



NACADA: The Global Community for Academic Advising promotes and supports quality academic advising in institutions of higher education to enhance the educational development of students. NACADA provides a forum for discussion, debate, and the exchange of ideas pertaining to academic advising through numerous activities and publications. NACADA also serves as an advocate for effective academic advising by providing a Consulting and Speaker Service, an Awards Program, and funding for research related to academic advising. Since its founding in 1977, it has grown to more than 13,000 members representing all 50 states and several countries. Members represent higher education institutions across the spectrum of Carnegie classifications and include professional advisors/counselors, faculty, administrators and students whose responsibilities include academic advising.

NACADA functions with volunteer leadership with support from the NACADA Executive Office. Members have full voting rights and elect the national board of directors as well as other leaders within the organization. NACADA is designated by the IRS as a 501(c)3 non-profit educational association incorporated in Kansas.

NACADA Vision

Recognizing that effective academic advising is at the core of student success, NACADA aspires to be the premier global association for the development and dissemination of innovative theory, research, and practice of academic advising in higher education.

NACADA Mission

NACADA promotes student success by advancing the field of academic advising globally. We provide opportunities for professional development, networking, and leadership for our diverse membership.

NACADA Strategic Goals

- Expand and communicate the scholarship of academic advising
- Provide professional development opportunities that are responsive to the needs of advisors and advising administrators
- Promote the role of effective academic advising in student success to college and university decision makers
- Foster inclusive practices within the Association that respect the principle of equity and the diversity of advising professionals across the vast array of intersections of identity
- Develop and sustain effective Association leadership
- Engage in ongoing assessment of all facets of the Association
- Expand the use of innovative technology tools and resources to support the work of the Association

NACADA: The Global Community for Academic Advising

Kansas State University

2323 Anderson Ave, Suite #225 Manhattan KS 66502-2912

Ph: (785) 532-5717 | Fax: (785) 532-7732

Email: nacada@ksu.edu | Website: www.nacada.ksu.edu



**Coming Together:
Empower, Engage, Energize**

NACADA Region 8 Annual Conference

**Calgary, Alberta
March 7-9, 2019**

Even Einstein's mother probably cried at freshman orientation.

College is a big step for everyone.

Luckily, students that strive for excellence can thrive among a network of nearly two million students and alumni as a member of The National Society of Collegiate Scholars, the nation's premier honor society for high-achieving first- and second-year students.

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The National Society of Collegiate Scholars is a 501c3 national nonprofit, certified by the Association of College Honor Societies requiring scholastic eligibility for membership, and certified FERPA compliant by the American Association of Collegiate Registrars and Admissions Officers.



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Welcome from the Conference Co-chairs



Shea Ellingham



Rasha Tawfik

We welcome you to Calgary 2019! The Region 8 conference committee has been working to make this conference a memorable professional development experience. Whether you are joining us locally or internationally, we hope that you will take the time to enjoy our beautiful city and province with your colleagues while you are here.

Our conference theme is **Coming Together: Empower, Engage, Energize**. We wanted the theme to connect to the physical location of Calgary, situated at the foot of the Rocky Mountains, at the confluence of the Bow and Elbow Rivers, where Southern Alberta demonstrates how distinct geographical formations really do come together. We also wanted to recognize the connection between colleagues who work in diverse roles and schools throughout our region, and to acknowledge the unbeatable work that advisors do, to support students and one another through sharing expertise and best practices. We felt that this theme best encapsulates the goals of our Region -- providing professional development opportunities for a diverse population to learn from one another, and inspire each other in the work that we do the help our students succeed. This region conference will prove that when we engage and come together, we actually empower and energize each other and our students.

Our Hospitality committee has partnered with Tourism Calgary to assemble some fabulous tours and bus trips to help you make the most of your time in Calgary and the surrounding area. Please check out this website to help you plan your conference experience: <http://choosecalgary.ca/2019nacadar8/>. And if you are from Calgary, or Alberta, you know that there is so much to enjoy regardless of the various weather conditions that we might have!

We could not have embarked on planning this conference without being confident in the wonderful conference steering committee we have. Allison, Steve, Kirsten, Julie, Carmen, Leslie, Bri and Laura – you all have been amazing and the power and passion you have put in this conference is outstanding!

We can't promise you warm weather in Calgary in March, but we will more than make up for that with our warm hospitality. We can't wait to show off our city and we hope that you will meet new friends, share in new ideas and return to your home institutions re-energized and enthusiastic about the invaluable work that you do.

Region 8 is great, we hope you thoroughly enjoy your 2019 conference!

Shea Ellingham & Rasha Tawfik
Region 8 Conference Co-Chairs

Welcome Conference Exhibitors!

Visit our Conference Exhibitor tables throughout the conference in the Foyer. Representatives will be available throughout the conference to discuss their amazing opportunities.

CONTINUING EDUCATION
Certificate in Career Development and Academic Advising



“The learning validated the knowledge I gained through work experience, and helped me formalize my process with clients.”

Nilam Poudyal, Graduate Certificate in Career and Academic Advising

conted.ucalgary.ca/advising



Certificate in Career Development and Academic Advising, University of Calgary Continuing Education

The program aligns with the education eligibility standard for the CCDP designation and is intended for practitioners working with career, employment, or immigration agencies, and for academic and student services staff.



Athabasca University

Athabasca University is **Canada's first and largest Distance University**. We are a comprehensive institution in Canada and offer over monthly 850 course starts. We became the first Canadian public university to receive accreditation in the United States, through the Middle States Commission in 2006 and offer over 70 programs from undergraduate to doctorate level.



Global Innovation Exchange, University of Washington

The Master of Science in Technology Innovation teaches the skills needed to take an innovation from concept to launch. For students interested in developing a global perspective, we offer a dual degree that combines the MSTI with a Master of Engineering in Data Science & Information Technology at Tsinghua University. For more information, go to gixnetwork.org.

Thank you to our Platinum Level sponsors!



Thank you to our Bronze Level sponsors!



2019 Conference Planning Committee

Leah Panganiban

University of Washington
Region Chair

Shea Ellingham

Mount Royal University
Conference Co-Chair

Rasha Tawfik

University of Calgary
Conference Co-Chair

Branding & Publicity

Allison Ramsing
Washington State University -
Vancouver

Facilities & Technology

Shea Ellingham
Mount Royal University

Steve Mason
University of Calgary

Hospitality

Kirsten Varsek-Ison
University of Calgary

Jennifer Eigard
University of Alberta

Anglea Flanagan
SAIT

Lynn McKenna
SAIT

Marggeri Pilao
SAIT

Kelly Kay Spurlock
University of Calgary

Dina Taher
University of Calgary

Lies Thompson
University of Calgary

Keynote Selection

Julie Naylor
University of Alberta

Jennifer Eigard
University of Alberta

Jennifer Logan
University of Calgary

Janine Mayers
University of Victoria

Cheryl Meladoost
Mount Royal University

Laurel Smith
Alberta University of Arts

Dina Taher
University of Calgary

Promotion & Branding

Carmen O'Callaghan
Mount Royal University

Proposals

Lesley Gerein
University of Calgary

Apolo Aguirre
Oregon State - Cascades

Heather Ansari
Mount Royal University

Gina Bolin
City University of Seattle

Elizabeth Bullers
University of Idaho

Susan Corner
University of Victoria

Kate Elias
Seattle University

Amy Eyben
Lethbridge College

Patrick Fernandez
Highline College

Deanna Gonnely
Lethbridge College

Sarah Kylo
Oregon State University

Jennifer Logan
University of Calgary

Janine Mayers
University of Victoria

Cathlene McGraw
Boise State University

Allison Ramsing
Washington State University -
Vancouver

Dina Taher
University of Calgary

Registration & Volunteer Coordination

Bri Harvie
Mount Royal University

Service Project

Laura Cochrane
Ambrose University

Anna Brown
Washington State University

Sponsorships

Steve Mason
University of Calgary

Elizabeth Bullers
University of Idaho

Wellness

Rasha Tawfik
University of Calgary

Kirsten Varsek-Ison
University of Calgary



Welcome from the Region Chair

On behalf of the Region 8 Steering Committee, it is my pleasure to welcome you to the 2019 Region 8 Conference. Led by our Conference Chairs, Shea Ellingham (Mount Royal University) and Rasha Tawfik (University of Calgary), the members of the 2019 conference planning committee (listed on pg. 5) have thoughtfully designed a dynamic conference, where you will not only learn about different aspects of academic advising, but meet and engage with your colleagues in the field. Thank you to our planning committee members!

In the next few days, you can embrace the conference theme, *Coming Together: Empower, Engage, Energize*, by participating in pre-conference workshops, concurrent sessions, dinner groups and local excursions. To learn more about these opportunities, download the official event app, Whova. This is the first year that the Region 8 Conference is using Whova as our event platform, and we hope you enjoy the ease of accessing conference information on your mobile device.

In addition, our two keynote speakers, Dr. Charlie Nutt (Executive Director of NACADA) and Dr. Billy Strean will be sure to engage and energize you. We are fortunate to also have NACADA Board member Kerry Kincanon (Oregon State University), NACADA Council member Kyle Ross (Washington State University), and NACADA Assistant Director Ben Hopper join us here in Calgary. I encourage you to connect with these national leaders in academic advising.

