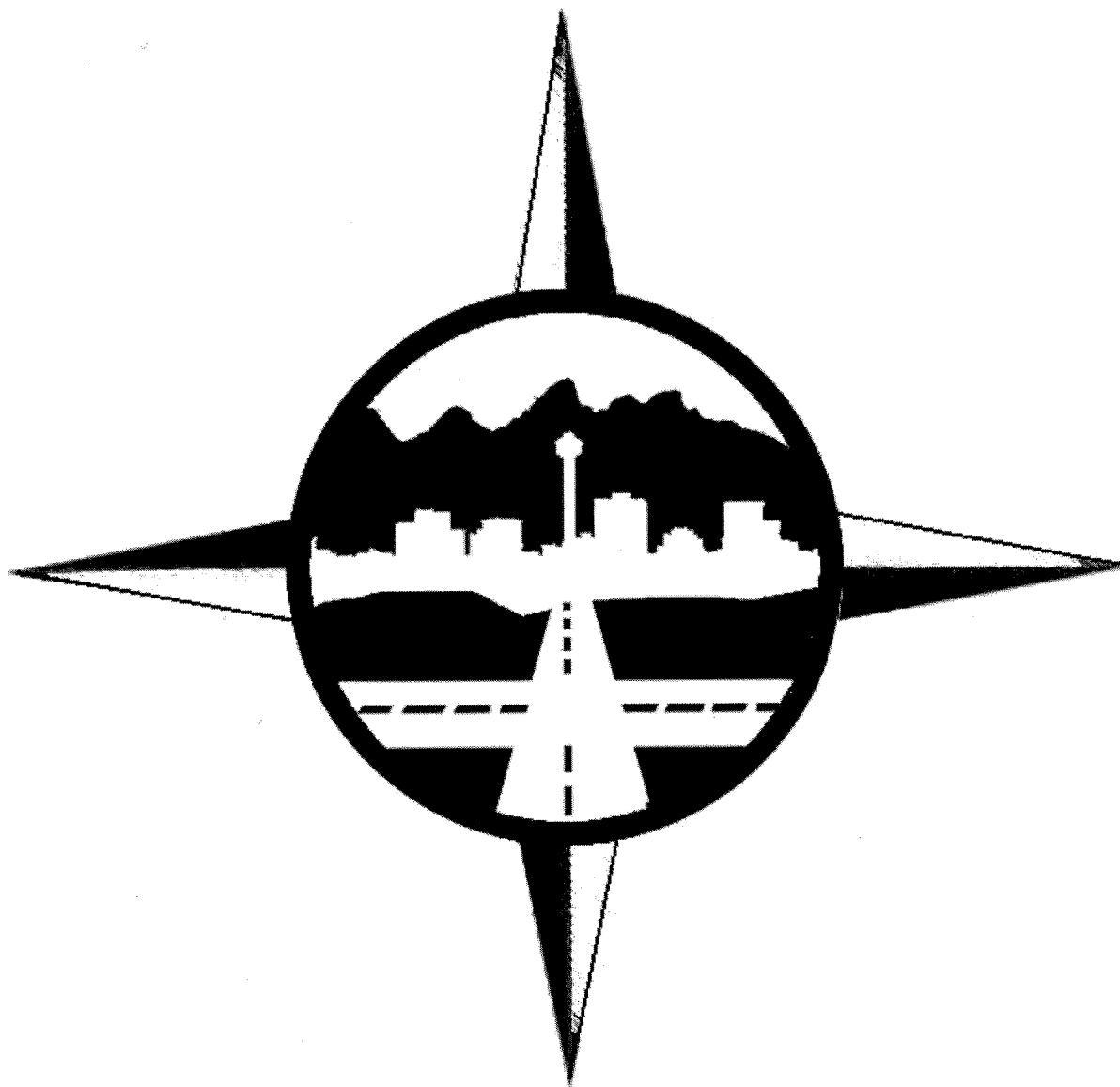
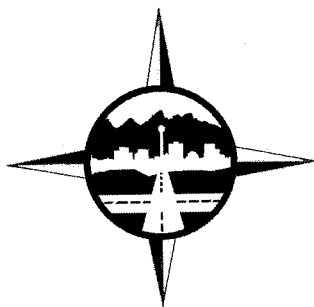


**TRANSITIONS:  
ACADEMIC ADVISING ON THE  
ROAD TO SUCCESS**



**March 10-12, 2011  
Calgary, Alberta, Canada**



# 2010 Conference Planning Committee

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**Judi Haskins**

Montana State University  
Region Chair

**Shea Ellingham**

Mount Royal University  
Conference Chair

**Heather Ansari**

Mount Royal University

**Barb Lehenbauer**

Mount Royal University

**Noell Bernard**

University of Washington

**Lori Manson**

University of Oregon

**Teri Cameron**

University of Calgary

**Stephen Mason**

University of Calgary

**Cheryl Christensen**

Athabasca University

**Carmen O'Callaghan**

Mount Royal University

**Nicole Crosby**

Mount Royal University

**Leah Panganiban**

University of Washington

**Sally Garner**

University of Oregon

**Tamie Safell**

Western Oregon University

**Heather Giorgi**

Mount Royal University

**Rea Sauter**

Mount Royal University

**Chris Jensen**

University of Calgary

**Serita Smith**

Athabasca University

**Sarah Kinch**

Mount Royal University

**Jennifer Wittal**

Lethbridge College

**Jo Lacher**

University of Washington - Bothell

**Kurt Xyst**

University of Washington

**Lisa Laughter**

Washington State University

# Welcome to Calgary!

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**Shea Ellingham**  
Mount Royal University  
Conference Chair

On behalf of the conference planning committee, welcome to Calgary and the Heart of the New West! We are thrilled that you could join us in our vibrant city. The conference planning committee has been working diligently to make this an exceptional experience for each of you. We are also thrilled that we have a large number of first-time attendees to the conference. We hope that you'll all take advantage of networking with other advising professionals, meeting colleagues from across Region 8 and making some new friends.

