Welcome to the May issue of the GPS Newsletter! This month, the theme of the newsletter is self-care. As advisors, it is important to nurture and care for ourselves so we can continue to be of service to our students and campus communities.

MENTAL HEALTH, WELL-BEING, AND SELF-CARE

May is Mental Health Awareness Month! Mental Health America has created a toolkit of resources and sample communications that is helpful for students, colleagues, and family and friends alike. Learn more about tools to improve your mental health and well-being: [https://mhanational.org/mental-health-month-2020-toolkit-download](https://mhanational.org/mental-health-month-2020-toolkit-download). Please visit [www.mhascreening.org](http://www.mhascreening.org) to check your symptoms if you are struggling.

As many of us continue to respond to the COVID-19 global pandemic and predominate operate remotely, feelings of stress, anxiety, and loneliness can be amplified. There is a tremendous amount of resources available that outline strategies for self-care and well-being:


The Advising Community for Advisor Well-Being & Retention is a new advising community in NACADA. The purpose of this advising community is to help advisors navigate conversations on well-being with their students, and to encourage well-being as a valued practice for advisors and the advising profession. This advising community has posted many useful tips and resources on topics such as mindfulness, self-care, and resilience. If you have not already done so, connect with the Advising Community for Advisor Well-Being & Retention via the following platforms:
PUBLICATION SPOTLIGHT

With a month or more into our new remote work life, self-care and wellness has never been more important. This month’s spotlight provides some ways you can connect to better mindfulness, perspective, and ways to change the course of your day. Our spotlight article published in The Chronicle of Higher Education entitled “How to Salvage a Disastrous Day in Your Covid-19 House Arrest” by Aisha S. Ahmad provides ways to turn around negative moments, unproductive days, and rescuing your day when events have gone south. Check out the article here.

Some activities for this month include a five-minute exercise to Gaining Perspective on Negative Events. Gratitude exercises can also be helpful for self-care and wellness. Here you will find 13 exercises and activities for recognizing how gratitude can assist your daily mindset. Just need a few minutes to breathe and bring yourself back to center? Follow this 5-minute breathing exercise. Thousands of guided meditations, music, and insightful talks are the highlights of the free Insight Timer. Finally, explore the world and benefits of mindfulness tools. Above all, remember to be kind with yourself. You are caring for your families and your students. It is vitally important to also make the time to care for yourself, now more than ever.

MEMBER HIGHLIGHT

Hello! My name is Colleen Rose and I have worked at Indiana University Bloomington (IUB) for 15 years. Throughout my career, I worked in roles within both student and academic affairs that align with my core commitment to developing student leadership, community engagement, and social justice among IU students. I currently serve as the sole academic advisor for both the undergraduate and graduate degrees in the School of Social Work at IUB. I have a master’s of social work and am a licensed social worker (LSW) in the great state of Indiana.

I joined NACADA just 2 years ago in an effort to connect to the broader advising community across the country and globe. NACADA has played an integral role in my professional development, and I am incredibly grateful for the many in-person and online opportunities this member-driven organization provides. The most impactful experiences I have participated in thus far include the 3.5 week summer eTutorial in the Theory and Practice of Advising, the Region 5 conference, and last year’s Annual Conference in Louisville, Kentucky.

To be completely transparent, as much as I enjoyed these events, I wanted to see more familiar faces when I went to NACADA conferences! So, when there was a call-out for anyone interested in joining the Advising Community on Advising Graduate & Professional Students, I took the leap and joined. I have really enjoyed giving back to NACADA through this advising community, and facilitating more awareness of the needs of graduate students. I hope to meet you online in June for the webinar I will be doing with others from this advising community about graduate student onboarding.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

The Advising Community on Graduate & Professional Students offers the GPS (Graduate and Professional Students) Talks Series! This online meeting series is offered three times per year: March, June, and September.

It is almost here! Our June 2020 GPS Talk online meeting is entitled “Step One: Onboarding.” This online meeting will be held on Tuesday, June 16, 2020 from 1:00 - 2:00 p.m. ET. Melissa Brown (Carnegie Mellon University), Allyssa Finder (University of Illinois Urbana-Champaign), Kyle McCool (Webster University), Colleen Rose (Indiana University), Katelyn Talbott (University of Illinois at Urbana-Champaign), and Rafael Almanzar (Texas A&M University) will be
presenters for this online meeting. We hope you will be able to attend! Please share this information with colleagues and encourage their virtual attendance. There is no registration or fee associated with this online meeting. The recording of this online meeting will be accessible after the online session is held via the Advising Community on Graduate & Professional Students webpage (https://nacada.ksu.edu/Community/Advising-Communities/Advising-Graduate-Professional-Students.aspx) and shared via the community listserv.

