



Advising Community on Graduate & Professional Students

Newsletter June 2021

WHO WE ARE

The community comprises professionals who advise post-baccalaureate students. We welcome all who work with traditional graduate students, professional degree seekers, adults returning for advanced degrees or certificates, and alternatively delivered and structured graduate and professional programs. Small in size but great in commitment, our community provides a mutually supportive context for discussion of issues particular to serving these student populations. Ongoing projects include encouraging discussion of pertinent topics on our listserv, providing resources to help advisors help students, and increasing our presence at national and regional meetings.

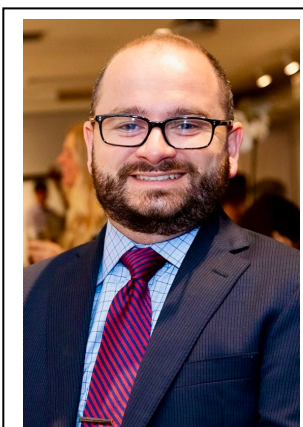
Welcome to the June issue of the GPS Newsletter!

The last year and a half was unprecedented. As advisors, we were called upon to go above and beyond for our students under difficult circumstances as we transitioned to remote instruction. Now, many of us are heading back to in-person work. In light of this, we want to encourage each of you to take a breather for yourself, for reflection, recharging, and rejuvenation. With that said, we are going to take pause on the newsletter for July 2021, and come back strong in August 2021.

PUBLICATION SPOTLIGHT

This month's spotlight comes from a post written by Dr. Ilene Berns-Zare for *Psychology Today*. The post, titled "21 Ways to Help Yourself Get Unstuck Today," acknowledges the need to sometimes take a "mindfulness pause" for yourself. That pause, in the long run, can actually help us to live more in the present and gain focus in our personal and professional lives. The post gives readers some simple ways to start the practice of pausing and mindfulness to work towards making this a regular practice in your life. You can get started by checking out the post [here](#).

MEMBER HIGHLIGHT



Dr. Michael Cersosimo,
Loyola Marymount University

Hello! My name is Michael Cersosimo. I am an academic advisor in the School of Education at Loyola Marymount University (LMU) in Los Angeles, CA. I advise graduate students in our 4+1 Educational Studies, Counseling, Higher Education, and School Psychology programs. I also advise undergraduate students in our teacher preparation program. I have been working at LMU since 2012. I earned my MA in Guidance and Counseling from LMU and never left! I also have an EdD in Educational Leadership from the University of Southern California. I have been a NACADA member since 2016, but have become much more active the last few years.

Most of my advising experience is working with undergraduates, but in January 2020, I started to work with graduate programs. I really enjoy working with both populations, but it is interesting seeing the differences between the students. I feel like there are some gaps in the graduate experience and services, which became even more

apparent during remote learning this past year. These were some of the reasons that led me to successfully run for the NACADA Region 9 Graduate Advising Coordinator in October 2020.

In this role, I am hoping to launch some programming and professional development for graduate advisors in Region 9 (other regions welcome) in the upcoming academic year. I am very open to ideas of what NACADA members want, so let me know if you have any ideas or even want to collaborate. I am happy to meet to discuss more.

In my free time, I volunteer at arts education nonprofit, Venice Arts, mentoring low-income youth in filmmaking classes. I also enjoy running marathons, listening to the Beatles, and spending time with my niece and nephew. If you want to connect to discuss graduate advising initiatives and professional development for NACADA Region 9 or anything else, feel free to email me at michael.cersosimo@lmu.edu.

PROFESSIONAL OUTSIDE RESOURCE

We can all use some stress relief! The American Psychological Association (APA) has a wealth of resources on what stress is, the effect it has on our minds and bodies, and research-proven ways to manage it. You can find more information on the APA website at <https://www.apa.org/topics/stress>.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Based on member feedback, the Steering Committee decided to cancel the June 2021 GPS talk. Instead of a formal event this month, we encourage you to keep the time on your calendar to do something that recharges or refreshes you. We will be back in September 2021, and are seeking ideas on the topic.

REGION SCHOLARSHIPS

Some Regions offer Annual Conference Travel [Scholarships](#). NACADA members in Region 4, Region 7, Region 8, Region 9, and Region 10 may apply; the deadline is 11:59 p.m. CDT, Wednesday, June 30.