We chose the theme of Transitions: Academic Advising on the Road to Success with the goal of engaging discussion around how the post-secondary journey and the role of advisors along that journey can truly lead one through life's transitions. Many of the concurrent sessions will focus on the milestones of students' educational journey from the new student experience, to the process of choosing majors and the final stage of choosing a career. We also have sessions focusing on student success for those students who are transitioning from academic probation or at-risk factors. No matter what your interest, we are confident that you'll find a variety of sessions to attend.

We are pleased to welcome some special guests to our conference this year. NACADA president Kathy Stockwell will be joining us along with NACADA Board member Jennifer Joslin and Leigh Cunningham from the NACADA executive office. There will be a variety of sessions throughout the conference where delegates will have a chance to meet and chat with the NACADA folk. Take advantage of these opportunities to learn more about the association, what your membership does for you and also how you can get involved.

We are especially thrilled to be able to host Andrew Brash as our keynote speaker. Andrew is a Calgary climber and teacher whose passion for climbing has taken him on many adventures over the last two decades. His climbing resume is impressive as his dedication to this sport. In 2006, Andrew and his team abandoned their final ascent to the summit of Mount Everest in order to save the life of a fellow climber who had been left behind by his own team. Andrew's story of commitment and compassion will certainly inspire and encourage us all.

The Calgary Hyatt Regency is a wonderful facility which provides you with easy access to many great dining, shopping, entertainment and attractions that can be found in Calgary. You are steps away from Stephen Avenue Mall which is a great outdoor walking mall that covers much of the downtown core. If you're more apt to want a warmer excursion, you can explore the +15 walkway system that winds through downtown allowing pedestrians to remain indoors while travelling from one end of downtown to the other.

My thanks to Region 8 Chair Judi Haskins who provided wonderful guidance for me along the way through the planning process. I would also like to extend my thanks to the conference planning committee for all of their dedicated work towards making this year's Region 8 conference a great experience for all of us. Welcome to Calgary, and welcome to Transitions: Academic Advising on the Road to Success. I hope that your conference experience is a memorable one and that you'll continue to make the NACADA Region 8 conference an annual part of your professional development.

## **Your feedback and votes are valued!**

### **Rate the Overall Conference!**

An overall conference evaluation will be emailed to all conference attendees a few weeks after the conference. When you receive the electronic evaluation, please take a few minutes back at your office to share your thoughts and impressions of the 2010 NACADA Region 8 conference. Your responses are helpful in planning future conferences.

### **Breakout Session Evaluations**

Our presenters would very much appreciate your feedback on every session you attend. A conference volunteer will distribute and collect the evaluations at the end of each session. Session evaluations are also used to award the "Best of Region" award.

Presenters: Check the Registration/Welcome table for copies of your session evaluations once your session has concluded.

### **Vote to "Best of Region 8"**

Be on the lookout for a session you think qualifies at the "Best of Region".

The NACADA Region 8 conference planning committee presents this honour annually to the best overall presentation at the regional conference.

The winner is chosen from the concurrent breakout sessions and is based on conference attendees' votes.

The winning presenter will be given a stipend to attend and present the "Best of the Region" presentation at the 2011 annual NACADA conference, at the Colorado Convention Centre in Denver, Colorado, October 2-5, 2011.

Votes must be turned in to the registration table by 12:35 on Saturday, March 12, following the last concurrent session. The winner will be announced by email to all conference delegates.

**Don't forget to vote!**

**Are you on Twitter? Hashtag your tweets with #NACADAR8 so that others can see them - you're sure to pick up a few new followers!**

## Conference Check-In

The conference registration/welcome table is located in the Grand Foyer I. The registration staff will be available to assist you during the following times:

Thursday, March 10, 2011	7:30 am—5:00 pm
Friday, March 11, 2011	7:30 am—5:00 pm
Saturday, March 12, 2011	7:30 am—1:00 pm

At the registration/welcome table, you will find local hospitality information, NACADA information and information regarding our service project. Conference volunteers can pick up and turn in session evaluation forms here.

## Conference at a Glance

Thursday, March 10, 2011

### Pre-Conference Workshops:

Workshop descriptions are on pp. 14-15

TIME	SESSION	ROOM
8:15 am – 9:45 am	Tech in Advising I: chat, Twitter & social media <b>(PC01)</b>	Stephen A/B
10:00 am – 11:30 am	Strategies to Improve Student Persistence <b>(PC02)</b>	Imperial 1/2
LUNCH ON YOUR OWN		
1:15 pm – 2:45 pm	Increasing Native American/ Aboriginal Successes <b>(PC03)</b>	Imperial 1/2
3:00 pm – 4:30 pm	Tech in Advising II: blogs/video tutorials/podcasts <b>(PC04)</b>	Stephen A/B

