



MARCH UPDATE



Spring breaks, conference, and heavy advising season is here! We got this!

MARCH HIGHLIGHTS

- Save the dates and for our upcoming joint Career/Liberal Arts Advising Community March chat and April Tuesday Talk
- Consider what it means to find balance in your advising strategies and with your students
- Get more involved with NACADA through Regional or Annual Conferences

RSVP FOR OUR MARCH and APRIL ONLINE CHATS

MARCH ONLINE CHAT – *Reflecting on the New Normal: Helping Students Reflect on Academic and Career Goals using Flipped Advising* featuring a panel discussion

A joint conversation with the Liberal Arts and Career Advising Communities. Flipped Approach to career and academic advising... are you curious about where to begin? This approach can be used to challenge students' beliefs and awareness of career information. Discussion focused on the reflective questions in the Flipped Approach. The event will provide a brief overview of some advising and career advising models. Then a brief overview of using set induction exercises in a Flipped Approach. This approach can be used to challenge students' beliefs and awareness of career information.

Universities are increasingly looking at methods of encouraging students to declare majors earlier. Planned Happenstance Theory advocates that to remain undecided is to respect that one may not have all the data. While Krumboltz's theory of planned happenstance was originally developed for career counselors, this talk will connect it to recent advising research and emphasize its relevance as an advising framework, one which encourages us to consider the role of unplanned events in students' learning and decision making.

- **Event Info:** Tuesday, March 8th | 4:30-5:30PM EST / 3:30-4:30PM CST / 2:30-3:30PM MST / 1:30-2:30PM PST
- **Register for the chat:** [Meeting Registration - Zoom](#)
After registering, you will receive a confirmation email containing information about joining the meeting. Save this information!

- [Facebook event link](#) (still need to register to receive zoom link)

APRIL ONLINE CHAT –*What will you do with that major? Empowering Exploratory Students*
Presented by: Ann Colgan and Kate Shellaway

Students often hesitate to choose desired majors, uncertain of marketability. Students in liberal arts may spend energy justifying choices or change their minds because of external pressures. In this talk, we will discuss factors that contribute to students' hesitancy regarding majors, explore efforts to educate students about the merits of their preferred fields, and develop tools to assist students in merging major and career goals to produce an “elevator speech” projecting robust defense of their choices and confidence in their futures.

- **Event Info:** Tuesday, April 5th | 3:00-4:00PM EST / 2:00-3:00PM CST / 1:00-2:00PM MST / 12:00-1:00PM PST
 - **Register for the chat:** [Meeting Registration - Zoom](#)
After registering, you will receive a confirmation email containing information about joining the meeting. Save this information!
 - [Facebook event link](#) (still need to register to receive zoom link)
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LET'S TALK LIBERALLY – *Advising Strategies: Where is the balance? Contributor: Matt Waller, Kennesaw State University*

Students can get very fixated on having the right major, thinking that they may not get “the right job”. Conversely, they may have no clue what careers are best suited to their major. Both of these ways of thinking can create undue stress for students in the Liberal Arts.

One of my life mottos which influences my advising philosophy is “Life is Balance”. For students focused on careerism or for those who may be wandering aimlessly toward graduation, I like to lead the conversation to a less stressful place with regards to the nebulous idea of a career.

- A Job vs. a Career
 - a. I've spoken to many students who think that their first job out of college has to be perfect in all ways—right salary, in the right location, at the right company, etc. I try to have them see that, realistically, they may be employed for a few years in a job(s) that pays the bills where they learn the skills of showing up and learning 'work culture'. This is what I call a job. For those students with little direction career-wise, I focus on getting them to see that the jobs they take in the years just after college may not relate to their major at all. Moreover, the skills they learn along the way can and should be getting them closer to a place of fulfillment in what they do for a living. This is what I call a career, that place where the skills you've learned gels (for many of us, that's Higher Education).
- Planned Happenstance*
 - a. I realize this is a popular buzzword, but Dr. John Krumboltz' (Stanford University) framework fits well with the idea of “Life is Balance”. On one end of the spectrum, I can be manic about getting all the right skills, and on the other, I can be a bump on a log and do nothing to improve myself. Planned Happenstance envisions each of us preparing for potential next steps while “going with the flow”.

Because non-traditional students typically don't have the experience that time in a job/career brings, they need our stories. How we got to our current jobs hopefully can let them see that there are few straight lines from Point A (college) to Point B (a fulfilling career).

More Reading:

For more background on Planned Happenstance with regards to the Liberal Arts, check out this Academic Advising Today article by Paula Landon and W. Kerry Hammock: <https://nacada.ksu.edu/Resources/Academic-Advising-Today/View-Articles/Planned-Happenstance-Preparing-Liberal-Arts-and-Social-Science-Students-to-Follow-Their-Hearts-to-Career-Success.aspx>

THINGS TO DO—NACADA Upcoming Events

- **Be featured as our Member Highlight! Link:** <https://forms.gle/XsfV97QfMSZ5n5Pv9>
- **Attend your upcoming regional conference!** - (Registration is open)
 - Region 1: March 9th-11th in Mystic, CT
 - Region 2: March 7th-9th in Norfolk, VA
 - Region 4: April 10th-12th in Atlanta, GA
 - Region 5: May 2nd-4th in Indianapolis, IN
 - Region 6: May 4th-6th in Fargo, ND
 - Region 7: March 14th-16th in Lawrence, KS
 - Region 8: May 25th-27th in Victoria, British Columbia
 - Region 9: March 16th-18th in Orange, CA
 - Region 10: May 15th-17th in Albuquerque, NM
- **Join our Facebook group:** <https://www.facebook.com/groups/NACADALiberalArts>
- **Invite other liberal arts advisors to join the listserv:** <https://nacada.ksu.edu/Community/Advising-Communities/Liberal-Arts-Advisors/Listserv.aspx>

I hope y'all are starting to feel settled in a new semester. If there are things you would like to see discussed in our community or in our newsletters, please reach out to me. We are always looking for new ideas!