Hello May

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A NOTE FROM THE CHAIR

FILL YOUR CUP

WELCOME TO THE MAY 2021 WBAR NEWSLETTER!

WBAR Community:
I have felt very challenged by this semester, and I know others have felt that way as well. It’s been an overwhelming year in so many ways, and I sincerely hope you are able to find ways to fill your own cup.

Kacey Gregerson
Chair, Well-Being & Advisor Retention Advising Community
UPCOMING EVENTS

MAY 27
2:00 PM CENTRAL TIME
Munch & Learn Panel,
"Returning to Campus"

Zoom Pre-Registration Required

JUNE 3
2:00 PM CENTRAL TIME
Discussion
"Advising Post-COVID: We can't go back to 'normal'"

Zoom Pre-Registration Required

JUNE 14
12:00 PM CENTRAL TIME
Book Club
"The Body is Not an Apology: The Power of Radical Self-Love"
by Sonya Renee Taylor

Zoom Pre-Registration Required
"Radical self-love starts with the individual, expands to the family, community, and organization, and ultimately transforms society. All while still unwaveringly holding you in the center of that expansion" (p. 22)
What made you decide to join this Advising Community?

As like most people, I'm juggling many hats in my professional career: academic advisor, supervisor, assistant director, faculty supporter, diversity trainer, the list goes on. My personal life is also impacted: family, motherhood, etc. I feel stretched and thinned from it all. I want to be whole again and this community helps.

How do you ensure your own well-being?

I take mini breaks between virtual meetings to stretch, grab a cup of coffee, or a snack. Some days I'm able to do that, other days I don't. When I have a particularly busy day of back-to-back meetings, I have coloring pencils and coloring sheets at the ready to help me relax.

What keeps you in advising?

My students. They all come from various countries and backgrounds. It's always interesting to hear their experiences and their life goals, and to support them in achieving their goals is amazing.
WE INVITE YOU TO
Introduce yourself to other WBAR members!

Fill out this form, and we'll highlight you!
01 Join the WBAR Facebook Group

02 Read & Share Resources

03 Volunteer & Get Involved
previous editions available