CONSIDERING DOCTORAL WORK IN ACADEMIC ADVISING?

The next cohort of the Ph.D. in Leadership in Academic Advising at Kansas State University will begin in the summer of 2022! Applications are due on December 1, 2021. A series of information sessions will be held over the next few months (recordings will be available for those registered):

- #3 - Monday, June 28 at 1:00 pm Central Time:
<https://ksu.zoom.us/meeting/register/tJAqfu2prjggGtxKpZPpls3OWLhNHBB6bodP>
- #4 - Friday, July 9 at 1:00 pm Central Time:
<https://ksu.zoom.us/meeting/register/tJAqfuGprzMuHtYundgPRPHQD1fybpE4NfsG>

For complete information, go to: <https://online.k-state.edu/programs/leadership-academic-advising-doctorate/> .

If you have questions about either of these opportunities, please contact Wendy Troxel at wgtroxel@ksu.edu.



WRITING FOR PUBLICATION

NACADA Journal

Have you published that great research project that you are working on in academic advising? The *NACADA Journal* is currently seeking submissions for upcoming issues! For more information and submission guidelines/instructions, visit the [NACADA Journal website](#).

NACADA Review

This scholarly journal puts theory-based application at center stage. Visit the [NACADA Review website](#) for more information and submission guidelines/instructions. There is a Call for Contributors to a Special Edition of the *NACADA Review*. The co-editors and editorial board of the *NACADA Review* are pleased to announce the prospect of a special issue of the *NACADA Review* to highlight scholarship on advising racially and ethnically diverse college students. They invite submissions that explore the interplay between theoretical frameworks and effective practices for advising, teaching, and supporting the learning/success of non-white students.

Questions should be directed to Julie Givans Voller (julie.voller@phoenixcollege.edu), Co-editor; Peter L. Hagen (peter.hagen@stockton.edu), Co-editor; Quentin Alexander (galexand@gmu.edu), Guest Editor; or Ashley Thomas (ashleythomas@ksu.edu), Managing Editor.

Academic Advising Today

Submissions are now being accepted for consideration for the September 2021 edition of NACADA's quarterly ePublication, [Academic Advising Today: Voices of the Global Community](#). Visit the [Publication Guidelines webpage](#) to learn more about the submission process.

Call for Submissions

NACADA: The Global Community for Academic Advising is currently seeking short story submissions for the upcoming pocket guide: ***Advising is Forever: Sharing Stories to Ignite (or Reignite) Your Advising Spirit*** (working title), to be published by NACADA. Please see the full "[Call for Submissions](#)" document for submission details and deadline. As stated in the Call for Submissions, all manuscripts must be submitted with a signed [author agreement](#). The deadline for submissions to be considered is **August 15, 2021**.

Contact Us

Advising Community on Advising Graduate & Professional Students

Current Community Chair:

[Jamie Heck](#), University of Cincinnati

Newsletter Editors:

[Courtney Lewellen](#), Indiana University
[Dawn Loyola](#), University of California, Riverside

Get Connected

Follow us on Facebook:

<https://www.facebook.com/gradadvising/>

Subscribe to our Listserv:

listserv@listserv.ksu.edu

Bookmark our webpage:

<https://nacada.ksu.edu/Community/Advising-Communities/Advising-Graduate-Professional-Students.aspx>

UPCOMING EVENTS

June 22-25, 2021: The 2021 NACADA International Conference will be held virtually June 22-25, 2021. The theme of the conference is "The Advising Odyssey: Empowering Students to Reach their Ithaca." Make the most of your year-end professional development budget by registering for the [2021 International Conference](#); registration closes June 18. Take this opportunity to network and share with colleagues from around the world; enjoy cooking alongside a Greek chef; and listen to Dr. Michael Cosmopoulos, the lead archaeologist for the Iklaina Archaeological Project.

July 20-23, 2021: The 2021 Summer Institute is going Virtual! NACADA is only hosting one Summer Institute this year. It will be held from July 20-23, 2021. Registration is now open! The registration fee for NACADA members is \$400; nonmembers is \$550. [Learn more](#) about the 2021 Summer Institute.

October 6-9, 2021: NACADA's 2021 Annual Conference will be held in Cincinnati, Ohio October 6-9, 2021. The theme of the conference is "Together, All Things Are Possible." [Learn more](#) about the NACADA Annual Conference.