At previous Region 8 conferences, these leaders would have participated in the “Conversations with NACADA Leadership” session and discussed a variety of topics with attendees based on their interests and concerns. This year, the session (held on March 8 at 3:30pm) provides Region 8 members the unique opportunity to give feedback regarding the NACADA Regional Division.

Another highlight of the conference is recognizing the recipients of our 2019 Excellence in Advising Awards (p. 15) and Region 8 Conference Scholarships (p. 16). We will be honoring the winners at both luncheons. If great things are happening on your campus, please consider nominating deserving colleagues for the 2020 awards! It is a wonderful way to recognize the amazing work of our fellow academic advisers and advising administrators.

Finally, a special thanks to each of you for taking the time and effort to join us here in Calgary. Our collective experience is enriched by each of your individual contributions. My hope is that you will leave the conference empowered, engaged and energized to return to the important work of advising students. You are the reason why Region 8 is great!!

Leah Panganiban
University of Washington
Northwest Region 8 Chair



Is this your first NACADA Conference?

ATTEND THE NEW MEMBER WELCOME & ORIENTATION

On your campus, you know that orientation for new students is valuable. Getting involved early and building lasting connections to the campus creates a rich college experience. If this is your first time at a NACADA conference, attending the New Member Welcome & Orientation is highly encouraged. Come meet other new members, as well as members of the NACADA leadership, and learn about the exciting association of which you are now a part of. See more on p. 8.

FRIDAY, MARCH 8
8:00—9:00am | Stephen A/B

Thank you to our Platinum Level sponsors!

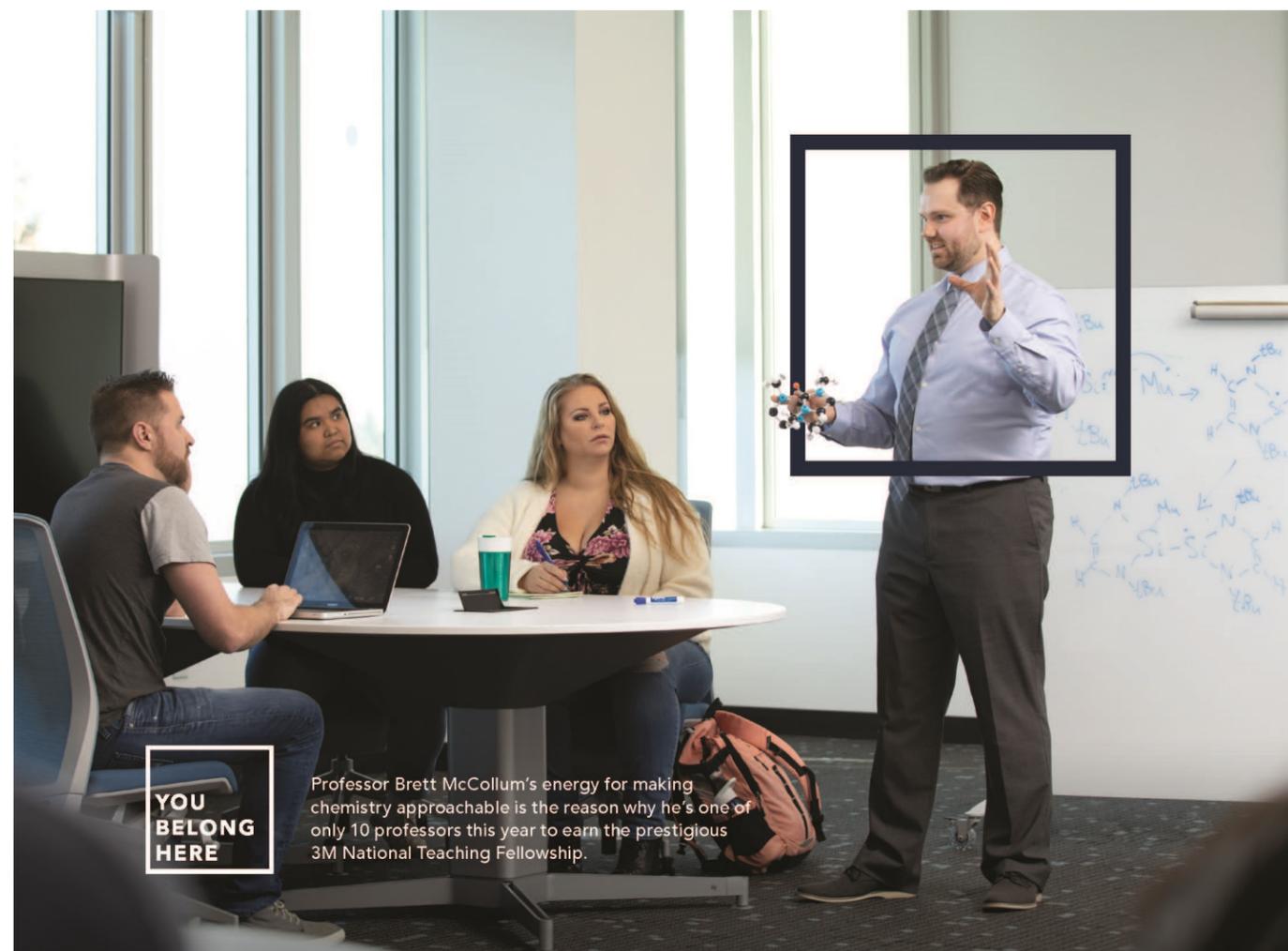
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Distinguished faculty like Brett are the catalyst that make Mount Royal University one of Canada's most exceptional undergraduate educational experiences.

mru.ca/Brett3M



Region 8 Steering Committee

The NACADA Northwest Region 8 Steering Committee is responsible for developing strategic goals for the region, overseeing the region budget, administering the regional awards program, and representing membership in each individual state/province. The Region Chair is elected by the region membership through NACADA's annual election process. This is a two-year position. The Region Chair automatically transitions into a two-year Past Region Chair term. All other positions, with the exception of the Conference Chair(s), are two-year elected or appointed terms. Liaisons and coordinators may serve no more than two consecutive two-year terms.

Region Chair

- Leah Panganiban, University of Washington

Past Region Chair

- Jeff Malone, Oregon State University

2019 Conference Co-Chairs

- Shea Ellingham, Mount Royal University
- Rasha Tawfik, University of Calgary

2020 Conference Co-Chairs

- Melana Mar, University of Victoria
- Janine Mayers, University of Victoria

Communications Coordinator

- Allison Ramsing, Washington State University Vancouver

Technology Coordinator

- Jesse Poole, Western Oregon University

Inclusivity & Engagement Coordinator

- Maria Sefchick-Del Paso, University of Washington

Budget Coordinator

- Nick Fleury, Oregon State University

Alaska Liaisons

- Brighton Brooks, University of Alaska Fairbanks
- Ginny Kinne, University of Alaska Fairbanks

Alberta Liaisons

- Brianna "Bri" Harvie, Mount Royal University
- Rasha Tawfik, University of Calgary

British Columbia Liaisons

- Susan Corner, University of Victoria
- Janine Mayers, University of Victoria

Idaho Liaisons

- Cathlene "Cat" McGraw, Boise State University
- Kristi Overfelt, University of Idaho

Montana Liaisons

- Becky Lyons, Montana State University Billings
- Brenda Truman, Montana State University

Oregon Liaisons

- Miranda Atkinson, University of Oregon
- Jim Fasulo, Portland Community College

Washington Liaisons

- Angela Dorsey, Olympic College
- Kate Elias, Seattle University

Yukon Territory/Canada-At-Large Liaisons

- Currently vacant

State/Province Liaison Duties

- Represent state/province/territory interests at the regional level
- Promote NACADA membership amongst academic advisors in the state/province/territory
- Participate in setting goals, strategy and budget for the region
- Encourage and facilitate awards nomination process amongst schools in their state/province/territory
- Encourage local professional development through state/province/territory-level conferences

Conference Logistics

Conference Etiquette

Please observe these courtesies to ensure that everyone has a positive experience:

- Please give the session speakers your full attention.
- Please be mindful: some attendees may be sensitive to strong perfume/deodorant/cologne.
- Silence cellphones during sessions. Do not answer the phone while in a session. Quietly leave the room if you must take a call.
- Sit in the back if you plan to leave early.
- As you enter the room, sit as close to the front as you can so the back seats are available to those who arrive after you.
- Introduce yourself to the people sitting around you. This is an excellent opportunity to meet your colleagues.

Gender-Neutral Restrooms

Gender-neutral restrooms are available on the 3rd floor outside Imperial 1/2/3 and Imperial 4/6/8.

Hospitality & Registration Tables

The conference registration and hospitality tables are located in the Grand Foyer on the third level of the hotel.

Thursday, March 7	10:00am—7:15pm
Friday, March 8	7:00am—6:00pm
Saturday, March 9	7:00am—2:30pm

Conference check-in

- On-site registration for pre-conference workshops
- Presenters: Pick up your session evaluations
- Best of Region ballot box (see p. 9)
- Volunteer check-in
- Lost and found
- Sign up for the Friday night dinner groups
- Donate to the service project (see p. 10)
- Get information about local recreation and dining options

Friday Evening Dinner Groups

No plans yet for dinner on Friday, March 8? The Hospitality Committee has made group dinner reservations at a few local restaurants. Check out your options on the Whova app, and sign up at the Hospitality Table to have dinner with your NACADA colleagues.