Join via Zoom here: https://ksu.zoom.us/j/528591841

**WRITING FOR PUBLICATION**

Information on the various platforms to write for publication with NACADA was provided in the April 2020 Newsletter. Below are a few resources that were shared during NACADA Global Advising Week to assist you as you embark on your research journey, explore contributing to the scholarship of advising, and publish with NACADA:

- **Prisms of Praxis: Embracing and Owning Scholarship of Advising** presented by Wendy Troxel, Director of NACADA’s Center for Research at Kansas State University: https://www.youtube.com/watch?time_continue=1608&v=Fd-ngF66_Sk&feature=emb_logo
- **Publish With NACADA** presented by Ashley Thomas, NACADA’s Assistant Director of Resources: https://mediasite.k-state.edu/mediasite/Play/63562d457c2b4a938313e5f7e66ec5971d?autoStart=false

NACADA offers a variety of opportunities to provide all levels of support for research and writing, which are listed below:

- **Writing Support Group:** As a reminder, sign-up for the Writing Support Group for the 2020-21 academic year will open from July 2020-August 2020. To learn more about Writing Support Groups, visit the following webpage: https://nacada.ksu.edu/Resources/Research-Center/Writer-Support.aspx
- **Global Writing Days:** Throughout the year, writers across the world will meet virtually to WRITE for a day. More information can be located via: https://nacada.ksu.edu/Resources/Research-Center/Writer-Support/Global-Writing-Days.aspx
- **NACADA Research Institute:** The 2020 NACADA Research Institute was postponed due to the COVID-19 pandemic. The new dates for the NACADA Research Institute are Thursday, May 20th-Saturday, May 22nd, 2021. It will be held in Rosemont, Illinois. Learn more at: https://nacada.ksu.edu/Events/Research-Institute.aspx

Publication guidelines and submission deadlines for a few NACADA Resources are highlighted below.

- **Academic Advising Today:** Submissions are now being accepted for consideration for the September 2020 edition of NACADA’s quarterly ePublication, Academic Advising Today. Visit the Publication Guidelines webpage to learn more about the submission process and deadlines.
- **NACADA Journal:** Have you published that great research project that you are working on in academic advising? The NACADA Journal is currently seeking submissions for upcoming issues! For more information and submission guidelines/instructions, visit the NACADA Journal website.
- **NACADA Review:** Where theory meets practice: PRAXIS! That’s what the NACADA Review is all about! The NACADA Review puts theory-based application at center stage! The inaugural issue of the NACADA Review is now available at nacadajournal.org/toc/nacr/current. Interested in writing about PRAXIS? The NACADA Review is currently seeking submissions! Visit the NACADA Review website for more information and submission guidelines/instructions.

Information on all of the writing opportunities for NACADA publications can be accessed via https://nacada.ksu.edu/Resources/Writing-for-NACADA.aspx. This resource will help you to identify the appropriate NACADA venue for your writing.
PROFESSIONAL OUTSIDE RESOURCE

Commission for Graduate and Professional Student Affairs: The Commission for Graduate and Professional Student Affairs is a commission in American College Personnel Association (ACPA). It focuses on the unique developmental and environmental challenges faced by graduate and professional school students and those who work with them. The commission expands the scholarly and applied knowledge base through the generation and sharing of research, services and programs that foster graduate student learning and enhance the graduate student experience. The commission provides support and networking opportunities for members who share similar interests, and advocates for increased awareness of graduate and professional student services throughout ACPA and other higher education communities. You can learn more via their website: https://www.myacpa.org/commgpsa.

UPCOMING EVENTS

From June 2020-August 2020: NACADA is offering eTutorials that provide participants short-term, readily-available, introductory online learning about the field of academic advising. Learn more and Register.

June 15, 2020-August 10, 2020: Academic Success and the Student-Athlete Online Course. The goal of this online course is to provide information on basic principles for advising students, with an emphasis on advising student-athletes, improving academic success, and maintaining compliance with NCAA rules and regulations. Learn more and Register.

October 4-7, 2020: NACADA Annual Conference in San Juan, Puerto Rico! Register early to take advantage of the early rate, and make your hotel reservation as soon as possible for the best rates and availability! Check the conference website often for the latest updates.

