



Kacey Gregerson <kgregers@umn.edu>

Well-Being & Advisor Retention March Newsletter

5 messages

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

Wed, Mar 23, 2022 at 11:18 AM

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

--

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.*

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

Wed, Mar 23, 2022 at 1:39 PM

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,
Kristin

From: Advising Wellness Advising Community <ADVWELLNESS@LISTSERV.KSU.EDU> on behalf of Kacey Gregerson <000002dd954271b5-dmarc-request@LISTSERV.KSU.EDU>
Sent: Wednesday, March 23, 2022 11:18 AM
To: ADVWELLNESS@LISTSERV.KSU.EDU <ADVWELLNESS@LISTSERV.KSU.EDU>
Subject: [External] [ADVWELLNESS] Well-Being & Advisor Retention March Newsletter

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

Wed, Mar 23, 2022 at 2:15 PM

Thanks so much, Kristin! I am sad to hear you're no longer advising - which area are you in now? Your presentations were invaluable for me at Annual Conferences!

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--

Kacey Gregerson
Senior Academic Advisor
Pronouns: she/her

University of Minnesota
[Department of Chemical Engineering & Materials Science](#)
151 Amundson Hall | 421 Washington Ave. SE
Minneapolis, MN 55455

Phone: 612-626-5762
[Schedule an appointment](#)

Land Acknowledgement: Amundson Hall is on Dakota Land.

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

Wed, Mar 23, 2022 at 2:24 PM

Hi Kacey,

That is so kind- researching those topics and doing those presentations with Lucy is something I will miss a lot, but I actually left higher ed! I have my Iowa email still because I'm doing some temp work for the sexual

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

[Quoted text hidden]

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

Thu, Mar 24, 2022 at 9:08 AM

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