Meals Provided by the Conference

Friday, March 8

7:30—9:00am	Breakfast
11:45am—1:15pm	Opening Keynote Luncheon

Saturday, March 9

7:30—8:30am	Breakfast
12:30—2:00pm	Closing Keynote Luncheon

All meals will be served in the Ballroom (Imperial 4/6/8).

New to NACADA? Look for someone wearing a "Ask Me About NACADA" badge for more information on the conference and organization.

New Member Welcome & Orientation

Friday, March 8, 8:00—9:00am | Stephen A/B
Leah Panganiban, Region 8 Chair
Kristi Overfelt, Region 8 Idaho Liaison
Jim Fasulo, Region 8 Oregon Liaison

As a new member, you most likely have many questions you want answered about this new organization you just joined. In this session, you will be introduced to NACADA: The Global Community for Academic Advising. Learn how membership benefits you and how you can make the most of your "first-year experience" in NACADA.

Concurrent Sessions

Saturday, March 9
11:15am—12:15pm

IMPERIAL #1

Advising Inside and Outside: Engaging and Empowering Students in prison
Kathryn Mitchell, University of Washington
Botheil

This presentation will explore avenues to empower students while they are incarcerated and experiencing higher education on 'the inside'.

Incarcerated students benefit from higher education in a number of ways, including a reduction in recidivism. Education may allow incarcerated students to better understand their own self-worth and potential.

Advisors have an opportunity to engage with, and participate in, the empowerment of each student. Empowering students with a comprehensive plan, mapping out next steps to move forward in their degree program, while providing academic support, may lead to better prepared students on the 'inside' and 'outside'.

Participants will discover commonalities between incarcerated student populations and their own students, exploring best practices to advise these students and how can you implement them.

IMPERIAL #2

Twice-Exceptional College Students: When Giftedness and Mental Health Collide
Emily Hill, University of Idaho

Gifted college students often arrive at universities with high GPAs and/or ACT/SAT scores. Their achievements in extracurricular activities such as in the arts, athletics, service, and leadership are well beyond the average student. To admissions representatives and faculty, these students look well-adjusted and successful on paper. However, many of

these gifted college students come with unique challenges that go misunderstood and underserved during their years in higher education—specifically involving their mental health. This presentation will provide an overview of trends and challenges of twice-exceptional college students. Additionally, there will be a discussion on the gaps in twice-exceptional college student research as well as directions universities need to take in order to better serve this population.

IMPERIAL #3

Service Matters: Striving for Excellence in Academic Advising
Brittane Shiflett, Prairie View A&M University, Texas
Sonji Warren, San Jacinto College-North

Do you recall your past experiences as a customer, the type of service rendered to you, and your thoughts afterwards? Customer service is an emerging concept in higher education and an essential component to academic advising programs within higher education. The purpose of this presentation is to focus on practical methods to provide excellent customer service within advising programs, hopefully leading to increased retention and graduation for students. Literature related to the "Excellence" framework will be explored. In addition, the purpose and benefits of adopting a service excellence model in academic advising programs will be detailed.

**Tag your tweets & posts with
#NACADAR8**

Concurrent Sessions

Saturday, March 9
11:15am—12:15pm

DOLL/HERALD

It's 'Perhaps a Bit of an Unusual Path': Engaging Students in Degree Outcomes

Kirsten Varsek-Ison, University of Calgary
Devika Pandey, University of Calgary

"Learning transpires when a student makes sense of his or her overall curriculum", which is "the domain of the academic advisor" (Lowenstein, 2005). Employing Lowenstein's assertion, this roundtable session aims to mine participants' experiences in engaging disillusioned students, responses to criticisms about a program's academic requirements, and reconciliations of student assumptions of degree outcomes with reality. This session will be directed through the initial findings from a University of Calgary Teaching and Learning grant, which is studying students' professional identities as they progress through their degrees from the point of admission, to the point of graduation. Attendees will leave the session with pragmatic, student-centric ideas, readily applied to student questioning of their home institution's programs.

WALKER/BANNERMAN

Cultivating Cultural Competency for Working with International Students

Nancy E. Young, Portland State University

Would you like to enhance your ability to advise international students? Are you ready to explore how culture impacts the way you communicate? If so, this session will add to your toolkit, with a focus on tips to implement to support advising and connecting with international students.

STEPHEN A/B

Recharging Your Emotional Batteries: The importance of self-care for front line advisors.

Elizabeth Harman, Western Oregon University

It's been a busy week. Your appointments have been full of students disclosing mental health diagnoses, talking about difficult family issues, and you have had a myriad of tasks in a short amount of time. The weekend does not come soon enough but Monday comes too quickly. How do you get ready for the week when your emotional batteries have not been fully charged? In this roundtable discussion, we will examine what researchers like Brené Brown (2012) and Bradley, Whisenhunt, Adamson, and Kress (2013) discuss as vital reasons for implementing self-care into daily life. Attendees will leave the workshop with a resource guide of self-care strategies and a self-assessment to determine the most relevant areas for improvement.

GALLERY

Reactive to Proactive: A paradigm shift in online learner success

Marleigh Perez, Oregon State University
Kyle Whitehouse, Oregon State University

Oregon State University Ecampus has transformed it's approach to student success and how adult and online learners are supported. In a shift from a reactive student success approach, planning interventions and services around pain points and failures, we've shifted our paradigm to be primarily proactive. In this session, the OSU Ecampus Student Success Team will share it's redesigned assessment plan, Ecampus Learning Community, and OSU Ecampus Mobile App.

Conference Logistics

During this session, you will have the opportunity to: 1) learn about the structure and opportunities of the association; 2) develop ideas for resources and networking to help you both personally and professionally in academic advising; and 3) listen to colleagues share their stories and connect with other new members.

Bring your questions as well as an open and reflective attitude. Your participation in this session can be the beginning of the first chapter in your NACADA story!

Nursing Mothers

A lactation suite is available at the following times for nursing mothers. Please pick up the key to the suite at the Hospitality & Registration table.

Thursday, March 7	6:00—10:00pm
Friday, March 8	7:00am—6:00pm
Saturday, March 9	7:00am—2:00pm

Wellness Activities

Yoga

Friday, March 8, 6:30—7:30am | Neilson 1

Join us for an vitalizing yoga session. This session will be suitable for all levels. Enjoy stretching, strengthening and breathing to welcome the day. There are no yoga equipment available/needed for this session and we will provide the floor mats!

Powerwalk

Saturday, March 9, 6:30—7:30am | Hyatt Lobby

Join us for an invigorating walk through Calgary's unique +15 indoor walkway that connects downtown.

WiFi

Complimentary wifi is available on the conference level to all registered conference attendees. Please use the NACADAR8 conference network.

Your Feedback Matters

Session Evaluations

Presenters appreciate your feedback on every session you attend. A conference volunteer will distribute and collect evaluation forms at each session. Evaluations will also be available to submit through the Whova app. Presenters may collect their completed evaluations at the Registration Table.

Vote for "Best of Region 8"

Be on the lookout for a session you think qualifies as the "Best of Region." All concurrent sessions given by Region 8 presenters are eligible. A ballot is included in your conference materials. Vote for the one concurrent session you felt deserved this honor. The winning presenter(s) will receive a stipend to repeat the presentation at the 2019 annual NACADA conference in Louisville, Kentucky. Ballots must be handed in at the Registration Table by noon on Saturday, March 9, just before the closing luncheon. The winner will be announced during the luncheon.

Rate the Overall Conference

An overall conference evaluation will be emailed to all attendees a few weeks after the conference. Please take a few minutes back at your office to share your thoughts and impressions of the 2019 NACADA Region 8 conference. Your responses are helpful in planning future conferences.



Join the Region 8 Facebook Group
www.facebook.com/groups/nacadaregion8



Service Project

Region 8 performs an act of service in every conference host community. The 2019 Conference Planning Committee has selected the Calgary Immigrant Women's Association (CIWA) as the local non-profit organization to benefit from donations this year.

Calgary Immigrant Women's Association (CIWA) is the biggest settlement agency in Canada with a gender-specific mandate. The agency serves over 17,000 clients through individual and group services annually. Our vision is to empower immigrant women while enriching Canadian society. CIWA strives to engage and integrate all immigrant women and their families in the community and operate based on the values of leadership, integrity, equity, innovation and inclusiveness.

We offer 55 programs and projects in the areas of settlement and integration, literacy, language and computer training, employment support and bridging programs, family violence, parenting, individual counselling, in-home support, civic engagement, legal and tax clinics, health, housing and community development. Our services are offered in collaboration with community organizations, businesses, educational institutions and health service providers. All our partners are committed to supporting successful integration of immigrant women and girls in schools and community. CIWA works with 200 community partners to deliver programs and services in 92 community locations. Additionally, over 230 business partners supported our efforts to achieve equitable labour market integration of immigrant women. An average of 80% of our clients find employment six months after completing an employment training program.

Our uniqueness is a customized, culturally sensitive and holistic approach to service delivery in all areas of our work. Immigrant women receiving support from CIWA have access to childcare and first language support. Last year, CIWA served clients representing 159 countries and provided 4000 individual services in 46 languages. CIWA is able to provide culturally sensitive and first language support through its 200 staff who speak 55 languages, 156 certified interpreters and translators able to provide services in 37 languages and 1000 volunteers representing 102 countries and 55 languages.



Concurrent Sessions

Saturday, March 9

10:00—11:00am

This presentation will also discuss the planning, implementation, results and potential of using this approach to FYE in relation to student success and retention.

