Hello! This is the March Newsletter for the NACADA Advising Community for Well-Being & Advisor Retention!

Upcoming events

- You can now register for the NACADA Annual Conference in Portland, Oregon - October 23-26. The theme is Building Bridges: Honoring our Past, Celebrating the Present, and Preparing for the Future.
  - Thank you to those of you who submitted conference proposals under the Well-Being & Advisor Retention Advising Community! We had 34 proposals submitted under this AC.
  - And, thank you to those of you who read conference proposals for this community - your feedback was valuable and so appreciated.
- Feel Good Friday is coming up on Friday, April 1 at 1PM Central Time. The theme will be physical wellness. Register in advance here.

Items to Note

- You can listen to the first four episodes of our series on the NACADA Presents podcast! There are still two episodes to be released! The episodes include:
  - What is well-being? How do you consider well-being in advising?
  - Gratitude, Positivity & Toxic Positivity
  - Talking with students about their well-being
  - DEI work and well-being
  - Retention and burnout (not released yet)
  - Where do we go from here? (not released yet)

- You may have seen the information going around about NACADA election results - please join me in congratulating Olivia Miller who will be the Chair of the Well-Being & Advisor Retention Advising Community beginning in October!

Resource/Article Highlight

- I'm thrilled to share the article written by Liz Sutton and Olivia Miller (I'm listed, but I should be the third author on it) that was published in Academic Advising Today: From Self-Care to Systemic Change: The Evolution of Advisor Well-Being in NACADA.
- Want more resources? Check out our list and feel free to add your own!

Stay connected to us

- Join our Facebook group.

Warmly,
Kacey

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Kacey Gregerson
Pronouns: she/her
Senior Academic Advisor, University of Minnesota - Twin Cities*
Chair, Advising Community for Well-Being & Advisor Retention
Communications & Awards Chair, Region 6

*Land Acknowledgement: The University of Minnesota - Twin Cities is on Dakota Land.
Hi Kacey,

I'm no longer working in academic advising but still like reading these updates and was so excited to see Lucy and my 2019 presentation cited in your article!! Thank you for continuing to do this great work around advisor wellbeing.

Best,
Krisn

Kacey Gregerson
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Land Acknowledgement: Amundson Hall is on Dakota Land.
assault support center on campus while I work on opening a stationery store. I am a classic "the pandemic made me rethink everything about my work life" case but I'm really excited about these next steps. I can send you the link to my online store once it's up next month if you're interested! I'll move into a brick and mortar this summer.

Take care,
Kristin

From: Kacey Gregerson <kgregers@umn.edu>
Sent: Wednesday, March 23, 2022 2:15 PM
To: Lang, Kristin <kristin-lang@uiowa.edu>
Subject: Re: [External] [ADVWELLNESS] Well-Being & Advisor Retention March Newsletter

Congratulations! That's fantastic - I'd love to have the link to your store!

Kacey Gregerson <kgregers@umn.edu>
To: "Lang, Kristin" <kristin-lang@uiowa.edu>