



VOL. 9

November 2025

EMSA

(Enrollment Management and Student Affairs)

NEWSLETTER

CONTINUING TO SERVE:
CRISTA HILL P.4



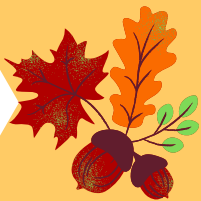


Table of Contents



Veteran and Military Affairs (VMA) in the Spotlight.....	3-4
EMSA Staff Member Spotlight Crista Hill.....	5
EMSA Student Spotlight Jeff Deickman.....	6
Taste of Fall Cozy Campus Recipes.....	7
EMSA Partnering Highlight VMA and Orientation.....	8
Roaring to Victory UCCS Men’s Soccer.....	9
Campus Buzz UCCS Volleyball.....	10
Campus Buzz EMSA Staff.....	11
November Happenings Students.....	12
November Happenings and Shout-Outs EMSA Staff.....	13
Veterans Week Events.....	14
EMSA Department Updates Holiday Break Information	15
Self-Care November 30-day challenge.....	16

SHINING A SPOTLIGHT ON VETERAN AND MILITARY AFFAIRS (VMA)

The Veterans and Military Affairs (VMA) office plays a vital role in supporting military-affiliated students as they navigate the transition from service to student life. From helping students access their educational benefits to fostering a sense of belonging on campus, the VMA is a cornerstone of support for those who have served.

Assistant Director Jeff Deickman, who began his journey with the VMA as a student employee six years ago, highlights the department's unique strength: its diverse and experienced staff. "We use our personal stories to help students through tough times and celebrate their wins," Deickman shared. This lived experience allows the VMA team to connect deeply with students, offering guidance that's both practical and empathetic.

The VMA team is embedded across multiple campus divisions, ensuring that military-affiliated students receive consistent support at every step of their academic journey. This cross-campus presence strengthens the office's ability to advocate for students and connect them with the resources they need.

The office also hosts a variety of events that blend military tradition with campus culture, including the popular Army push-up contest, Air Force plane toss, Marine Corps coloring contest, and service birthday celebrations. Each military branch's birthday is honored with cake and community events, creating meaningful moments of recognition and camaraderie.

Faculty and staff are invited to participate in VETS training, a program designed to educate campus professionals on how to best support veteran students. This initiative reflects the VMA's commitment to building an inclusive and informed campus environment.

Describing the VMA team, Deickman says they are "loud, present, and persistent"—a group driven by purpose and passion. Their goal is clear: to help military-affiliated students thrive both academically and personally.

★ ★ ★
Learn more about the Veteran and Military Affairs office by visiting their [website](https://military.uccs.edu) at <https://military.uccs.edu> or visit the McCord-Herbst Student Veteran Center in Gateway Hall - behind UCCS Parking and Transportation.



*VMA Staff dressed as the cast from 'Inside Out' for Halloween **3**

VETERAN AND MILITARY AFFAIRS (CONT.)



UCCS IS A TOP 10 MILITARY FRIENDLY SCHOOL

INSTITUTIONS EARNING THE
MILITARY FRIENDLY® SCHOOL DESIGNATION WERE
EVALUATED USING BOTH PUBLIC DATA SOURCES AND
RESPONSES
FROM A PROPRIETARY SURVEY.
MORE THAN 1,800 SCHOOLS PARTICIPATED IN THE
2024-2025 SURVEY WITH 537 EARNING SPECIAL
AWARDS FOR GOING ABOVE THE STANDARD.

VMA Facts

Last year, students using
VA benefits contributed nearly
\$25 million to UCCS.

Military-affiliated students
make up 28% of the
UCCS student population.

The office is comprised of
six staff members and
15 VA work-study students.

The Veterans Week Luncheon
will honor ~30 veterans
who have demonstrated
academic excellence.