IMPERIAL #1

Developing a Culture of Excellence: Empower, engage and energize through relationship building Susan Corner, University of Victoria

Reframing the relationship between academic affairs and student affairs from the traditional "two sides of the house" to a collaborative partnership opens up opportunities to discover synergies that support a culture of excellence.

In 2012, Humanities, Science and Social Sciences and Student Affairs at UVic entered into a collaborative partnership to deliver academic advising to undergraduates. This experience frames the workshop content, with themes to include:

- Developing a shared vision that aligns with the institution's strategic plan
- Focus on student experience
- Understanding academic affairs and student affairs cultures
- Operationalizing vision by establishing shared goals
- Working together to build a strong foundation
- Fostering informal and formal communication
- Evaluating partnership and measuring success

IMPERIAL #2

Engaging the Underperforming Business Major: A proactive advising approach to engage, empower, and energize underperforming business majors at Beedie

Benjamin Li, Simon Fraser University
Sarita Naidu, Simon Fraser University

The collaboration between faculty and staff at Beedie enabled the revision of an academic policy governing

the academic standing requirement for students to graduate. To ensure successful application, this policy was developed in partnership with an advising initiative known as Business Course Access and Planning (BCAP). Two years into the initiative, BCAP has been developed into a key engagement tool for underperforming business majors. Serving as an academic alert system and student success tool, this approach provides underperforming business majors a safe and confidential environment to discuss barriers to success. This presentation will cover the design, development, and delivery of this proactive advising initiative at the Beedie School of Business.

IMPERIAL #3

Past, Present, Future: Advisor Innovation at MHC

Olivia Hellman, Medicine Hat College
Kendra Kobley, Medicine Hat College
Allison Helm, Medicine Hat College
Laurelle Dupley, Medicine Hat College
Tracey Semko, Medicine Hat College

Advising at Medicine Hat College has changed to include new staff members and roles. After attending conferences, we concluded that advising practices at MHC need to change. Advisors want students to be more engaged in their educational plan. We set aside time to discuss how to improve our advising practices. This became known as Advisor Innovation. We will show our progress in developing new advising practices, including the development of a mission and vision statement, outcomes, and KPIs. We are looking to you to provide insight and feedback on the progress we have made and where we are planning to go. Please feel free to share your best practices with us, as we share ours with you.

Tag your tweets & posts with
#NACADAR8

Concurrent Sessions

Saturday, March 9

10:00—11:00am

DOLL/HERALD
Strategies for Managing an Integrated Academic and Career Advising Center
 Dr. Wendy Flint, George Fox University

The Career and Academic Planning Center was created five years ago at George Fox University in Newberg, Oregon (a small private liberal arts university). The concept of moving enrollment counselors from the Registrar to be academic and career advisors was met with resistance. Using appreciative inquiry and team building, leadership was able to help the team build a collaborative organization where five coaches created partnerships with faculty advisors in 42 majors and now manage over 4000 appointments and several career events a year. With ongoing professional development, coaches were trained to facilitate both transformational and transactional conversations with students for academic and career success. In this workshop you will learn the strategies and best practices of creating a successful advising-career-integrated center.

WALKER/BANNERMAN
Bridges, Not Barricades: Advisors as Architects of International Opportunities
 Heather Clitheroe, University of Calgary
 Teri Jones, University of Calgary

Advisors are champions of high-quality, high-impact student experiences – and in supporting international opportunities and study abroad, valuable sources of strategic advice that guide institutions in developing new programs. In ‘Bridges, Not Barricades,’ we’ll show you how frontline advising staff can become architects of student international engagement through opportunity identification and promotion, and how you play an important role in strengthening your institution’s internationalization agenda. We’ll talk about current activities at the University of Calgary to develop opportunities for undergraduate

STEM students, showing you the link between critical advice and information received from advisors has shaped and developed new programs and enhanced others.

STEPHEN A/B
Becoming the future of NACADA: Diversity in NACADA Leadership
 Sally Garner, University of Oregon
 Leah Panganiban, University of Washington

Do you want to shape the future of NACADA and the profession of advising? Are you interested in getting more involved with NACADA leadership but not sure where to begin? Consider participation in NACADA’s mentoring program, the Emerging Leaders Program (ELP), which works to increase diversity in NACADA’s leadership and contribute to the association’s mission of being a global community. Join us for this session and gain valuable expertise from existing leaders about the ways in which the NACADA Inclusion & Engagement Committee and ELP are changing the face of NACADA.

GALLERY
Impacting Student Retention with Interdepartmental Collaboration on First Year Experience (FYE) Courses
 Courtney Bilodeaux, Eastern Washington University
 Tade Ayeni, Eastern Washington University
 Sarah Kenney, Eastern Washington University
 Larry Surtees, Eastern Washington University
 Bryan VinGinhoven, Eastern Washington University

This presentation will utilize a mixed method approach to provide a synopsis of implementation and results of Eastern Washington Universities First Year Experience(FYE)pilot program. One of the aims was to help students to conceptually and practically synthesize student success skills with academic success. In order to accomplish this, student success advisors collaborated with university faculty to provide integrated courses for incoming freshman.

Conference at a Glance

Thursday, March 7

Pre-Conference Workshops

Each pre-conference workshop is US\$25.00. If you did not register and pre-pay for these as part of your regular conference registration, you may register and pay on-site at the registration table (space permitting). Pre-conference workshop abstracts can be found on pp. 18-19.

	DOLL/HERALD	STEPHEN A/B	WALKER/BANNERMAN
1:00—4:00pm	P1 Jump In and Power It Up! Submitting Conference Proposals and Improving your Presentation Skills		
1:00—3:00pm		P2 The Coach Approach: Tools from the Coaching World to Empower, Engage and Inspire Students and their Advisors	P4 Rock Star Research: Seize your Data-Driven Destiny
3:15—5:15pm		P3 Intentionally Engaging in Wellbeing through Times of Strife and Stress	P5 Indigenous 101: Land, Language and the Power of Story

Opening Reception featuring the Tyler Hornby B3 Trio

7:30—9:30pm | Thomsons Restaurant (First Level)

Come meet colleagues from around the region and kick off the conference at the no-host bar reception featuring jazz music by the Tyler Hornby B3 Trio. Show your school spirit; wear something that represents your institution. All manner of school spirit will be welcomed: school tees, sweatshirts, polos, pins, hats, scarves, etc.

Appetizers and desserts will be provided. Cash bar.

Community College Networking Event

Friday, 1:15—2:00pm | Doll/Herald

Join fellow community college advisors to connect and discuss salient topics in advising within the community college community. The event is also open to other advisors and can provide an opportunity for your-year institution advisors to learn more about community college advising.

Conference at a Glance

Friday, March 8

- 6:30—7:30am - Yoga (see page 9 for details)
- 7:30—9:00am - Breakfast | Ballroom (Imperial 4/6/8)
- 8:00—9:00am - New Member Welcome and Orientation | Stephen A/B

	DOLL/HERALD	WALKER/BANNERMAN	STEPHEN A/B	GALLERY	IMPERIAL 1	IMPERIAL 2	IMPERIAL 3
9:15—10:15am	Raising value as a professional: Determining your level of engagement in the scholarship of advising	Peace and Long Life (as an Academic Advisor): Using career development as professional self-care	A Lego Challenge to Develop Teamwork, Communication, & Leadership Skills in First-year Students	How to empower, engage and energize your advising teams.	Digital Advising: Empowering Students through Canvas	Empowering Through Principles	Breaking Barriers and Building Bridges between Community Colleges and Universities to Empower Transfer Students
10:30—11:30am	Publish with NACADA: Find the appropriate NACADA venue for your writing	Supporting Education Abroad: Examples of Collaborations between Academic Advising and International Student Services at the University Of Victoria	Unlocking Students' Inner Voices	Lessons from art: Inspiring students to see beyond where they are at	Rewriting the Story: How One University is Changing Their Approach for Engaging Undeclared Students	Empowering Students in Competitive Programs: How to support and guide students through rigorous pathways in the Health Science sector	A new approach to implementing and establishing the land-based Indigenous graduate program: Poo'miikapii Niitsitapii: Approaches to Wellness

- 11:45am—1:15pm - Opening Keynote & Awards Luncheon with Dr. Billy Streaan | Ballroom (Imperial 4/6/8)
- 1:15—2:00 - Q & A with Keynote Speaker Dr. Billy Streaan | Ballroom (Imperial 4/6/8)
- 1:15—2:00 - Community College Networking Event | Doll/Herald

	DOLL/HERALD	WALKER/BANNERMAN	STEPHEN A/B	GALLERY	IMPERIAL 1	IMPERIAL 2	IMPERIAL 3	BALLROOM (IMPERIAL 4/6/8)
2:15—3:15pm	It's Already Started! New Lessons from Developing Further Education Pathways	Creating Opportunity: Developing a Study Abroad Program Where None Existed	Crafting Your Own Advising Philosophy	Barriers and strategies for first-generation students in post-secondary education	Solution-Focused Advising: How to use "Strengths" to help our students and ourselves	From Punishment to Plan: Empowering Students on Probation	Advising from the Heart: Using Cultural Humility and Social Curiosity to Guide Your Practice	
3:30—4:30pm	Normalizing Major Exploration: Helping undecided first and second-year students navigate the major discernment process			Blending together immigration and academic advising practices	Energy Flows Where Attention Goes: Putting Ideas into Action to Engage Your Advising Team	Workplace Silo Whack-a-Mole: Mapping the implications of siloed advising units	Coming Together—Reconciliation in a Rural College	Conversation with NACADA Leadership

- 4:45—5:45pm - Region Business Meeting | Doll/Herald
- All members are encouraged to attend. Meet your region leaders, learn about regional activities, and get a sneak peek at the 2020 conference.

