

## Venturing to Adventure: Mountain Journeys

by Jenna Bales  
Campus Life

On Sunday, August 26, the newest members of Brevard College took a walk on the wild side. Approximately 180 new incoming students embarked on Mountain Journeys trips to locales near Brevard and around western North Carolina.

The concept of Mountain Journeys began in 2004, fueled by the notion that outdoor orientation programs promoted elevated levels of social support development and helped to facilitate positive connections to students' colleges and universities. Over the past 3 years, Mountain Journeys evolved from a First-Year Forum course requirement into a co-curricular piece of Fall Orientation. Yet, the idea today still remains the same: engage students with their community members in the natural environment through fun, recreational activities.

Throughout the summer, students were able to register

for the top three choices of outdoor trips. These options featured adventures including mountain biking at DuPont State Forest, sea kayaking and canoeing on Cascade Lake, rock climbing in Pisgah National Forest, cooling off at Sliding Rock, tubing on the Davidson River, and exploring the beautiful cascades of Triple Falls and High Falls. Joining them on these excursions were 24 student, staff, and faculty leaders.

A midday squall brought

strong winds, a deluge of rain, and lightning to Transylvania County and indefinitely postponed activities such as the waterfall hikes and Sliding Rock trip. However, not even inclement weather could spoil the spirits of many students. During the midst of a severe thunderstorm while huddled in a shelter, one new student excitedly proclaimed, "This is why I came to Brevard!" Student leader Casey Asbill-Beck commented on the rock climbing outing, stating, "[The

trip] rocked! Everyone was able to get a climb in, and then it started pouring. But, everyone said they had an awesome time."

As one of the premier outdoor towns in the Southeast, Brevard features over 200 miles of trails and 167,000 acres of public forest lands. Stocked trout streams sate the casting desires of fly fishers, and many of these creeks double as paradise for whitewater enthusiasts as water levels rise. Road cyclists, mountain bikers, horseback riders, waterfall enthusiasts, cliff-jumpers, and anyone who enjoys spending time in the outdoors can find respite in the nearby state and national forests. Opportunities for outdoor pursuits abound and provide an excellent way for new students to connect both to the area and with other individuals.

For more information on outdoor recreation activities at Brevard, please contact Jenna Bales at [balesjl@brevard.edu](mailto:balesjl@brevard.edu).



Students raft the French Broad during Mountain Journeys on August 26

## Residence Life Staff Holds RA Training

by Kelley Eyster  
Campus Life

What did you do at the end of your summer?

Did you spend time with family, go on that last adventure, enjoying life, being carefree not worrying about school? Instead of doing any of these last minutes things before returning to school about half of our students return early as athletes or student leaders.

All of these students invest long hours of commitment to their responsibilities.

A select group of these students are our Resident Advisors who participate in RA

training. RA training occurs every year before school. This year RA training was crammed into 5 intense days from 8am until 9pm; furthermore, RA's assisted with residential student housing check in and Orientation.

Our training began with an adventurous day led by Drew Brennen at Camp Rockbrock. At the Camp we all climbed the Alpine Tower and participated in Geo Caching that took us to a waterfall and other points where the group had to complete various team building activities.

This year our RA training focused on Resident Advisors as

facilitators of community. Along with continuous discussions on creating and maintaining a healthy community in our residential areas, our RA's receive training in CPR, counseling skills, conflict and mediation skills, crisis and emergency management, programming, FERPA, student confidentiality, and review BC Student Code of Conduct.

One of the RA's favorites during training is a three hour session called Behind Closed Doors. During Behind Closed Doors, RA's are asked to apply their training that they have learned throughout the week by going through a series of 6

real life scenarios that they may encounter as RA's.

In these situations they approach a scenario in an RA frame of mind, dealing with conflict situations, mental health issues, and violations of the student code of conduct.

This year's training was excellent! We have a Resident Advisor staff that is consistently positive, encouraging, and willing to engage in activities outside their comfort zone.

We are looking forward to great year with our dedicated RA's leading our residential students to perfect harmony.