June 21-24, 2021: NACADA International Conference in Athens, Greece. The 2020 International Conference in Athens has been postponed. The International Conference is now scheduled to be held from June 21-24, 2021 in Athens, Greece. Learn more.

NACADA GLOBAL ADVISING WEEK

NACADA established NACADA Global Advising Week from May 3-9, 2020 to honor the 40th anniversary of the signing of our articles of incorporation to create NACADA. During the first week in May every year, we will celebrate the work of advisors, tutors, personal tutors, counselors and coaches that advise students around the globe.

To access the links to the recordings from all events held during the 2020 NACADA Global Advising Week, visit nacada.ksu.edu/Community/NACADA-Global-Advising-Week.aspx.
**Recipes**

Part of self-care is eating well, so we are sharing some favorite recipes of the steering committee! Admittedly, some of the recipes are healthier than others.

**Jordan Wienke (Webster University) shares Crazy Chicken:**

- Box of linguini noodles
- Crushed/minced fresh garlic, two cloves
- Jar of julienne sun dried tomatoes in Italian seasonings
- Jar of shitake mushrooms
- Grilled/diced/sliced cooked chicken (can leave out if you like)

Cook noodles. In sauce pan, combine chopped or minced garlic cloves with a bit of the olive oil juice from the sun dried tomato jar, sauté. Add remainder of contents of sun dried tomato jar, juices and all, add shitake mushrooms (DRAINED). Sauté until heated through.

You have options depending on kids/family/taste:

- Mix cooked chicken with noodles and sauce
- Add sauce to noodles, chicken on the side
- Mix noodles and sauce, chicken sliced on top
- Substitute tofu for chicken for vegetarians
- Or any other combination you come up with that works for you – it also tastes great the next day as leftovers!

**Courtney Lewellen (Indiana University School of Medicine) shares Country Style Tomatoes,** one of her favorite treats: [https://www.tasteofhome.com/recipes/country-style-tomatoes/](https://www.tasteofhome.com/recipes/country-style-tomatoes/)

**Ian Schonberg’s (Georgia State University) favorite new recipe is Everything Bagel Baked Chicken Tenders:** [https://www.averiecooks.com/everything-bagel-baked-chicken-tenders/](https://www.averiecooks.com/everything-bagel-baked-chicken-tenders/)

1/2 cup panko bread crumbs
2 tablespoons Everything But The Bagel Sesame Seasoning (or homemade as outlined in the blog post)
1 large egg
1 to 1.25 pounds boneless skinless chicken tenders
Ranch dressing, blue cheese dressing, ketchup, etc. for serving (if desired)

**DIRECTIONS:**
Preheat oven to 400°F and line a baking sheet with aluminum foil for easier cleanup; set aside.
In a large Ziploc storage bag, add the panko, everything bagel seasoning, and stir to combine; set bag aside.

To a medium bowl, add the egg, lightly beat it with a fork, add the chicken, and toss and flip chicken with the fork so all pieces are coated evenly.

Remove chicken from the bowl using the fork (discard excess egg), drop it into the plastic bag, seal bag, and toss and shake bag to evenly coat the chicken.

Place chicken pieces on the prepared baking sheet, evenly spaced. If there is excess panko in the bag, use your fingers to push it onto the chicken in sparsely coated areas.

Bake for about 15 minutes, flip midway through to ensure even cooking. Serve immediately with your favorite dip or dressing (if desired). Chicken will keep airtight in the fridge for up to 5 days or in the freezer for up to 4 months, noting that reheated chicken will not retain its crispiness.

**Dawn Loyola’s (University of California, Riverside) daughter is a baker and her favorite recipe right now is the classic Toll House Cookie.** She swears by forming the dough into even balls before baking for the best results. And be sure to use real butter, with all ingredients at room temperature before mixing: [https://www.verybestbaking.com/recipes/18476/original-nestle-toll-house-chocolate-chip-cookies/](https://www.verybestbaking.com/recipes/18476/original-nestle-toll-house-chocolate-chip-cookies/)
Jamie Heck (University of Cincinnati) shares Disney Dole Whip, one of her daughter’s favorite treats: https://www.travelandleisure.com/food-drink/disney-dole-whip-recipe-3-ingredients

- 1 scoop of vanilla ice cream
- 4 ounces of pineapple juice
- 2 cups of frozen pineapple

Add all 3 ingredients to a blender, and blend it until it’s smooth. You can serve it as-is, but Disney suggests putting the blended mixture into a piping bag and piping a swirl into your bowl for the soft-serve look. Top with a cocktail umbrella for an extra tropical touch.