Concurrent Sessions

Saturday, March 9

8:45—9:45am

positive psychology tools to be emotionally ready to serve students who are in crisis. You will create a wellness intervention plan to practice authentic self-care, incorporating mindfulness principles and an awareness of your personal values as they align with supporting student well-being.

This workshop draws upon an understanding of “compassion fatigue” (Figley, C.R., 2002) as it relates to the advising profession. We use “positive psychology theory” (Seligman, M.E., Csikszentmihalyi, M., 2000) and the “meaning-centered approach and PURE principles of meaningful living” (Wong, P.T., Wong, L.C. (2012) to address self-care, mindfulness, and well-being.

IMPERIAL #1
What’s Your Tag Line? Advising in the age of Personal Branding
 Tina Johnson-Adams, University of Calgary
 Naor Cohen, University of Calgary

We know personal branding is key to success, but it should not be limited to popular management and employment consultation. This presentation offers a morally uplifting view of personal branding as it relates to the authentic-self, in contrast to the narrow view of self-commodification. We offer a deeper exploration of personal branding as a useful student advising strategy. Participants will consider personal branding strategies in the context of student advising, the cultural biases and constraints, and the ethical implications and limitations of this practice. Participants will reflect on the benefits of personal branding as it relates to student empowerment and engagement. Our objectives are: (a) help advisers and educators build confidence advising students using personal branding framework; (b) Using an evidence-based approach that will provide advisers with practical tools.

Session Track information is available in the *Whoa* app!

IMPERIAL #2
Barriers to Academic Advising: A Shameful Perception
 Alix Westgard, University of Calgary

Within academic advising research, few studies examine why undergraduate students choose not to engage with academic advising, focusing instead on service to current client populations. This session will provide a summary of relevant literature in academic advising, career advising, and academic help-seeking demonstrating the factors limiting students’ access to advising. Five key barriers will be discussed and a primary barrier, stigma and shame, will be identified. Through reflection, discussion, and breakout groups advisors will gain an understanding of the barriers students face, identifying possible interventions and leaving with actionable approaches to implement in their own practices.

IMPERIAL #3
‘When should I apply?’: Advising as Cultural Navigation for ESL Student Retention
 Kristina Lysova, NAIT
 Carla Lawson, NAIT

Do you support students transitioning from English as a Second Language (ESL) to credit programs at your institution? Do you wonder what could be done to further facilitate their passage and retention? At Northern Alberta Institute of Technology, the registrar’s office noticed a trend of unsuccessful applications from ESL students who lacked program entrance requirements. For the past 12 months, a team of two academic advisors have delivered a series of workshops intended to provide cultural navigation (Strayhorn, 2014), to raise awareness of the admissions process, and to empower ESL students to seek prospective academic advising. We have analyzed and synthesized results of our project, and are ready to share them with colleagues across the region.

Concurrent Sessions

Saturday, March 9
8:45—9:45am

DOLL/HERALD
Finding your path in NACADA Leadership
Kerry Kincaon, Oregon State University
Kyle Ross, Washington State University

Do you want to become involved in NACADA leadership? This panel session will provide an introduction to all of the various ways members can start their leadership pathway in the association. Participants will have the opportunity to hear stories about how current NACADA leaders got started and how they ended up in their present role. The objective for this session is for participants to identify how they want to capitalize on their strengths to serve the overall membership, identify the roles that best address their goals, and create some immediate steps they can take to get started.

WALKER/BANNERMAN
Preparing Students for Professional Programs: Coaching vs. Advising
Cheryl Melatdoost, Mount Royal University

In this presentation we will look at the starting place (and mindset) for most students entering a STEM program and considering professional programs such as medicine, dentistry, optometry, or pharmacy. Framed by a conversation that has been reiterated dozens of times in the walls of advising offices, we will examine the difference between advising and coaching approaches, and why coaching in this context is often the superior approach. We will outline and discuss the essential coaching steps for

students and why these steps are integral in planning and preparing to attend professional school. This presentation is relevant to any advisor who finds themselves engaging with students regarding professional programs.

STEPHEN A/B
Advising the Undecided – A Model for the Major Exploration Process
Jolene Maude, University of Calgary
Deirdre Mooney, University of Calgary

It is widely known that many university students change their major at least once prior to graduating (McKenzie, Tan, Fletcher, & Jackson-Williams, 2017). What services do universities provide to help students make this decision? Using a robust exploration model and activities, the Academic Advisors, Exploratory Students at the University of Calgary engage in developmental advising that empowers students to make informed decisions and confidently choose a major. By presenting the exploration model, providing examples of student activities, and facilitating a discussion around major exploration at other institutions, this session aims to ignite advisors' confidence in and passion for working with undecided students. This session challenges advisors to consider applying an exploration model to enhance the experience of their exploratory students.

GALLERY
Creating Self-Care Plans to Support Student Affairs Professionals: Learn how to utilize Positive Psychology to Overcome Compassion Fatigue and Support Student Wellness
Sarah Rolerkite, Washington State University Vancouver
Adriana Thomas, Washington State University Vancouver

In this workshop you will learn to recognize the symptoms of compassion fatigue and discover

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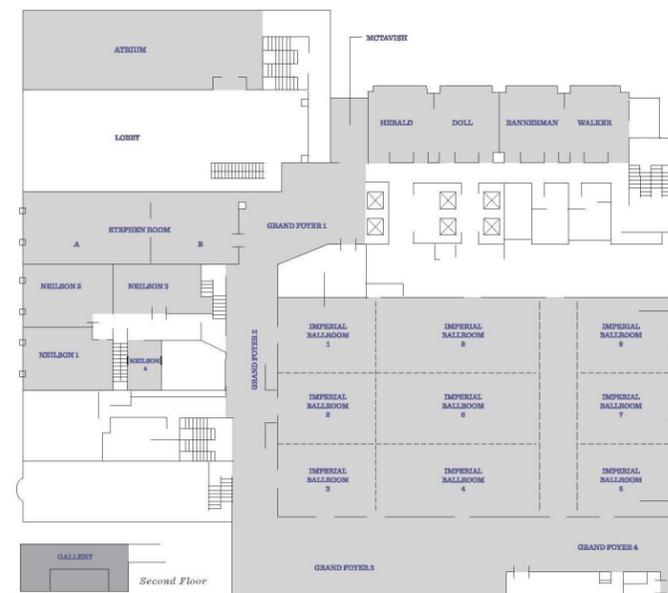
Conference at a Glance

Saturday, March 9

6:30—7:30am - Powerwalk (see page 9 for details)
7:30—8:30am - Breakfast | Ballroom (Imperial 4/6/8)

	DOLL/HERALD	WALKER/BANNERMAN	STEPHEN A/B	GALLERY	IMPERIAL 1	IMPERIAL 2	IMPERIAL 3
8:45—9:45am	Finding your path in NACADA Leadership	Preparing Students for Professional Programs: Coaching vs. Advising	Advising the Undecided – A Model for the Major Exploration Process	Creating Self-Care Plans to Support Student Affairs Professionals: Learn how to utilize Positive Psychology to Overcome Compassion Fatigue and Support Student Wellness	What's Your Tag Line? Advising in the Age of Personal Branding	Barriers to Academic Advising: A Shameful Perception	'When should I apply?': Advising as Cultural Navigation for ESL Student Retention
10:00—11:00am	Strategies for Managing an Integrated Academic and Career Advising Center	Bridges, Not Barricades: Advisors as Architects of International Opportunities	Becoming the future of NACADA: Diversity in NACADA Leadership	Impacting Student Retention with Interdepartmental Collaboration on First Year Experience (FYE) Courses	Developing a Culture of Excellence: Empower, engage and energize through relationship building	Engaging the Underperforming Business Major: A proactive advising approach to engage, empower, and energize underperforming business majors at Beedie	Past, Present, Future: Advisor Innovation at MHC
11:15—12:15pm	It's 'Perhaps a Bit of an Unusual Path': Engaging Students in Degree Outcomes	Cultivating Cultural Competency for Working with International Students	Recharging Your Emotional Batteries: The importance of self-care for front line advisors.	Reactive to Proactive: A paradigm shift in online learner success	Advising Inside and Outside: Engaging and Empowering Students in prison	Twice-Exceptional College Students: When Giftedness and Mental Health Collide	Service Matters: Striving for Excellence in Academic Advising

12:30—2:00pm - Closing Keynote Luncheon with Dr. Charlie Nutt | Ballroom (Imperial 4/6/8)



Download the *Uho* app for an interactive floor plan!