### Welcome Reception

4:30—6:30 pm Please join us in Thomsons Restaurant for our welcome reception to meet and mingle with fellow NACADA members. *The Welcome Reception is sponsored by Athabasca University, Mount Royal University and the University of Calgary. Their generous support of this event is greatly appreciated.*

**Special thanks to Mount Royal University Centennial Events for the donation of two tickets to the Malcolm Gladwell presentation. This presentation is a part of the Legacy of Issues Centennial series -- sharing big ideas with the community.**

# Conference at a Glance

Friday, March 11, 2011

7:30 - 8:30 am Continental Breakfast (Imperial 1/2/3)  
 8:30 - 9:00 am New Member Welcome and Orientation (Walker/Bannerman)

	WALKER/ BANNERMAN	DOLL/HERALD	IMPERIAL 1	IMPERIAL 2
9:00	<b>1A</b>  Advising 3.0: Utilizing Social Media to Meet Students Where They Are	<b>1B</b>  Writing for NACADA: The NACADA Journal, Academic Advising Today, the Clearinghouse and Monographs	<b>1C</b>  Serving those who have served: Beyond Veteran Friendly	<b>1D</b>  Let's TALK: Building a campus community, one story at a time
10:15	<b>2A</b>  "We are fully booked." - What to do when students outnumber advisors?	<b>2B</b>  Let's get Back to the Basics . . . of Communication that is. An advisor's perspective on a Dale Carnegie classic	<b>2C</b>  Successful transitions for exploratory students: Empirical methods that enhance advising practice and enrich advising research	<b>2D</b>  Advisor Recognition: Crafting a Successful NACADA Awards Packet

11:15 - 12:00 pm State/Province Planning Meetings (see page 17 for rooms)  
 12:00 - 1:30 pm Keynote Luncheon (Imperial 1/2/3)

	WALKER/ BANNERMAN	DOLL/HERALD	NEILSON 1	NEILSON 2	NEILSON 3
1:45	<b>3A</b>  Journey of Transitions	<b>3B</b>  The Parent Map - A Guide to Partnering with Parents in the Transition to College <b>CANCELLED</b>	<b>3C</b>  Success-Based Intervention Modules for Students on Academic Probation or Suspension	<b>3D</b>  New Student Registration Assistance: Helping first year students transition into post-secondary, one course at a time	<b>3E</b>  A Conversation with NACADA Leadership & Executive Office Representative
3:00	<b>4A</b>  Journey to Wellness - Managing Daily Stress as an Advisor	<b>4B</b>  Reaching Out: Finding Individuality and Promise in At-Risk Students	<b>4C</b>  Scenes for Learning and Reflection: An Academic Advising Professional Development DVD, Volume 2	<b>4D</b>  Advising Aborigi- nal Students on Their Educational Path: Transitions, Challenges, and Successes	

4:15 - 5:15 Region 8 Business and 2012 Conference Planning Meeting (Walker/Bannerman)

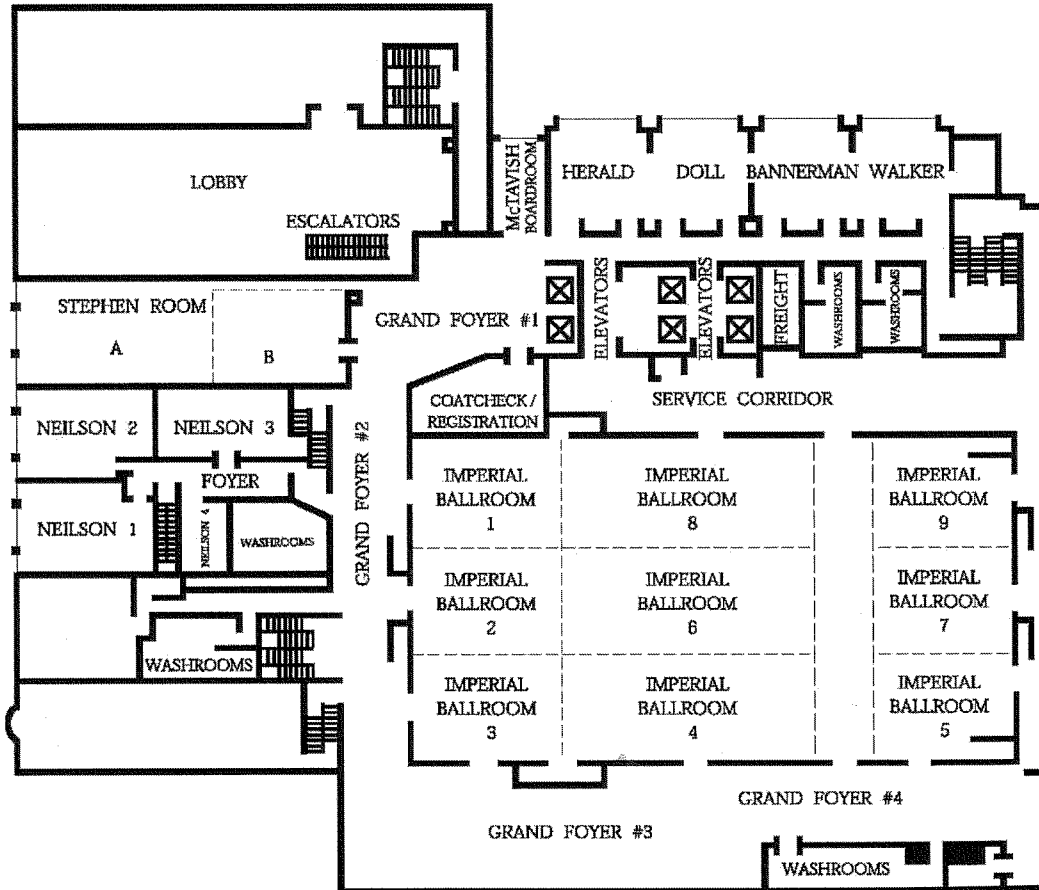
# Conference at a Glance

Saturday, March 12, 2011

7:30 - 8:45 am Breakfast and Official Closing (Imperial 1/2/3)