The **Military Student Mosaic Monument** is a meaningful tribute located on campus near Café 65 outside the University Center. This commemorative artwork honors the service and sacrifice of military personnel and veterans. It was officially dedicated on Veterans Day, November 11, 2014. **4**

CONTINUING TO SERVE: CRISTA HILL

From Montana to Washington and now Colorado Springs, Crista Hill—Director of Veteran and Military Affairs (VMA) at UCCS, has built a life rooted in service, resilience, and a deep commitment to helping others succeed. Born in Montana and shaped by a childhood spent across North America due to her father's military career, Crista eventually settled in Washington State, a place she now proudly calls home.

As a first-generation college student, Crista encountered the financial and informational challenges that many students face. "I didn't really know how college worked or how to pay for it," she recalls. Determined to succeed, she joined the Air Force, serving four years in a communications role. After completing her service, Crista transitioned into higher education, holding positions at institutions in Texas and Colorado before joining UCCS in 2014. Over the past decade, she has served in various roles across campus, focusing on guiding military-affiliated students through the complexities of higher education. "Helping them understand their benefits and know that everything that they did in the military has value and that it can be applied here," Crista explains, reflecting her dedication to ensuring military-affiliated students feel empowered and supported.

One of Crista's proudest accomplishments is her contribution in the creation of HEROES Scholarship (Hometown Education Resource Opportunities for Empowering Service Members), designed to help active-duty students bridge tuition gaps. The scholarship has already awarded hundreds of thousands of dollars in support—an accomplishment Crista describes as "a true team effort to make higher education more accessible."

In addition to financial aid, she has spearheaded initiatives such as free graduation stoles representing service branches and expanded campus-wide recognition for military-affiliated students. For Crista, this work is personal: "I know there are policies and rules, but what matters most is showing up with a culture of care and asking, 'What do our students need?'" Outside of her professional role, she is pursuing yoga teacher training with the goal of offering free classes to veterans—another way she hopes to give back and make a lasting impact.



**Crista's basic training picture from when she was 18 years old*



**Crista and her husband*



**Crista and Chancellor Sobanet at the HEROES Scholarship Reception*

SALUTING STUDENT SUCCESS: JEFF DEICKMAN



**Jeff with his wife and Chancellor Sobanet*

Originally from Denver, Colorado, Jeff Deickman spent much of his childhood relocating due to his father's military service. In a full-circle twist, Colorado Springs has become the longest place he's ever lived—connecting his past with his present in a meaningful way.

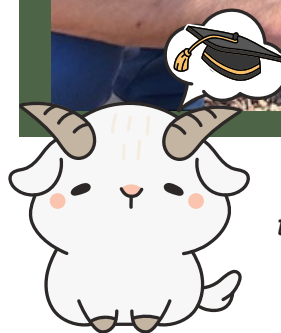
After high school, Jeff briefly pursued college but soon realized he wasn't quite ready for that path. In search of purpose and direction, he chose to enlist in the U.S. Army—a decision that marked the beginning of a lifelong commitment to learning and service.

Starting in the medical field as a microbiologist and medical lab specialist, Jeff's career eventually led him to teach microbiology across the globe. These experiences not only sharpened his technical skills but also deepened his passion for education and leadership.

Today, Jeff is pursuing a PhD in Educational Leadership, Research, and Policy at UCCS, with a focus on the policy side of education. The program allows up to seven years for completion, giving him the flexibility to deeply explore how leadership and policy intersect in higher education.

While earning his degree, Jeff works at UCCS in the Office of Veteran and Military Affairs (VMA), where he continues to serve the military-connected community. Balancing his work and academics isn't always easy, but Jeff embraces the synergy between the two. He intentionally chose a program that aligns closely with his professional role, creating meaningful overlap between what he studies and what he practices daily. His military background instilled in him a strong sense of discipline, time management, and purpose—qualities that help him thrive both academically and professionally.

When asked about his plans after earning his degree, Jeff shares that he intends to continue doing what he loves: working in higher education. Having already completed a full military career, his focus now is on making a lasting impact through education, leadership, and helping others reach their full potential.