Conference Hotel Information
Hyatt Regency Calgary
700 Centre St. E, Calgary, AB
403-717-1234

Keynote Speakers



Dr. Billy Streaan

In a world where many are tired, busy, distracted, and feeling disconnected, Dr. Billy Streaan engages and enlivens people. A former three-sport NCAA athlete and coach, Streaan earned a Ph.D. in sport and exercise psychology from the University of Illinois. A Professor in

the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta, Streaan is also a Master Somatic Coach, a Registered Yoga Teacher, a Certified Laughter Yoga Teacher, and a Certified Professional Co-active Coach. It is precisely this eclectic range of disciplines and fields of study — somatics, yoga, sport psychology, laughter and play, and his 30+ years of teaching experience — that is the foundation of Streaan's success both in the classroom as well as outside the classroom as keynote speaker and workshop facilitator. Streaan's research addresses mindfulness in schools for social and emotional wellness. He has received the University of Alberta's Rutherford Award for Excellence in Undergraduate Teaching, as well as a recipient of the prestigious 3M National Teaching Fellowship.

An accomplished author, his audio book, *Humor Me: Lighten Up and Love Life Laughing*, explores the benefits of laughter and humour and how to apply them in daily life. In *For Those Who Dare to Teach*, Streaan takes an autobiographical approach to sharing insights and practical tips for teaching. Most recently, Streaan released *Alive with Joy*, which reveals how to move from disconnection to optimal living.



Dr. Charlie Nutt

Dr. Charlie Nutt, a NACADA member since 1991, joined Kansas State University and the NACADA Executive Office in 2002 as Associate Director and Assistant Professor in the College of Education and was made Executive Director in 2007. Charlie served in various leadership roles in the Association before coming to work full-time for Executive Office. He has served on the faculty of the NACADA Summer Institute, Academic Advising Administrators' Institute, and Assessment of Advising Institute. As Executive Director of NACADA, Charlie is responsible for coordinating the work of the Executive Office staff as well as working with the various NACADA units on professional development issues, external relations for the Association, and our International initiatives.

Tag your tweets & posts with
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Concurrent Sessions

Friday, March 8

3:30—4:30pm

silofication affect service capacity and student experience?

By focusing on a case study (AU's Evaluations Pilot Project, between Faculty of Business Advising Services and Office of the Registrar Evaluations Unit) we will examine an instance where efforts to improve operational workflow and student experience, plus reduce some of the negative effects of silofication, resulted in realized efficiencies, improved inter-team role awareness, and a host of unintended consequences.

Attendees will be invited to contribute: is silofication an intractable (or un-whackable) phenomenon?

Session Track information
is available in the
Whoova app!

IMPERIAL #3

Coming Together—Reconciliation in a Rural College
Charlene Bonnar, Lakeland College
Clint Chocan, Lakeland College

In June 2015, the Final Report of the Truth and Reconciliation Commission (TRC) of Canada was released. Outlining the history of residential schools in Canada and the on-going impact felt by survivors and subsequent generations of Aboriginal peoples, the report made recommendations to facilitate the reconciliation process. Within academic institutions across Canada, discussions about "indigenizing the academy" continue. We will share what has been unfolding at our rural Alberta college, including our hurdles and our successes.

BALLROOM (IMPERIAL 4/5/6)
Conversation with NACADA Leadership
Region Review Focus Group

NACADA's Region Division has been charged to embark upon a review similar to those the Administrative and Advising Communities Divisions recently completed. This review is being conducted to determine how to provide the best possible professional development to members. We are taking the time to reflect on what it means to be a global organization in relationship to the regional structure. To this end, a survey was sent to all NACADA members in late 2018, and focused discussions are being conducted both virtually and in person. This session is another venue to gather input from our members and will focus on the region review project. Please attend ready to share your opinion regarding how the NACADA Regional Division can best meet your needs today and in the future.

SAVE THE DATE

Monday, October 21 | 6-7:30 pm

"Throw Your Hat in the Ring" for the 2019 FUNdraiser!
Held during Annual Conference and on behalf of the NACADA Scholarship Fund, all proceeds support Scholarships for members with limited institutional support to attend NACADA events. *See you in Louisville, home of legendary boxer Muhammed Ali!*

Watch for details!

Concurrent Sessions

Friday, March 8
3:30—4:30pm

DOLL/HERALD

**Normalizing Major Exploration:
Helping undecided first and second-
year students navigate the major
discernment process**
Danielle Teague, Gonzaga University

How often have we encountered students who tell us they are undecided, seemingly terrified of this statement? At Gonzaga University, we implemented an elective course open to undecided first and second-year students taught by the student's advisor. The course familiarizes students with majors, strategies to assist them in their selection, and provides guidance from upper-class students.

This presentation highlights common misunderstandings our students had with major selection, strategies used to help them decide, and the overall successes and struggles of the course. Through group discussion, participants can engage and reflect on what strategies may be beneficial for their student population and how formative and summative data can enhance our ability as advisors to guide our advisees.

GALLERY

**Blending together immigration and
academic advising practices**
Nataliya Oliferchuk, MacEwan University

This presentation offers international student advisors (ISA) in higher education a view of what is happening in "blended" academic and immigration advising. It reviews practice and research in planning blends of immigration and academic advising and explores the range of issues that advisors will need to consider to be effective in their field. This presentation draws on MacEwan International immigration advising model to offer an understanding of the importance of blending immigration and academic practices and implementing them in the advising. These practices

are key components of ISA's advising portfolio enabling them to support students to integrate successfully to Canadian academic and social culture.

IMPERIAL #1

**Energy Flows Where Attention Goes:
Putting Ideas into Action to Engage
Your Advising Team**
Tara Connolly, Truckee Meadows Community College
Ben Davis, Truckee Meadows Community College

Ahhh conferences...a time away from the average day to take a few moments to reflect, re-energize, and engage with others in the field. Have you ever ended a conference excited about all the possibilities that you could implement with your team and students but then the daily routine kicks in and the excitement fades to the past? Join us as members of our advising team share experiences of coming together after conferences to create professional development opportunities to keep the conference high going. We will frame this session through the recreation of the Appreciative Advising Institute in the form of a budget-friendly Ministitue (mini-institute) and hear from an advisor whose ministitue experience enhanced his advising practice.

IMPERIAL #2

**Workplace Silo Whack-a-Mole:
Mapping the implications of siloed
advising units**
Mike MacLean, Athabasca University
Frazer Andrews, Athabasca University

Operational silos can have daily impacts on the efficiency and culture of individuals and teams in post-secondary institutions. Silo Whack-a-Mole will explore these causalities relating to Program Advising at Athabasca University, an online university with a distributed workforce: How does

2019 Region 8 Excellence in Advising Awards

The Region 8 Steering Committee coordinates an awards program to recognize excellence in advising and advising administration at institutions in the region. Award winners in each category receive a one year membership to NACADA. Both award winners and certificate of merit recipients are recognized at the Region 8 conference. The 2019 recipients are:

Excellence in Advising New Advisor Award

Lauren Van Fossen, Seattle University

Excellence in Advising New Advisor Certificate of Merit

Laura Robison, University of Idaho

Excellence in Advising Professional Advisor Award

Caitlin Bassett, Central Washington University

Excellence in Advising Professional Advisor Award Certificate of Merit

Alyssa Petersen, University of Idaho

Excellence in Advising Faculty Advisor Award

Dr. Leonard Garrison, University of Idaho

Excellence in Advising Advising Administrator Award

Tammy Bowen, University of Idaho

Interested in nominating yourself or a colleague for a 2020 Region 8 Excellence in Advising Award?

Our online submission portal will be available this summer:
www.nacada.ksu.edu/Community/Regions/Region-8/Apply-for-Awards.aspx

Complete nomination packets are due November 1, 2019.

Future Region 8 Conferences

2020: Victoria, British Columbia, Canada

Are you interested in serving on the conference planning committee for our 2020 conference? Be sure to attend the Victoria 2020 kick off during the Region Business Meeting on Friday, March 8 from 4:45—5:45pm in Doll/Herald.

2021: Alaska
2022: Washington
2023: Idaho

2019 Region 8 Scholarships

Scholarships to defray the cost of attending the Region 8 conference are made available annually. Any Region 8 member not currently serving on the region steering committee is eligible to apply. Scholarship amounts can vary from year to year. Recipients of scholarships for the 2019 conference are:

Dr. Wendy Flint
George Fox University

Dr. Kristin M. Mauro
Western Oregon University

Dr. Leonard L. Garrison
University of Idaho

Kelly J. Rush
Western Oregon University

Shannon He
Capilano University

Nelson V. Sigrah
Oregon State University

Melissa Hinzman
Western Oregon University

Megan Wurster
University of British Columbia

Kathryn Ann Jackson
Washington State University

Ms. Angela Yee
Capilano University

Congratulations to the 2019 scholarship recipients!

The scholarship application submission portal for the 2020 conference in Victoria, British Columbia, Canada, will be available this summer. Application deadline: November 1, 2019

www.nacada.ksu.edu/Community/Regions/Region-8/Apply-for-Awards.aspx



Upcoming association-level NACADA Events

Summer Institute: Lexington, KY—June 23-28, 2019 & Little Rock, AR—July 21-26, 2019
International Conference: Hasselt, Belgium—July 8-11, 2019
2019 Annual Conference: Louisville, KY—October 20-23, 2019
2020 Annual Conference: San Juan, Puerto Rico—October 4-7, 2020
2021 Annual Conference: Cincinnati, OH—October 6-9, 2021
2022 Annual Conference: Portland, OR—October 23-26, 2022
2023 Annual Conference: Orlando, FL—October 4-7, 2023

Concurrent Sessions

Friday, March 8
2:15—3:15pm

The research sought to identify if there were barriers that impede first-generation students (FGS) from accessing and successfully completing post-secondary education. The review worked to further decipher if there are other student groups that share these barriers and how post-secondary institutions can respond to decrease the barriers.