	WALKER/ BANNERMAN	DOLL/HERALD	IMPERIAL 1	IMPERIAL 2
<b>9:15</b>	<b>5A</b> When the West Meets the East. Who is Influencing who?	<b>5B</b> Pre-nursing advising: managing bottle necks and traffic jams	<b>5C</b> Advising from a distance - bridging the gap without falling off the horse	<b>5D</b> Advisor Transitions and Career Success
<b>10:30</b>	<b>6A</b> What Are You Going To Do With THAT Major?	<b>6B</b> Hypothesize your Major! Using the Scientific Method to Assist Students with Major Selection	<b>6C</b> The Real Voyage of Discovery	<b>6D</b> Keeping it cool with AC (Advising Central): Using SharePoint to Share, Store, and Retrieve Information and Resources

## Hyatt Regency Calgary



## Keynote Speaker

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### **Andrew Brash**

"Climb.Speak.Inspire"  
andrewbrash.com

The Keynote Luncheon will be held  
in Imperial 1/2/3 at 11:30 am  
on Friday, March 11.

**A**ndrew is a Calgary climber and teacher who has been chasing his climbing dreams for over 20 years in many of the most impressive mountain environments in the world, including Tibet, China, Pakistan, Kazakhstan, Alaska, Chile and Nepal.

In May of 2006, Andrew and his teammates made international headlines when they stopped 200 metres from the summit of Mt. Everest to assist Australian climber Lincoln Hall. Hall had been declared dead by his own team and left for dead, spending the night alone on the mountain above 8,600 m. Thankfully Lincoln was able to survive, but Andrew's summit ambitions had to wait.

In the spring of 2008, Andrew returned to Everest, this time forced to the Nepali side of the mountain after Chinese officials closed access to Tibet, fearing Olympic protests on the mountain, sending his return expedition into turmoil, proving that adventure on Everest is not quite dead yet.

More than one climber has commented that Andrew has one of the most interesting climbing resumes in Canada. Through his years of expeditioning, Andrew has had numerous articles and photographs published in *The Canadian Alpine Journal*, *The American Alpine Journal*, *Climbing Magazine*, *On the Edge Magazine*, *High Mountain Sports*, *National Geographic Adventure Magazine*, *Explore Magazine* and was profiled in *Gripped Magazine*.

Andrew lives with his wife Jennifer and daughters Anna, Jaime and Alexandra.



# 2011 Service Project

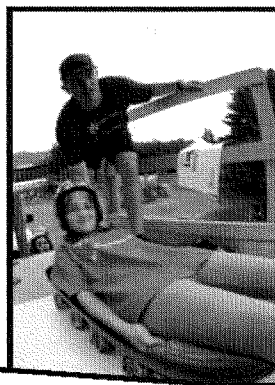
## All Sport One Day

June 18, 2011 will be a free day of sport discovery for Calgary's children ages 6-12 years. Last year, 1,100 children took part. All Sport One Day participants can attend sport activity sessions of their choice throughout Calgary and even have the chance to meet an olympian!



"I really liked doing something new, I was excited that I actually got to hold the bow and try the sport"

-Bailey, age 11



"I had so much fun trying archery and luge, I can't wait until next year to try trampoline and meeting Duff Gibson was really cool!"

-Madison, age 11



"Floor hockey was tons of fun!"

-Isaac, age 7



"Amy Nixon's hip hop skills were really cool!"

-Carolyn, age 10

### Sport Activities Include

- Akido
- Archery
- Badminton
- Balance Challenge
- Biathlon
- Climbing
- Cricket
- Diving
- Fencing
- Field Hockey
- Floor Hockey
- Goalball
- Gymnastics
- Hip Hop (Dance)
- Hockey
- Judo
- Karate
- Lacrosse
- Luge (Roller)
- Mini Tennis
- Mountain Biking
- Netball
- Orienteering
- Rhythmic Gymnastics
- Ringette
- Ski Jumping
- Softball
- Team Handball
- Touch Rugby
- Trampoline
- Vertical Challenge
- Volleyball
- Wallyball
- Wushu



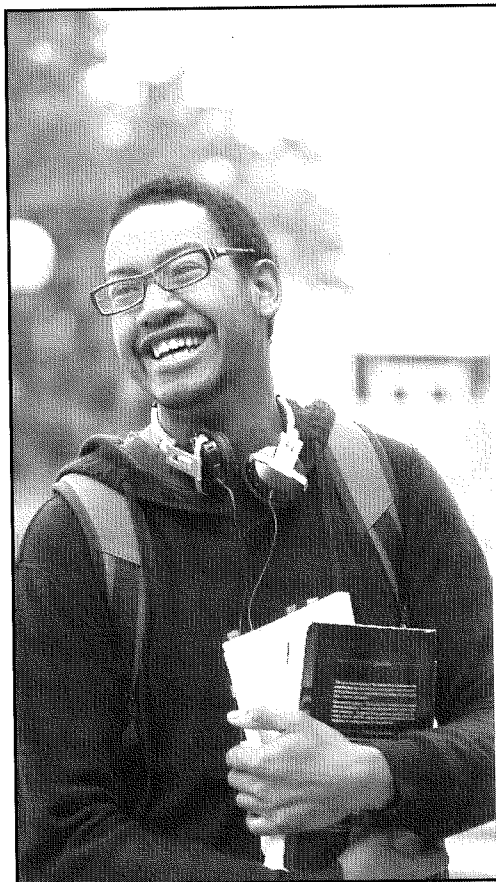
We thank you for your support!