**Veteran + PhD + goat =
the holy trinity of chill vibes
and deep thoughts.*



Fall Recipes



Cranberry Spritzer

Ingredients:

- ½ cup of cranberry juice
- ½ cup Sprite (or sparkling water)
- ½ tbsp of lime juice for taste
- Cranberries for garnish (optional)

Instructions:

Mix Cranberry juices and sprite

Garnish with fresh fruit and enjoy!



**Picture of cranberry spritzer*



Pumpkin Spice Mug Cake

Ingredients:

- 4 tbsp flour
- 2 tbsp pumpkin puree
- 2 tbsp brown sugar
- 1 tbsp melted butter
- 1 tbsp milk
- ¼ tsp baking powder
- ¼ tsp pumpkin spice (cinnamon + Nutmeg)
- Pinch of salt
- Whipped cream (optional)



**Picture of pumpkin spice mug cake*

Instructions:

In a microwave safe mug mix all ingredients until smooth. Microwave 60-80 seconds or until middle is set. Let cool slightly, top with whipped cream, and enjoy!

EMSA PARTNERING HIGHLIGHT: ORIENTATION AND VMA

Within EMSA, collaboration plays a vital role in fostering student success. One of the most impactful examples of this is the partnership between Veterans and Military Affairs (VMA) and the Orientation departments. Together, they have developed a tailored orientation experience designed specifically to help military-affiliated students connect with the UCCS community.

Hosted in the McCord Herbst Student Veteran Center, this specialized orientation gives students the opportunity to explore the space, discover available resources, and engage directly with VMA staff. Following the Orientation team's presentation and registration assistance, VMA staff meet one-on-one with students to initiate VA educational benefits, complete necessary paperwork, and address individual questions.

Beyond orientation sessions, VMA and the Orientation department maintain a strong year-round collaboration through webinars and events like the New Student Welcome Bash. With 28% of UCCS students identifying as military-affiliated, this partnership ensures every student is welcomed warmly and supported from day one—helping them feel seen, valued, and set up for success.



**ROTC Soldiers at Parade Rest*



**Military Students conversing on campus*



**Picture of tabling at new students' orientation*



ROARING TO VICTORY

UCCS MEN'S SOCCER



Congratulations to the UCCS Men's Soccer Team!

Hats off to our UCCS Men's Soccer team for clinching the title of

[2025 RMAC Men's Soccer Regular Season Champions!](#)

This historic achievement marks the first time in program history that the Mountain Lions have claimed the top spot in the regular season standings.

As a result, they will enter the RMAC Conference Tournament as the Number 1 seed.

Throughout the season, the team has demonstrated outstanding skill, determination, and teamwork. Every player has contributed to this success, showcasing their talent and passion for the game, while the coaching staff has provided strong leadership and motivation to bring out the best in the squad.

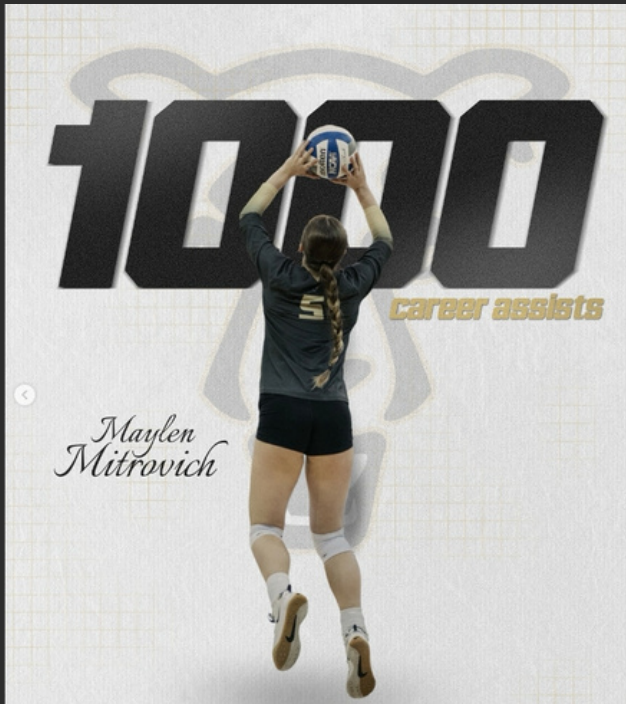
In addition to securing the conference title, the Mountain Lions have also earned national recognition, breaking into the United Soccer Coaches Top 25 poll at No. 19.