The findings identified a number of themed barriers and institutional strategies to better support FGS and other diverse student groups. Recommendations are offered for practices to address barriers faced by FGS.

IMPERIAL #1
Solution-Focused Advising: How to use “Strengths” to help our students and ourselves
Alice Salamon, University of Guelph-Humber

Strengths-based/Solution-Focused Advising proposes a fundamental shift in the focus of advising sessions. In this workshop, participants will learn solution-focused strategies to help our students thrive. But a strengths-based approach can help Advisors thrive too! Let’s accentuate the positive and learn together how we can empower, engage, and energize ourselves and others.

IMPERIAL #2
From Punishment to Plan: Empowering Students on Probation
Olivia Hellman, Medicine Hat College
Kendra Koble, Medicine Hat College
Justine McKennie, Medicine Hat College

As a small institution, we struggled to support our students on academic probation in a tangible way. In this presentation, we will discuss how we created an academic probation process using our existing resources to empower students to reflect on their path to probation and path to success. We will also discuss how our process allows us to track student engagement.

We share initial results and challenges of our pilot project. Participants will engage in a self-reflection and SMART goal activity to simulate the process we developed. Learn how you too can initiate a grassroots probation support system with little budget, time and resources.

IMPERIAL #3
Advising from the Heart: Using Cultural Humility and Social Curiosity to Guide Your Practice
Traci Simmons, Portland Community College

This presentation will focus on some of the NACADA Core Competencies to strengthen practitioners' ability to connect with students across difference.

The focus will be on enhancing cultural humility, in contrast to cultural competency. Social Curiosity, a tool for deepening empathy to support growing diversity of students, will also be explored.

This will be an interactive presentation with some case studies, provision of definitions, think-pair-share, video clips, and self-reflection.

Participants will be encouraged to practice strategies that will be provided. Participants will determine areas of strength and growth for their practice through a strength-based continuous improvement lens.

Overall learning outcome will be professional growth and advisor skill development with regard to equity and inclusion.

Session Track information
is available in the
Ukova app!

Concurrent Sessions

Friday, March 8
2:15—3:15pm

DOLL/HERALD

It's Already Started! New Lessons from Developing Further Education Pathways

Kirsten Varsek-Ison, University of Calgary
Katelyn Oszust, University of Calgary
Antoaneta Nimoh, University of Calgary

The University of Calgary's Community-Based Bachelor of Education offers an innovative take on teacher education, allowing students in rural locales to obtain their degree, while remaining in their home communities. When created, the degree was rapidly approved and offered for an available intake late in the application cycle, without many of the regulations and procedures necessary for its operation yet developed.

Building upon its initial appearance at the 2017 Alberta Advising Symposium, this presentation will examine how lessons learned from implementing the Community-Based pathway influenced the development of its On-Campus counterpart. By the conclusion of the presentation, participants will leave with practical ideas of how advisors can shape new programs, while applying hard-won lessons as improvements to older degrees.

WALKER/BANNERMAN

Creating Opportunity: Developing a Study Abroad Program Where None Existed

Kathryn Jackson, Washington State University

This session will highlight the value of study abroad experiences for students. It will showcase the creation of a program in the Department of Animal Science at UC Davis, which grew study abroad participation from nearly none to over 200 students in four years. This presentation features a STEM program, but may relate to all fields of study.

STEPHEN A/B

Crafting Your Own Advising Philosophy

Caitlin Bassett, Central Washington University
Megan McConnell, Central Washington University

Writing (and regularly revising) an advising philosophy can help an advisor to articulate the core values and theoretical underpinnings that guide their work. It helps us to be more intentional and transparent with our students. However, it can be hard to get started. The ultimate goal of this workshop is to give participants the ingredients they will later use to weave together their own advising philosophy. We offer participants a series of exercises and prompts that will help them to identify the ideas, elements, and even phrasing to use in their advising philosophy. Time will be spent individually and in small groups. Paper will be provided; bring a laptop if you find it easier to compose at one.

GALLERY

Barriers and strategies for first-generation students in post-secondary education

Alexis Anderson, University of Alberta
Augustana

Based on the systematic literature review that I completed to meet the requirements of my Masters of Arts in Higher Education Administration and Leadership degree from Royal Roads University.

Download the *Ukova* app for an interactive conference schedule!

2018 NACADA Association Awards Region 8 Winners

The following individuals from Region 8 were recognized last October at the 2018 Annual Conference as recipients of association-level NACADA awards:

Bobbie Flaherty Service to NACADA Award Winner:

Karen Sullivan-Vance
Western Oregon University

Outstanding Advising Administrator Award Winner:

Sally Garner
University of Oregon

Outstanding Advising Award - Faculty Academic Advising Winner:

Robin Bond
Washington State University

Outstanding New Advisor Award - Faculty Academic Advising Winner:

Kacy Pula
University of Idaho

Outstanding Institutional Advising Program Award - Certificate of Merit:

First-Year Advising at Spokane Falls Community College

Outstanding Advising Award-Primary Advising Role - Certificate of Merit:

Raven Avery
University of Washington

Congratulations to the 2018 association award recipients!

The 2019 award winners will be announced this summer and recognized at the 2019 annual conference in Louisville, Kentucky. If you would like to nominate yourself or a colleague, the association-level award deadlines are in early March every year.

www.nacada.ksu.edu/events-programs/awards.aspx

Pre-Conference Workshops Thursday, March 7

P1 Jump In and Power It Up! Submitting Conference Proposals and Improving your Presentation Skills
Jennifer Oakes, University of British Columbia
1:00 – 4:00pm | Doll/Herald

Jump into this interactive and energetic workshop using facilitated brainstorming, helpful activities, independent reflection, and group consultation to develop your proposals and presentation skills.

No more glossing over the conference “Call for Proposals” when we have so much knowledge to offer our colleagues. Maybe our nerves get in our way or we don’t want to experience rejection; perhaps we think we don’t have anything to offer. This workshop will address these issues and more. We will strategize ways to get past your barriers. Topping it all off, we will develop a customized proposal that you could submit, for NACADA 2020.

Presenting in an engaging and inspiring way requires training, feedback, and skill. Even if you are the best public speaker, you too can improve your delivery skills. Learn how in this fun-filled, supportive and constructive workshop. Participants will learn valuable tips and training; have an opportunity to practice and receive helpful, caring feedback. Coaching and tip-sheets will be provided. Increase your confidence and power up your meetings, classroom presentations, and information sessions by attending this workshop. The next time someone says, “Would you do a presentation for NACADA?” – With revitalized certainty, you might surprise them and say “Yes, I will!”

P2 The Coach Approach: Tools from the Coaching World to Empower, Engage and Inspire Students and their Advisors
Carina Huggins, University of Calgary
1:00 – 3:00, pm | Stephen A/B

An interactive workshop presented by an internationally certified professional coach and academic specialist advisor, Carina Huggins.

In this engaging workshop, Carina will bring tools from the world of professional coaching, to equip higher education professionals with new techniques that will empower, engage and energize students. These tools transfer to their professional work and personal lives.

Participants will practice and discuss the following tools in a safe, supportive space:

Engage: Building the container of trust – the model of dispositions
Inspire: The art of powerful questions
Engage: Effective communication
Energize: Tools to evoke action and results

Concurrent Sessions Friday, March 8 **10:30—11:30am**

critique discussion format, advisors will be invited to experientially engage the concept of self-authorship through the lens of contemporary art. The overarching objective will be to consider the bigger picture from which advisors may help students shape their understanding of self-authorship.

IMPERIAL #1
Rewriting the Story: How One University is Changing Their Approach for Engaging Undeclared Students
Megan Lindbeck, Boise State University

Is your institution, like many others, experiencing an increase in the undeclared student population? Are you interested in how students view being undeclared? Are you concerned about retaining these students? The answer for our university was “yes,” and we found it necessary to realign our processes and services to meet the needs of this evolving population.

This presentation will focus on Boise State University’s development and implementation of a targeted major exploration advising program that has improved student satisfaction and success. Presenters will share insights from their past and current efforts and detail plans for future initiatives, giving participants the opportunity to share best practices, hear words from undeclared students, and take away potential ideas for implementation.

IMPERIAL #2
Empowering Students in Competitive Programs: How to support and guide students through rigorous pathways in the Health Science sector
Kelly Rush, Western Oregon University
Melissa Hinzman, Western Oregon University

Students applying to highly competitive programs, specifically in the Health Science sector, are often

competing for a limited number of seats where acceptance is low. This can be discouraging for students’ persistence. With this in mind, WOU advisors have implemented an approach to holistic advising that prepares students for the program(s) of their choice while also providing a second option that ensures they are on track to graduate with a Bachelor’s degree regardless of whether they are accepted into a program. Acceptance to competitive programs is external to our university so it is imperative students are presented with all academic options at the onset of their college careers. In this session, participants will learn the tools WOU has implemented and ways these same tools can be applied to their respective programs.

IMPERIAL #3
A new approach to implementing and establishing the land-based Indigenous graduate program: Poo’miikapii Niitsitapii: Approaches to Wellness
Lisa Llewellyn, University of Calgary

In response to the Truth and Reconciliation Commission of Canada Calls to Action, the first part of this presentation will outline the Indigenous Strategies across national and university department levels. This presentation follows the administrative stages of the Graduate Programs in Education MEd Interdisciplinary 4-course graduate topic, Poo'miikapii: Niitsitapii Approaches to Wellness, from recruitment to graduation stages. Located within an administrative perspective, the goal of this session is to provide recommendations on successfully implementing an Indigenous program that empowers both the students and advisors in meeting institutional and academic goals.

