ADVISING COMMUNITY FOR WELL-BEING & ADVISOR RETENTION

NEWSLETTER
JUNE 2020

Save the Date

INTRODUCTIONS TO THE NEW ADVISING COMMUNITIES

Thursday July 23
See the Upcoming Events page for details!

JUNE
WELCOME TO YOUR WBAR COMMUNITY

IN THIS ISSUE
• Member spotlights
• Upcoming Events
• Resource Spotlight
• Annual Conference
• Stay connected to WBAR!
What made you decide to join the steering committee? As a success coach, it’s important to connect with other academic advisors/coaches to share our challenges and thoughts/ideas, relating to self care as advisors so that we can promote wellness and success to our students. Only when we as advisors feel self-fulfilled that we can help each other and our students. We need to learn from ourselves how to promote self care, self wellness in order to understand how to share this wellness/success ideas with our colleges and students.

How do you ensure your own well-being? I set aside time for self-care during the day, to write in my journal, read, exercise, and play violin. Also, I enjoy collaborating with other NACADA advisors to learn from and support one another.

CHANDA WALTER

Co-Chair, Innovative Practice-Students

What made you decide to join the steering committee? I am very passionate about well-being and how to incorporate that as an academic advisor for the student’s I advise. I also feel it is important for advisors/staff to utilize well-being to keep a positive mindset. In general, it is critical to practice well-being to feel healthy and live a good life.

What keeps you in advising? Knowing that I have made a difference by helping students really keeps me going. Whether it is encouragement from me, connecting students to resources, guiding them with decisions, or helping them achieve their accomplishment of completing a degree gives me the satisfaction to keep working as an academic advisor. Student success is a priority to me.
**UPCOMING EVENTS**

**Events**

MARK YOUR CALENDAR!

**JUNE 24**
The Social Justice Advising Community is hosting a web event titled, *Social Justice in the Age of a Pandemic.*

**JULY 17**
At 1PM EDT, our AC will be hosting a web event on Gratitude. Di Dingman will share research on the practice of gratitude and how it can cultivate wellbeing for advisors.

**JULY 23**
At 2PM CDT, WBAR Chair Kacey Gregerson will be doing an introduction to this AC with the other two new NACADA Advising Communities titled, *The New Kids on the Block: Meet the New ACs.*
Check out this blog that addresses how to center self-care in social justice movement work

**SELF-CARE STRATEGIES FOR SURVIVAL: SUSTAINING ONESELF IN SOCIAL JUSTICE MOVEMENTS**

by Lauren Lofton

Check out this virtual session presented by WBAR Steering Committee Member Lizzy Harmon.

Topics include:
- What is self care?
- Advising & self care
- Self care strategies
- And more!
You may register now for the NACADA Annual Conference.
October 4-7

PURTO RICO

See you in San Juan!

NACADA ANNUAL CONFERENCE

No Student is an Island: The Rich Port of Advising and Connection
01 Join the WBAR Facebook Group

02 Read & Share Resources

03 Volunteer & Get Involved