Congratulations, Mountain Lions, on an incredible regular season, and best of luck in the RMAC Tournament!



CAMPUS BUZZ

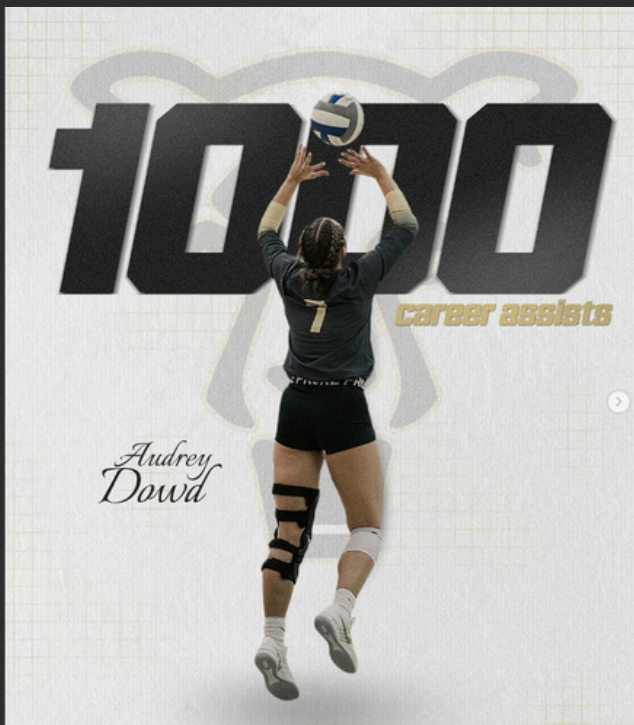
UCCS VOLLEYBALL



*Picture of Maylen Mitrovich



**Congratulations to setters
Audrey Dowd and Mayden Mitrovich
who both reached
1000 career assists!!**



*Picture of Audrey David

Huge shoutout to the UCCS Mountain Lions Volleyball team who lit up the court on White-out night with an exciting win that kept attendees on their feet. Fueled by the energy of a packed crowd, the team showcased their skills and teamwork in a decisive victory that highlighted both individual milestones and the team's collective strength.

The Mountain Lions dominant performance on such a spirited night emulated what UCCS Volleyball is all about- team unity, relentless effort, and pride in representing their school. With momentum building and confidence high, the team looks to carry this energy into the rest of the season.

UCCS Volleyball is currently first place in the conference and has an 18-2 record.



Final Score (above and stats (below) from
Whiteout night on October 24, 2025

🏐 **Tompkins:** 25 Kills, 7 Digs

🏐 **Hyde:** 12 Kills, .600 H%

🏐 **Marcoso:** 14 Digs

🏐 **Dowd:** 31 Assists, 7 Digs

CAMPUS BUZZ

EMSA STAFF

For the seventh consecutive year, EMSA upheld a valued tradition—originating during our time as the Division of Student Success—of recognizing and appreciating staff throughout the division." While the Vice Chancellor typically visits departments in person, this year we opted for a fun and festive twist—surprising staff with themed appreciation mailings inspired by the ever-popular “popping by’ motif.

