

Hello! This is the **April** Newsletter for the NACADA Advising Community for Well-Being & Advisor Retention!

For some comedic relief...



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For all the people that think they are bad at responding to emails:
I emailed a professor 12 years ago asking about source recommendations for a paper I was writing for a class during my undergrad. He replied to my email TODAY.

Upcoming events

- **Return to Campus - Engaging the Mid-Level Practitioner** - Monday, April 25th at Noon Central Time. Register in advance [here](#).
- **Feel Good Friday** is coming up on **Friday, May 6 at 1PM Central Time**. The theme will be financial wellness. Register in advance [here](#).
- 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*.

Items to Note

- You can listen to our entire series on the [NACADA Presents](#) podcast! You may also listen on Amazon Music and Spotify.
 - *What is well-being? How do you consider well-being in advising?* (panelists: Lizzy Harman, Edna Renee Macbeth, Olivia Miller)
 - *Gratitude, Positivity & Toxic Positivity* (panelists: Di Dingman, Siobhán Ní Dhonacha, Liz Sutton)
 - *Talking with students about their well-being* (moderated by Jake Rudy; panelists: Di Dingman, Martha Lance, Amy Sosanko, Liz Sutton)

- *DEI work and well-being* (moderated by Edna Renee Macbeth; panelists: Ariel Collatz, Casse Jaquez, Janelle Hannah-Jefferson, CJ Venable)
- *Retention and burnout* (moderated by Becky Helms; panelists: Banks Blair, Lizzy Harman, Gregory Mason, Olivia Miller)
- *Where do we go from here?* (panelists: Lizzy Harman, Edna Renee Macbeth, Olivia Miller, Liz Sutton, and special guest Kyle Ross, NACADA President)
- 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 just finished the book [*Bittersweet: How Sorrow and Longing Make Us Whole*](#) by Susan Cain. Cain has a chapter titled "Winners and Losers" and in it she interviews students at Princeton (her alma mater), as well as an on-campus therapist. The students talk about "effortless perfection...masking any signs of loss, failure, or melancholia." Have you read it? I'd love to hear your thoughts!

Stay connected to us

- Join our [Facebook group](#).