For more information on All Sport One Day visit [www.allsportoneday.ca](http://www.allsportoneday.ca)

## 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 province/state. The 2011 Steering Committee members are:

REGION CHAIR	PAST REGION CHAIR	BUDGET COORDINATOR	COMMUNICATION COORDINATOR
<b>Judi Haskins</b> Montana State University	<b>Brett McFarlane</b> Oregon State University	<b>Keert Khanghura</b> Simon Fraser University	<b>Sally Garner</b> University of Oregon
ALASKA	ALBERTA	BRITISH COLUMBIA	IDAHO
Nominations are being accepted for liaisons from this area. Contact the region chair for more details	<b>Shea Ellingham</b> Mount Royal University	<b>Sabreena MacElheron</b> College of New Caledonia	<b>Karen Gillespie</b> University of Idaho
	Nominations are being accepted for a second liaison. Contact the region chair for more details.	<b>Melissa Funaro</b> Simon Fraser University	<b>Kimber Shaw</b> Boise State University
MONTANA	OREGON	WASHINGTON	YUKON TERRITORY
<b>Dana Freshly</b> Montana State University	<b>Jeff Malone</b> Oregon State University	<b>Ana Blackstad</b> Cascadia Community College	Nominations are being accepted for liaisons from this area. Contact the region chair for more details
<b>Tabby Jagger</b> Montana State University	<b>Tamie Saffell</b> Western Oregon University	<b>Kurt Xyst</b> University of Washington	



The results are in.

#1

National rating for university innovation  
and openness to new approaches and programs

A

Quality of  
teaching

A<sup>+</sup>

Student-faculty  
interaction

A

Most satisfied  
students

In the 2011 *Globe and Mail Canadian University Report*, Mount Royal University scored top marks across areas rating undergraduate student satisfaction.

Straight "A's" from our students? To us, that's a big deal.

[mtroyal.ca](http://mtroyal.ca)

# Region 8 Awards Winners

The Region 8 Steering Committee is pleased to coordinate an annual program to recognize the excellence in advising and advising administration at post-secondary institutions in the Northwest.

Award winners in each category receive a one-year complimentary membership to NACADA and are recognized at the Region 8 Conference. The 2011 Region 8 Award winners are:

<b>NEW ADVISOR AWARD</b>		
Miranda Atkinson	Academic Advisor, School of Journalism	University of Oregon
<b>NEW ADVISOR CERTIFICATE OF MERIT</b>		
Bil Morrill	Career & Academic Advisor, School of Journalism	University of Oregon
<b>ACADEMIC ADVISING AWARD</b>		
Karla Makus	Academic Coordinator - Undergraduate	Washington State University
<b>ACADEMIC ADVISING CERTIFICATE OF MERIT</b>		
Janet Schichnes	Practicum Supervisor and Undergraduate Academic Advisor	University of Alaska - Fairbanks
<b>INSTITUTIONAL ADMINISTRATOR AWARD</b>		
Dr. Dana Thomas	Vice Provost and Accreditation Liaison Officer	University of Alaska - Fairbanks
<b>ADVISING ADMINISTRATOR AWARD</b>		
Dr. Jennifer Joslin	Director of Academic Advising	University of Oregon

Congratulations goes to the following NACADA Region 8 members who won awards at the National Level in 2010:

<b>ACADEMIC ADVISING ADMINISTRATOR AWARD</b>	
Karen Sullivan-Vance	Western Oregon University
<b>ACADEMIC ADVISING ADMINISTRATOR CERTIFICATE OF MERIT</b>	
Jane Parget	Washington State University
<b>ACADEMIC ADVISING PRIMARY ROLE CERTIFICATE OF MERIT</b>	
Mark Brownwell Carol Leder	Washington State University Oregon State University
<b>NEW ADVISOR CERTIFICATE OF MERIT</b>	
Noell Bernard	University of Washington - Tacoma
<b>FACULTY ACADEMIC ADVISING CATEGORY</b>	
Jessica Cassleman	Washington State University
<b>FACULTY ACADEMIC ADVISING CATEGORY CERTIFICATE OF MERIT</b>	
Marita Cardinal	Western Oregon University
<b>ASSESSMENT INSTITUTE SCHOLARSHIP</b>	
Ellen Crabtree	Linfield College

## A Conversation with NACADA Leadership and Executive Office Representatives

This informal discussion is to provide a forum for attendees to visit with NACADA Leaders regarding the Association's many initiatives and programs, leadership opportunities, and to give participants an opportunity to provide feedback and ask questions

Kathy Stockwell, NACADA President  
Jennifer Joslin, NACADA Board of Representatives  
Leigh Cunningham, NACADA Executive Office  
Friday, March 11, 2011  
1:45 pm - 2:45 pm  
Walker/Bannerman

## Region 8 2011 Scholarships

Congratulations to the 2011 Region 8 Scholarship recipients. These current members each received a scholarship to cover the \$120 conference registration fee:

**Rachel Allen**

Oregon State University

**Miranda Atkinson**

University of Oregon

**Vicki Budd**

Boise State University

**Chris Gana**

Washington State University

**Cori Hall**

Oregon State University

**Andrea Nelson**

Western Oregon University

**Tanna Rasmussen**

Eastern Oregon University

These scholarships are available to any current NACADA member. Be sure to apply for the Oregon 2012 scholarships! Check out the Region 8 website and blog for more information!