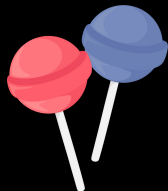
Each festive package included microwaveable popcorn, Pop Rocks, a Blow Pop, a “thank you” sticker, either chocolate rocks or fruit snacks, a heartfelt note from the Interim Vice Chancellor, and a photo of the EMSA leadership team. This thoughtful gesture was a small but meaningful way to recognize the incredible commitment and hard work of our EMSA team.

On Halloween, ~400 ‘popping by’ mailings were hand-delivered by Heather Allen and Kayli Policicchio to EMSA staff across campus.

A huge shoutout to EMSA’s very own student employees, Kayli and Hannah, for packing all of the mailings to bring this fun and massive project to life.



~400 mailings are stuffed, organized, and ready to be sorted for EMSA staff delivery.



EMSA Leadership Team

(Left to Right: Larry Lee, Jevita Rogers, Heather Allen, Nathan Gibson, Amanda Allee, Stephanie Hanenberg, Benek Altayli, and Wendi Clouse)



EMSA Student Employee's, Kayli and Hannah helped sort the mailings



STUDENT HAPPENINGS

**Click on the ads to learn more details on Mountain Lion Connect*



Come visit and spend time with one — or all — of our friendly therapy dogs through **Canine Connections**, UCCS's pet therapy program dedicated to supporting well-being. Take a break, enjoy some furry companionship and explore this wellness resource designed to help you manage stress and maintain balance.

love

SGA Student Government Association PRESENTS...

FRIENDSGIVING BASH

FREE Thanksgiving feast!

Win Bingo prizes!

Get free UCCS swag!

November 19th

Berger Hall, University Center 6PM to 9PM

UCCS ATHLETICS GAMES

FREE ADMISSION TO ALL UCCS FACULTY, STAFF, & STUDENTS (WITH UCCS ID)

FRIDAY, NOVEMBER 14

W. BASKETBALL VS. UT DALLAS @ 12PM

VOLLEYBALL VS. NEW MEXICO HIGHLANDS @ 6PM

SATURDAY, NOVEMBER 15

SENIOR DAY! - VOLLEYBALL VS. ADAMS STATE @ 2PM

W. BASKETBALL VS. #3 TEXAS WOMAN'S @ 6PM

THURSDAY, NOVEMBER 20

W. BASKETBALL VS. WEST TEXAS A&M @ 5PM 5 P.M.

CANINE CONNECTIONS

NOVEMBER 10

OBAN

Anschutz Eng Lobby
10:30am - 12:00pm

BERGEN

U-Hall B-Wing
10:30am - 12:15pm

NOVEMBER 11

MINGO

Summit Turf
10:30am – 12:15pm

NOVEMBER 12

SOPHIE

Dwire 1st Floor Lobby
10:30am - 12:15pm

SHELDON

Hybl 2nd Floor Lobby
12:30 - 2:30pm

HUCKLEBERRY

Columbine 312 & 316
1:00 - 2:30pm

*Find all of the Canine Connections between now and December 17 by visiting [MLC - Wellness Center](#)



EMSA STAFF HAPPENINGS AND SHOUT-OUTS



Kids Night Out at UCCS Campus Rec!

A full line-up of activities for kids ages 6-13yrs old at the UCCS Gallogly Recreation Center. Enjoy free time while your kiddos play from **6 - 9pm on Nov 21 and Dec 5.**

UCCS Faculty/Staff/Alumni: \$35 | UCCS Students/Members: \$30

**Sibling discounts are available during the registration process*

Learn more and Register [Here](#)



[Vice Chancellor of EMSA Finalists](#) on Campus | November 13 - 14

[Annual CU Health & Wellness Summit](#) | November 13

UCCS CARE 360 | 13 *POC: Larry Lee

[Volunteer for the Festival of Lights Parade](#) | December 5 - 9

Congratulations to Paul Deniston!

Paul, Director of Retail Services was sworn in as President of the Rocky Mountain Skyline Bookstore Association (RSMBA) board.



EMSA 'BIG DEAL' MUG NOVEMBER RECIPIENTS!!



Congratulations and stay MUG-nificent!!

