

Hello and welcome to the December edition of the Well-Being & Advisor Retention newsletter! The end of the year is in sight; I hope you are able to rest and recuperate soon.

Upcoming Events

Resource/Article Spotlight

Stay connected to us

Upcoming Events/Opportunities

- Mark the first Friday off on your calendar from 1PM - 2PM Central Time for **Feel Good Fridays** beginning in January! January will be an informal opportunity to talk and share with other advising colleagues. Want to join us? [Sign up here](#).
- The Well-Being & Advisor Retention AC will be hosting a podcast series beginning in January! We'll be taking over [NACADA Presents](#) with six episodes. Make sure to listen along. And if you haven't listened to the series by the First Generation Students AC, have a listen - it's really interesting!
- Check out the [Call for Authors](#) for the International Perspectives book. Nominations are being accepted through **January 2, 2022**. Check out the link for more information.
- NACADA is also seeking volunteers to review *The New Advisor Guidebook: Mastering the Art of Academic Advising, 2nd Edition*. **Interested in volunteering, contact Ashley Thomas (ashleythomas@ksu.edu) by February 1, 2022.**

Resource/Article Highlight

- Many of us are back on campus, and there was a lot of discussion about student mental health before the collective trauma that the COVID-19 pandemic brought. This article was also helpful in thinking of little things that we can do to help students: ['Heart-Pounding' Conversations: Professors Are Being Trained to Spot Signs of Mental-Health Distress](#).
- Want more [resources](#)? Check out our list and *feel free to add your own!*

Stay connected to us

- Join our [Facebook group](#).

Warmly,
Kacey