## Future Region 8 Conferences

2012: Portland, Oregon, USA

Interested in serving on the conference planning committee for Portland 2012? Attend the initial planning committee meeting at 4:15 on Friday, March 11, in the Walker/Bannerman room.

## Thank-you to our Sponsors!

The following businesses, organizations and institutions have donated door prizes to the regional conference.

Calgary Hyatt Regency  
House of TOLI  
Merle Norman—Signal Hill  
Mount Royal University Academic Advising  
Mount Royal University Alumni  
Mount Royal University Bissett School of Business  
Unilever  
University of Oregon



AU BComm student Teang

## Success.

Being successful includes overcoming obstacles. If your schedule is getting in the way of completing your business degree, don't let it stop you.

Athabasca University's Faculty of Business has the courses you need - online, without the obstacles. Success begins at [www.business.athabascau.ca](http://www.business.athabascau.ca).

1.866.503.3790

Athabasca University  
Faculty of Business

## 25th Annual NACADA Summer Institute

June 26 - July 1, 2011 - Colorado Springs, CO

July 31 - August 5, 2011 - New Orleans, LA



Join  
us for



### The Most Comprehensive Consideration of Academic Advising Available!

Whether you are an administrator, advisor, faculty advisor or a member of a team who is responsible for student success at your institution, our Summer Institutes are tailored to your needs. The Institutes utilize an effective integration of expert group presentations with small group discussions, workshops, topical sessions, and individual consultations led by skilled practitioners. Since 1987, many professionals have benefited from the NACADA Institute's participative, action-oriented and in-depth exploration of the relationship between quality academic advising and student success.

# REGISTER TODAY!

[www.nacada.ksu.edu/Events/SummerInst/index.htm](http://www.nacada.ksu.edu/Events/SummerInst/index.htm)

Wesley R. Habley Summer Institute Scholarships are available. Apply before May 2, 2011

[www.nacada.ksu.edu/programs/Awards/SIScholarship.htm](http://www.nacada.ksu.edu/programs/Awards/SIScholarship.htm)

**Registration discounts are available until  
June 3rd for Colorado Springs & July 9th for New Orleans**

## Tech in Advising I: Chat, Twitter & Social Media

Rea Sauter  
Mount Royal University  
Walker/Bannerman  
Cost: \$25.00

Central Advising at Mount Royal University has seen an increase in the numbers of students who are interested in receiving information in a variety of ways. From twitter, to email and on-line chat, students want to be connected to their school and Academic Advising Services at Mount Royal has engaged in the process of electronic communication in several ways in order to meet this demand. After examining our own purpose for using a variety of broadcast channels, we have embraced a few different opportunities to find students 'virtually' and engage with them on their own turf.

Before launching into any new communications venture using social media, it's important to examine the goal and purpose for engaging in these types of communications channels. It's not enough to simply set up a twitter account and start tweeting. Using the framework of recently developed institutional guidelines participants will have the opportunity to uncover the myths associated with social media as well as to examine their own purposes for implementing a social media element to student communication.

In addition, participants will be shown how Advising at Mount Royal engages students via Twitter, a free chat service called Meebo, and email. Following a demonstration of these various tools, participants will also have a chance to look at the resources available for statistical tracking – such as Google Forms and Hootsuite – as a way of gauging the success of a social media communications plan.

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## Strategies to Improve Student Persistence

Carina Beck  
Montana State University  
Imperial 1  
Cost: \$25.00

Participants attending this pre-conference workshop will learn targeted strategies designed to improve undergraduate student persistence. In particular, the socialization phases for new students will be reviewed and specific tactics designed to improve student retention discussed. New student socialization practices are intended to bring the student "from outsider-to-insider" - teaching them not only to be a university student, but how to be a university student.

... ..

## Increasing Native American/ Aboriginal Success

Larry Gauthier  
First Nations Education Specialist  
Imperial 1  
Cost: \$25.00

The lack of Aboriginal student success in post secondary institutions is well documented (Battiste 1998, Grant 1995, Deloria 2001,). These studies indicate that retention rates for Aboriginal/Native America students are generally fifty percent lower than other students. More recent studies (Timmons 2009, Preston 2008, Mendelson 2006) identify the many barriers that prevent Aboriginal students from being successful. Not surprisingly, these barriers include a wide array of historical, educational, social, economic, geographical, cultural, pedagogical and financial funding issues (Preston 2008). Timmons (2009) while recognizing these barriers, suggests that perhaps more importantly Aboriginal students come 'ill-prepared' for university education. While many

institutions have developed and designed support services specifically for Aboriginal/Native American students, they have done so without a theoretical framework. This presentation will outline and discuss a new model for increasing Native American/Aboriginal student success.

