Ms. Peggy Berg, President, Castell Project Inc. presents: Promoting Female Senior Leadership in the Hotel Industry

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