Clyde's  Kudos

If you would like to recognize a staff member for a positive contribution to UCCS, give a kudos!



Veterans Week!

Details for every event on Mountain Lion Connect

Marine Corps Birthday Coloring Contest

Student Veteran Center
(Nov 10-14)

Food Drive

Student Veteran Center
(Nov 10-14)

Veterans Day Lunch

Berger Hall
(Nov 11, 11:30AM-1:00PM)
SALUTE Induction/Resource Fair
RSVP on Mountain Lion Connect

MOSAIC Waffle Wednesday

Copper Commons
(Nov 12, 2:30PM-4:00PM)



Veteran and
Military Affairs
UNIVERSITY OF COLORADO
COLORADO SPRINGS

**Faculty & Staff
Appreciation Breakfast**
Student Veteran Center
(Nov 12, 8:00AM-10:00AM)

Cops & Vets Walk
Starting @ West Lawn
(Nov 13, 11:00AM-1:00PM)

**How to Leverage Your
International Experience**
Career Center
(Nov 13, 2:00PM-3:00PM)



**Contact Us At
719-255-3253
Military@uccs.edu**

**Flyer above is highlighting events during Veterans week*

EMSA DEPARTMENT UPDATES DURING THE HOLIDAY BREAK

**campus is closed 11/26 - 11/28*

Dining Services

Alpine Express

Open November 24 – 25 from 7am – 7pm

Open November 26 from 7am – 1pm

CLOSED November 27 – 28

The Lodge

CLOSED November 24 – 28

Rec Center

Open November 24 from 6am – 8pm

Open November 25 from 6am – 6pm

CLOSED November 26 – 28

Open November 29 from 10am – 6pm

Open November 30 from 12 – 9pm

University Center (UC)

CLOSED November 22 - 30

**all areas within the UC (MOSAIC, Retail Services, Student Life, Career Services, Clyde's, Game Room, Cafe 65, Big Cat Coffee, etc.) are closed during this time as a safety precaution during repairs.*

Wellness Center

Open November 24 - 25 from 8am – 5pm

CLOSED November 26 - 30

Emergency Support Resource

- Anyone can access mental health support through the national crisis lifeline by dialing 988.
- Emergencies related to the UCCS community, please contact UCCS Police at 719-255-3111. They are available 24/7, even when the campus is closed.
- **Students** can access 24/7 free mental health support through TELUS Health.
 - This service is available on holidays and when the campus is closed.
 - It's easy to use; click the link to learn more via the [TELUS Health Flyer](#).
- **Faculty and Staff**, unsure if the situation is an emergency, faculty and staff can consult on student support response with TELUS Health by calling 1-866-743-7732 or click the link to learn more via the [Faculty and Staff Flyer](#).



Non-Emergency Support Resources

- If it is not an emergency, you may submit a CARE Team referral here: <https://dos.uccs.edu/care/submit-a-concern-report-an-incident>.
- Visit the [Dean of Students](#) website for more non-emergency resource.



THANKFUL FOR SELF

SELF-CARE NOVEMBER

**Simple 30-day November self-care Challenge*



30 DAY

Self-Care Challenge

Take a shower

Light a fall candle

Decorate

Go for a walk

Make a nice cup of coffee

Refresh your wardrobe

Practice gratitude

Deep Breaths

Bake something

Watch a fall movie

Stretch

Treat yourself to a new fall mug

Do a fall face mask

Do a fall activity

Declutter

Organize

Go outside

Make a cozy dinner

Unplug for 1 hour

Create a fall playlist

Pamper your hands

Visit a farmer's market

Journal your thoughts

Cozy up with a good book

Indulge in a sweet treat

Random act of kindness

Take a bubble bath

Plan a fall themed family night

Meditate for 5 minutes

Treat yourself to a new fall accessory

EMSA Newsletter Team:

Heather Allen (staff), Kayli Policicchio (student), and Hannah DeVries (student)