Advising Community for Well-Being & Advisor Retention

AUGUST 2020

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UPCOMING EVENTS

Join Us Online
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VIRTUAL

Conference Info
Press Release

NACADA ANNUAL CONFERENCE
October 5-8, 2020

Share goals to discuss at the annual conference business meeting for WBAR to work on this year!
Click Here!
FEATURED WEB EVENT

Redefining the Mid-Level: How Can We Retain Academic Advisors?

November 5, 2020

Click Here to Learn More About This and Other Web Events
What made you decide to join the steering committee? As a member of the Academic Advisor Wellness and Retention Advising Community, I hope to help colleagues in the profession. Wellness is an important work initiative since we all neglect our self-care at times. We should all follow Randy Pausch’s quote, "Put on your own oxygen mask before assisting others."

**How do you ensure your own well-being?** By getting out to work in my garden, look for/cooking new recipes, walking/visiting neighbors, socializing weekly with my church life group, gratitude journaling, using an elliptical machine at home, swimming at the YMCA, maintaining hobbies - restoring antique furniture, quilts.

**What keeps you in advising?** I love advising and helping young adults achieve their future aspirations. My mantra comes from Bloom, Hutson, He (2015), "We truly believe that we are honored to work in higher education as an academic advisor because there can be no better business than helping people achieve their hopes and dreams."

"Put on your own oxygen mask before assisting others."
What made you decide to join the steering committee? I wanted to be a part of a community that recognizes the need for self care in advising and is unafraid to talk openly and honestly about situations that require us to engage in self care.

How do you ensure your own well-being? Currently, my wellbeing strategies are taking short walks in the mid morning to take a break from my screens, regularly exercising, and experimenting with new recipes in the kitchen. And of course, quality time with my husband and cats!

What keeps you in advising? What keeps me in advising is knowing that advisors or student support specialists often provide students with an anchor to the school, a place to be heard and respected, and a place of helping. I've had so many opportunities to see this firsthand and really enjoy being a part of a student's journey.

"I wanted to be a part of a community that recognizes the need for self care in advising"
This month, I want to share two TED talks with you.

Do you have a resource to share? Please add it to our resource catalog!

Brittany Packnett - How to Build your Confidence and Spark it in Others.


Brittany discusses that confidence requires three things: Permission, Community & Curiosity.

Susan shares how "life's beauty is inseparable from it's fragility" and how "discomfort is the price of admission to a meaningful life."
01 Join the WBAR Facebook Group

02 Read & Share Resources

03 Volunteer & Get Involved