

# PRESIDENTS' GOOD STEWARD AWARD



## *Stephanie Kirylych* *University of New Hampshire at* *Manchester*

UNH Manchester would be pleased to nominate Stephanie Kirylych for the President's Good Steward Award. Stephanie has been instrumental in shaping a mindful, healthy approach to crafting a supportive environment for all our students. Drawing on her professional skills as an academic advisor and a life coach, Stephanie is developing a team of professional advisors equipped to respond holistically to student concerns across a broad spectrum of life areas – academic, social, physical, and emotional. Stephanie was, and remains, a valuable partner in our efforts to establish our first on-site behavioral screening and consulting services. She took the lead on promoting our collaboration with Mental Health Center of Greater Manchester. And beyond these community-wide efforts, Stephanie has engaged with our first-year students supporting, guiding, and mentoring them as they develop the academic toolkit necessary to successfully navigate their college journey. In addition to incorporating self-care and mindfulness practice with students and the Academic Advising team as a central part of their professional development, Stephanie has also been a leading advocate regarding mental health awareness and mental health de-stigmatization on campus by promoting self-care techniques and resources to students through targeted tabling events in the Student Commons area as well as gratitude appreciation campaigns.



**Campus Compact**  
for New Hampshire