Self Care for Advisors

Appreciative Advising Style
Tyler Hall
Student Success Advisor
Dalhousie University

Cara Nissen
Retention Manager,
Mount Saint Mary’s University, Los Angeles

Anna Ochs
Senior/Lead Advisor
SLHS Dept.
Purdue University

Roberta Rea
Director of SEHS Advising
Oakland University
- Overview of Appreciative Advising
- Disarm
- Discover
- Dream
- Design
- Deliver
- Don’t Settle
- Breakout Rooms
- Wrap up
Overview of Appreciative Advising

What is it?
“Appreciative Advising is the intentional collaborative practice of asking positive, open-ended questions that help students optimize their educational experiences and achieve their dreams, goals, and potentials. It is perhaps the best example of a fully student-centered approach to student development.”

(appreciativeadvising.net)

What are the phases?
Disarm, Discover, Dream, Design, Deliver, Don’t Settle

How to learn more about it
Reach out to your committee via Facebook, NACADA Resources, appreciativeadvising.net
I COMMIT TO...

"Creating and fostering safe spaces for students to dream"

"Research and pursue the Appreciative Advising certification process"

"Encouraging my office to think about what we produce and how do we deliver for our students"

"Appreciative referrals, creating a warm hand-off for students to develop meaningful relationships with other staff members"

"Using a variety of questions with students, giving myself more time to have deep conversations and be curious, and sharing the Appreciate Advising framework"

"Acknowledging big and small accomplishments of my students and having them set new goals and expectations often"

fau.edu/oae
Before the work can begin we need to disarm ourselves
- Give permission to begin this work
- Like we do in our offices, create a space that disarms you
- Is this work something that can be added to your work schedule. Talk to your employer about it
- We need to make time and space for this work, that is the first step.
Discover - Roberta

Strengths based story reconstruction

• Creator instead of victim language

• Affirm, rephrase, summarize “I’m impressed by...”

• What are your strengths? makes you unique?

When you start to feel down or you are facing a challenge, remind yourself of those unique strengths

Dream - Cara

- Powerful or inspirational images or mantras can help you dream
- Motivation helps us to work towards a dream
  - What is one attainable and realistic goal that you are working toward?
  - How can you reach this dream?
- Think about how the discover phase can guide the dream phase
- When we “return” to normal or create our new normal, which parts of your normal are worth rushing back to?
  - How can this help you dream?
Create a plan to achieve dreams & goals
Prioritize
  ○ Short-term vs. long-term goals
  ○ Maslow’s hierarchy of needs
Focus on what you can control
Make sure it’s sustainable
Reach out to others
- It is time now to action your plan!
- What supports do you need in order to help you put your plan into action?
- What roadblocks might you see coming up and how can you overcome them?
- Who is on your side? When things get tough, who is there to motivate you?

THE MOTIVATION EQUATION

\[ M = \frac{(E \times V)}{(I \times D)} \]
- Not Everything is cancelled
- Like a virtuous cycle
- Focus on sun and love and kindness and conversations
- Self-compassion
- Website with exercises by Kristin Neff
- Loving kindness meditation by Jon Kabat-Zinn
Breakout Groups

- An opportunity to connect with your peers
- Self managed groups
- Participation is not mandatory
- We will be using a google doc to help track everyone’s notes
- After 15 mins we will bring the group back for a wrap up
Questions for Breakout

- What does your self care space look like?
- In an ever changing world, how are you creating consistency?
- When you do come up against roadblocks, who do you turn to?
- What is not cancelled?
- What are some self care messages, images, quotes that inspire you?
Final Wrap Up

Questions?

Please let us know how we did in our Survey!