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DOLL/HERALD

Publish with NACADA: Find the appropriate NACADA venue for your writing

Kerry Kincanon, Oregon State University

This session, sponsored by the NACADA Publications Advisory Board and the Editorial Board of the NACADA Journal, describes the purpose, content, writing guidelines, and acceptance process for each NACADA publication venue. From the NACADA Blog and book reviews, to Academic Advising Today, NACADA-produced books, the new online, scholarly journal NACADA Review: Academic Advising Praxis and Perspectives, and the flagship NACADA Journal, there is a place for your contribution! This session helps you understand the various writing opportunities within NACADA and lays out steps to help you start a writing project.

WALKER/BANNERMAN

Supporting Education Abroad: Examples of Collaborations between Academic Advising and International Student Services at the University Of Victoria

Susan Corner, University of Victoria

Tricia Best, University of Victoria

Sherri Williams, University of Victoria

The Academic Advising Centre and International Student Services are within the same portfolio at the University of Victoria. This has led to the units working together to develop initiatives where the two fields can compliment one another to achieve greater impact on the quality of student engagement, student learning and student success. This presentation will focus on three examples of this type of collaboration: Supporting the transition of international Pathways students to degree programs; supporting pre-departure preparations for exchange opportunities; and advancing practices to manage exchange credit. In each of these collaborations, the

expertise of each unit has played an important role in developing a successful approach to operationalizing the program or practice. These strategies were created to support stronger student engagement and UVic's goals for internationalization.

STEPHEN A/B

Unlocking Students' Inner Voices

Wendy Brett, University of British Columbia

Tina Chan, University of British Columbia

Daniel Levangie, University of British Columbia

Shane Campbell, University of British Columbia

Do you feel like students would like to reflect or share more deeply but you and they are both unsure of how to reach that depth? Are you conscious that you are moving too quickly to solutions?

Asking questions sometimes results in students providing answers they think we want to hear rather than answers that reflect their true understanding. With statement-based inquiry, advisors make observations or statements about what the student thinks or values. Naturally, and often quite unconsciously, students affirm or deny those statements in a very honest and transparent way.

In this workshop we will reflect on our personal inclinations towards problem-solution advising, learn about statement-based inquiry as a technique, and practice the technique with colleagues. Attendees should come prepared to participate and interact.

GALLERY

Lessons from art: Inspiring students

to see beyond where they are at

Laurel Smith, Alberta University of the Arts

Exposure to ideas that are beyond the immediate scope of knowledge, and questioning the assumptions that arise, is a means to promote the developmental advising concept of self-authorship. As Pizzolato suggested, students make better decisions when they are prompted by dissonant, provocative moments alongside volitional planning. Within this lecture and

Pre-Conference Workshops

Thursday, March 7

P3

Rock Star Research: Seize your Data-Driven Destiny

Brighton Brooks, University of Alaska Fairbanks

1:00 – 3:00pm | Walker/Bannerman

Do you envy the glamorous life of the rock star researcher? You too can join this elite club by learning several strategies for connecting your passion with research. Concrete tools will be presented to give you the playbook you need to be successful at any point in the research process. You will feel like part of the band with small group exercises that will provide you with take-home ready material to ascend to the Hall of Research Fame!

P4

Intentionally Engaging in Wellbeing through Times of Strife and

Stress

Anna Brown and Kyle Ross, Washington State University

3:15 – 5:15 | Stephen A/B

Do you get frustrated by negativity in your office? Are you unsure you can stay motivated and satisfied in your work life as you take on increasing caseloads and more responsibilities without any additional resources? Do you feel whole, content, and well? In this session, two dynamic presenters will share their stories of how they came to understand their wellbeing through experiences of burnout, working overtime, weight loss, fitness, and diet, and other stressors. Participants will leave understanding that their wellbeing is unique to them and that not all strategies will work equally effectively to improve and maintain their wellbeing. There will be activities where participants will collaborate, share stories, and identify practices they can incorporate into their routine.

P5

Indigenous 101: Land, Language and the Power of Story

Keeta Gladue, University of Calgary

3:15 – 5:15pm | Walker/Bannerman

Come, bring your introverts, extroverts, and ambiverts to this discussion about Indigenouness! In this session, using humour, relationships and the power of story, we will address common misconceptions about Indigenous Peoples and Indigenous students such as free education, tax exemptions, and the dangers of pan-Indianism. We will also provide in-depth information on the acknowledgment of traditional territories for Calgary, including reasons why we do them, how to do them and when to do them. Native, Aboriginal, First Nations, and Indigenous? Not sure what words to use and for whom? We are going to get to that too! This is a place to start, in a good way on the path of truth and reconciliation.



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Concurrent Sessions

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DOLL/HERALD

Raising value as a professional: Determining your level of engagement in the scholarship of advising

Kyle Ross, Washington State University
Kerry Kincanon, Oregon State University

As the scope of the profession of advising grows and deepens, individual advisors will be increasingly expected to be involved in reading, using, and conducting research. Where are you now and where would you like to be? This session will address recent initiatives and future planning of the NACADA Research Curriculum through a reflective "Involvement in Research" framework. Developed by members of the NACADA Research Committee and the Director of the NACADA Center for Research, we will explore ideas for your own place in the scholarship of advising (from consuming it to using it to doing it) and capture important ideas for professional development to help you get there.

WALKER/BANNERMAN

Peace and Long Life (as an Academic Advisor): Using career development as professional self-care

Sally Garner, University of Oregon
Stephanie Heffner, University of Oregon

An advisor's career development is a form of professional self-care, and it should be intentional and sustainable. The demands placed on advising professionals require us to create a path best suited for our individual career aspirations, accessible resources, and professional inspirations. No matter where you are on the career trajectory, how you find what is important to you as a professional and use it to curate future goals and career development steps? How do we help each other navigate this? Two colleagues at different stages in their careers will compare and contrast the development and maintenance of their own

professional growth. Come learn how you might chart your own course, then leave to make it so.

STEPHEN A/B

A Lego Challenge to Develop Teamwork, Communication, & Leadership Skills in First-year Students

Emily Wyatt, University of Calgary
Robyn Paul, University of Calgary

At the University of Calgary's Schulich School of Engineering, we have developed an effective and engaging approach to support students in learning about teamwork, leadership, and communication. As a result of this approach, students are able to reflect on their own roles on teams, learn how to effectively communicate team goals, and prioritize key tasks. Attendees will participate in the Lego activity, with follow-up reflection, discuss why this approach is effective for students, and understand how to integrate similar workshops into group programming. This session will be relevant to individuals who are involved with first-year success courses, peer programs, group advising, or leadership/professional development initiatives.

GALLERY

How to empower, engage and energize your advising teams.

Jacque Pohorelic, Bow Valley College

"Leadership is the capacity to translate vision into reality." --Warren G. Bennis

Have you ever wondered what goes into building a strong team? Look to the leaders. Leadership and team building go hand in hand. Build cohesion, trust and stamina into your advising team and learn how to sustain it. In this interactive and informative session, you will use value based exercises to energize your team and guide practice. Introduce the

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use of the Triage Advisor to boost learner response time and support team goals. Discover how academic advisors show innovation, leadership and active engagement with learners.

IMPERIAL #1

Digital Advising: Empowering Students through Canvas

Kaitlin Wright, Central Washington University
Mary Cairns Park, Central Washington University

As the students of Generation Z become the majority on most college campuses, advisors must learn how to empower digital natives who want instant access to information. Advisors at Central Washington University found this to be a motivating factor in investigating how we could adapt advising practices at our institution. Through the development of an advising course in Canvas, our learning management system, we were able to provide an efficient pipeline for answering student questions, improve advisee understanding of academic requirements, and ultimately provide better support for students. The purpose of this presentation is to explain the value of Canvas as a tool for academic advising. We will share our successes, as well as impart cautions when exploring a new platform for advisor-advisee connections.

IMPERIAL #2

Empowering Through Principles

Laura Lucien-Bay, NAIT

Advising can often become mired in administrative functions, resulting in staff disengagement, decreased level of service, and neutral-to-negative student experiences. It is the very opposite of engaging, empowering and energizing for staff and students alike. At NAIT, the Learning Advising team moved away from administration and process-driven service delivery, to a model that is based on Guiding Principles that empower staff, engage students and

energize the need for change.

This session will unpack the difference between principle vs process-based advising, and demonstrate how principle-based advising leads to increased levels of student service and staff engagement.

IMPERIAL #3

Breaking Barriers and Building Bridges between Community Colleges and Universities to Empower Transfer Students.

Michelle Munoz, Idaho State University
Danielle Stimpson, College of Eastern Idaho

The historic Centre Street Bridge of Calgary has been conjoining the communities of the city across the Bow River for over 100 years. With communities on both sides of the river working together in the construction, the bridge was built strong enough to withstand time and elements. Our responsibility as transfer advisors is to work together to build bridges between institutions and to educate students on how to reach their chosen destination efficiently. This partnership between the two institutions may not come easily, as more than just a river may divide them. In this round table, we will discuss issues related to partnering with another institution for the purpose of best serving our citizens, the students.

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