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### Tech in Advising II: blogs/video tutorials/podcasts

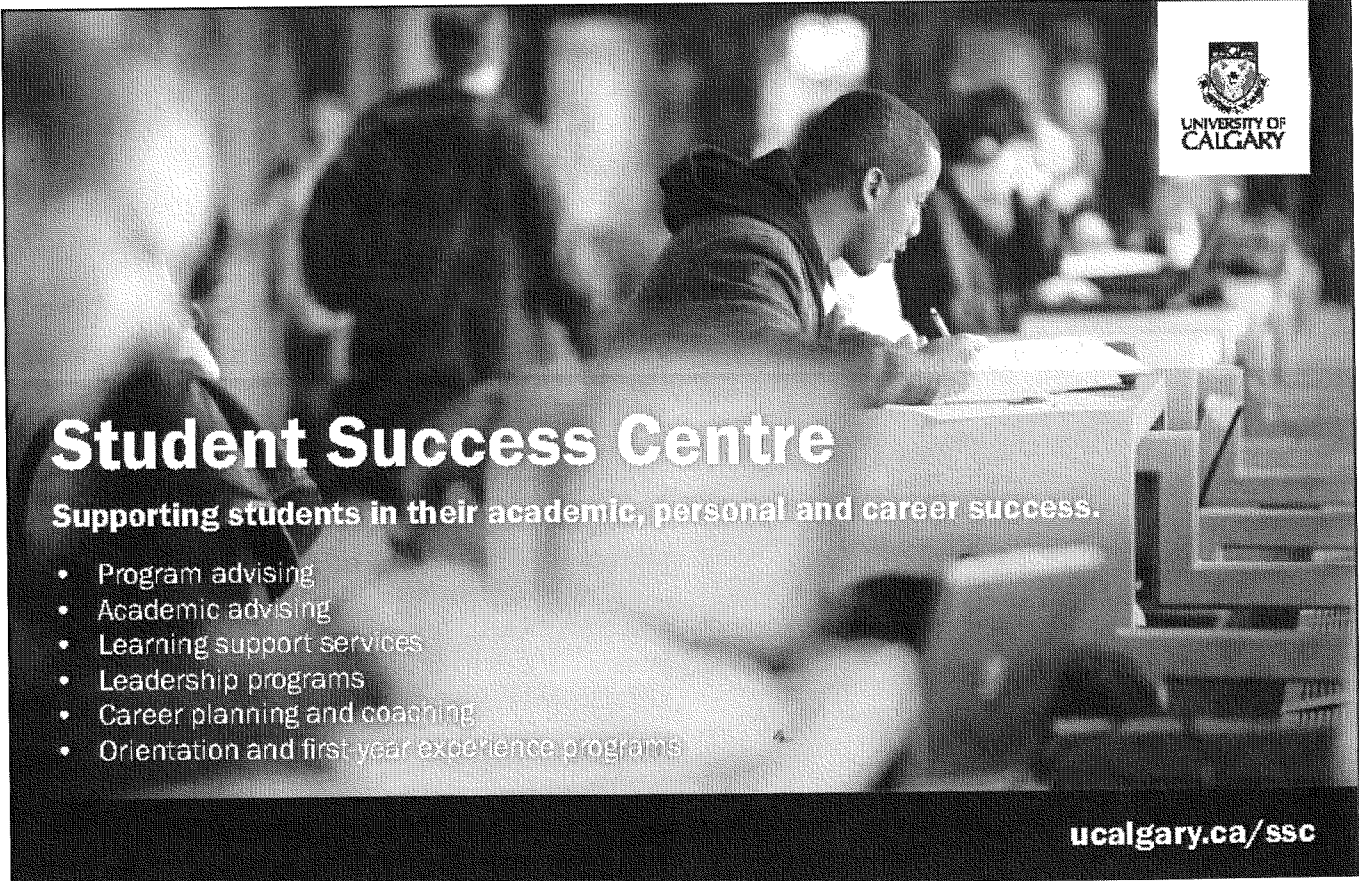
Katie McFadden  
Brandeis University  
Rebecca Schultze  
University of Oregon  
Walker/Bannerman  
Cost: \$25.00

Research shows that the millennial generation is

drawn to the internet and digital forms of communication. So, how can advisors utilize virtual spaces to interact with students and promote community in ways that are familiar and comfortable for students today?

This pre-conference workshop focuses on the development, implementation, and administration of an advising-themed blog. In this session the presenters will demystify blogging by outlining the flexibility a blog allows, offering suggestions for writing effective posts, and discussing how to promote a blog. Attendees will gain increased familiarity with blogs and other forms of technology like videos, podcasts, and screencasts that can be used to enhance the student experience while visiting a blog or website.


Check out pages 6 and 7 to see the "Conference at a Glance".



**Student Success Centre**  
Supporting students in their academic, personal and career success.

- Program advising
- Academic advising
- Learning support services
- Leadership programs
- Career planning and coaching
- Orientation and first-year experience programs

[ucalgary.ca/ssc](http://ucalgary.ca/ssc)



## **NACADA Orientation for 1st Time Attendees**

Kathy Stockwell, NACADA President  
8:30 - 9:00 am  
Room: Walker/Bannerman  
Cost: Free

On your campus, you know the value of orientation for new students is to be involved early with each other and begin to build lasting connections to the campus. If this is your first time at this regional conference, attending our NACADA Orientation is **REQUIRED!** Come meet new members, as well as members of the NACADA leadership, and learn about the exciting association of which you are now a part of.

