



Kacey Gregerson <kgregers@umn.edu>

Well-Being & Advisor Retention January Newsletter

1 message

Kacey Gregerson <kgregers@umn.edu>
 To: Kacey Gregerson <kgregers@umn.edu>
 Bcc: ADVWELLNESS@listserv.ksu.edu

Fri, Jan 14, 2022 at 11:11 AM

Hello and welcome to the January Well-Being & Advisor Retention newsletter! January has given us all a flood of challenges already, so I hope that you're able to do what you need to do for yourself.

Upcoming Events

Resource/Article Spotlight

Stay connected to us

Upcoming Events/Opportunities

- Looking for a way to get involved in the NACADA Annual Conference from the comfort of your home/office? We'd love to have your help [reviewing proposals](#)! Readers will review proposals from **February 25 through March 14**. [Sign up here](#).
- Have you *heard?* (I crack myself up) We're working on a podcast series through [NACADA Presents](#), and the first episode is now available! You can also listen through [Spotify](#).
 - The first episode is titled *What is well-being? How do you consider well-being in advising?* Future episodes include: *Gratitude, Positivity & Toxic Positivity; Students & Well-being; DEI & Well-Being; Advisor Retention and Burnout; Where do we go from here?*
- Thank you to those of you who joined us at the first *Feel Good Friday* of 2022! Mark your calendar and sign up for the next one: **February 4 at 1PM Central Time**.
- Join us for a panel discussion: *Returning to Campus: Advisor Love (from students, campus and yourself!)* on **February 14 at Noon Central Time**.
- 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

- With the start of the year, many people consider resolutions that often have to do with weight. Check out this podcast from NPR Life Kit - [Diet culture is everywhere. Here's how to fight it](#).
- Want more [resources](#)? Check out our list and *feel free to add your own!*

Stay connected to us

- Join our [Facebook group](#).

Warmly,

Kacey

--

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.*