



Kacey Gregerson <kgregers@umn.edu>

September Newsletter

1 message

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To: ADVWELLNESS@listserv.ksu.edu

Hello and welcome to the September edition of the Well-Being & Advisor Retention newsletter! I hope you are all doing well.

This is a bit more delayed than what I usually want, but my September has been really challenging. Some of you likely saw on Facebook, but my father-in-law passed away in early September from pancreatic cancer. Mike was a great guy - as a more introverted person, I appreciated that he was okay with just enjoying the sounds of his family around him. Knowing that there has been tremendous loss for everyone in the past year (whether family, friend, or acquaintance), please remember to take care of yourself as I know you are all caring for others.

We'll highlight the following:

Upcoming Events

Member spotlight

Resource/Article Spotlight

Stay connected to us

Upcoming Events/Opportunities

- **We are seeking steering committee members!** If you've been wanting to deepen your involvement in the Well-Being & Advisor Retention AC, now's your chance! [Fill out this form before October 15](#). Specifically, we're looking for three people to help in the following areas:
 - Innovative Practice - Advisor: *Focus on new/emerging practices in incorporating wellness/well-being into an advisor's work, contributing to staff retention/success.*
 - Innovative Practice - Students: *Focus on new/emerging practices in incorporating wellness/well-being into the advising relationship, contributing to student retention/success*

- Regional Liaison Lead: *Work with regional liaisons to encourage wellness/well-being in their regions and to make sure the AC is responsive to regional needs*
- **The NACADA Annual Conference** is coming! Check out our AC sponsored sessions and join us at our business meeting:
 - **Live Long and Prosper: Advisor Longevity and Community** - presented by Shari Lindsey (10/7 from 1PM - 2PM)
 - **When Groundhog Day Finally Ends: Finding Perspective in the Pandemic to Move Forward** - presented by Amy Collins-Warfield (10/8 from 10AM - 11AM)
 - And our **business meeting!** We'll meet on 10/8 from 4:30PM - 5:30PM.
 - There are several other presentations at NACADA that will discuss health/well-being - make sure to check them out!
- Make sure Well-Being & Advisor Retention is one of your **four Advising Communities** that you are a member of! We will be voting for a new chair of this AC in the coming year - but you must be a member to vote!
 - Login to NACADA. And then hover over "Member Services," and go to "My Profile."
 - At the top, click on "My Advising Communities."
 - Click "edit" to change your four ACs.
- **Interested in running for chair?** Learn more here - also feel free to send me an email with questions.
- Interested in leading a Coffee Chat? Or joining us for one? Share your book recommendations (or "upvote" your favorites), and note if you would like to lead one [here](#).

Get to know...You!

Let's meet some members of our Community! Meet **Ashley Moir!**



Pronouns: she/her/hers

Institution: University of Texas at Austin

Role: Associate Academic Advisor

What made you decide to join this Advising Community?

I found myself experiencing burnout a few years ago and was looking for ways to manage it. I joined this group to stay on top of resources for preventing and managing burnout.

How do you ensure your own well-being?

I check in with myself about my workload and how I am feeling. I make sure to get outside every day and at least take a walk. I also look to my co-workers for group camaraderie and stress relief.

What keeps you in advising?

The students, they are amazing and wonderful. It's rewarding helping them out in their moments of panic and stress and then celebrating their achievements with them.

Do you want to meet/introduce yourself to other Well-Being & Advisor Retention members? [Fill out this form and we'll highlight you!](#)

Resource/Article Highlight

- [The Importance of Mourning Losses \(Even When They Seem Small\)](#) from NPR: [Lifekit](#). I think this is a really important listen, especially right now. Some of the students entering college are mourning that they didn't have a prom, or a typical senior year. And we are mourning changes as well.
- 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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Communications & Awards Chair, Region 6



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