## **1A Advising 3.0: Utilizing Social Media to Meet Students Where They Are**

Walker/Bannerman

Shannon Janssen and Brian French  
University of Montana

In order to communicate successfully with the gaming generation, academic advisors need to approach information dissemination with a media driven, time appropriate, engaging lens. This presentation will showcase how the University of Montana's Undergraduate Advising Center currently employs Wordpress blogs, Facebook, and YouTube to promote resource awareness and student success. We will examine how the development, implementation, and assessment of online

student support services comprise an interconnected cycle that serves as a framework for effectively utilizing online tools in academic advising. We will highlight our recent student-oriented video production efforts and discuss the assessment of online student support services and how to ensure that online tools provide meaningful and productive learning experiences for students.

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## **1B Writing for NACADA: The NACADA Journal, Academic Advising Today, the Clearinghouse and Monographs**

Doll/Herald

Jennifer Joslin  
NACADA Board of Directors  
Leigh Cunningham  
Executive Office Representative

There are many opportunities to write for NACADA. Articles authored from the ranks of advising practitioners, faculty advisors, researchers, and theorists appear in NACADA publications. While NACADA publishes books, video-DVD-CDs, and brochures, the primary focus in this session will be to describe the purpose, content, writing guidelines, and acceptance process for the NACADA Journal, Academic Advising Today, the Clearinghouse and Monographs. Whatever your interests in professional writing, this session will help you understand the various writing opportunities within NACADA.



## **1C** Serving those who have served: Beyond Veteran Friendly

Imperial 1

Theresa Waters  
Oregon State University

Has your campus been impacted by an influx of returning soldiers transitioning to become full-time students? Veterans returning to or entering college can present unique strengths and challenges as students. The main objective of this presentation is to share the collaborative and iterative process used, as well as available resources, as one campus moved beyond Veteran Friendly to Veteran Effective. New ideas, proven strategies and unique segments within the veteran population will be shared through presentation and participant discussion.

equips its campus audience with a sense of understanding about the people they see every day. The stories collected showcase not only the uniqueness of individuals within a community, but also the unifying themes that bind us together. This presentation will showcase how Talk can be a model for student engagement and leadership. On a campus large or small, this project has potential to foster faculty and student interaction, interdepartmental collaboration, community building and/or prospective student recruiting.

.....

## **1D** Let's TALK: Building a campus community, one story at a time

Imperial 2

Sally Garner, Nicole Perkins and Julie Basque  
University of Oregon

How do you represent diversity? On every campus, there are countless untold stories. Come learn about a student-driven archival project that explores culture through video interviews, and aims to inspire a sense of community that many students, staff, and faculty seek. Modeled after StoryCorp, Talk

### State and Provincial Planning Meetings

11:15 am - 12:00 pm

Interested in the state/provincial issues within Region 8? Meet with members in your geographical area at these meetings.

**Alberta**  
Imperial 2

**Alaska**  
Neilson 2

**British Columbia**  
Neilson 1

**Idaho**  
Neilson 3

**Montana**  
Walker/Bannerman

**Oregon**  
Doll/Herald

**Washington**  
Imperial 1

## **2A "We are fully booked." - What to do when students outnumber advisors?**

Walker/Bannerman

Barbara Lehenbauer and Lori Gray  
Mount Royal University

Do you find there aren't enough hours in the day to advise all students seeking advising? Do you feel you are not effectively communicating to your advisees about topics such as course selection? Do you have limited time to go beyond the most basic of questions and concerns? Why not use technology (specifically Adobe Presenter/Breeze) to expand your advising resources? Utilizing new technology, not only engages students, but allows advisors to impart important messages to large numbers of students. Learn how easy it can be to create a presentation where students can be referred to get answers about common advising questions. This presentation will demonstrate how to use Adobe Presenter as a tool to communicate to students.

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## **2B Let's get Back to the Basics . . . of Communication that is. An advisor's perspective on a Dale Carnegie classic.**

Doll/Herald

Amelia Kaiser  
University of Northern British Columbia

Do you find interactions with institutional staff often end in frustration for both parties? Are you wishing you could keep your door closed and not answer your phone for a few days because staff and students are getting harder to deal with? Dale Carnegie's book, "How to Win Friends and Influence People," is a fantastic resource for anyone working with people, but is particularly relevant for advisors when each interaction has so much at stake. Discover basic principles for effective communication. Refresh your appreciation and love for both students and staff. Learn how to leave a wake of positive interactions wherever you go. Remind yourself of the opportunities for impact that each interaction has and hopefully why you love advising.

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## **2C Successful transitions for exploratory students: Empirical methods that enhance advising practice and enrich advising research**

Imperial 1

Andrea Nelson  
Western Oregon University

Academic advisors are typically responsible for caseloads representing hundreds of individual students across a number of specific student populations. We are expected to provide excellence in academic advising and are frequently expected to provide evidence of that excellence in the form of research that documents and demonstrates the efficacy of our academic

10:15 am - 11:15 am

advising methods and approaches. This presentation describes how our advising unit developed changes in its approach to working with exploratory students to meet both the growing needs of this population and the demand for assessment and accountability. It specifically outlines a longitudinal research project launched in 2009 designed to implement specific programmatic interventions for this population and to demonstrate their efficacy. Research design, methodology, and results are discussed.

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## **2D** Advisor Recognition: Crafting a Successful NACADA Awards Packet

Imperial 2

Jeffrey Malone  
Oregon State University

2011 marks the third year that Region 8 has solicited nominations for regional awards (New Advisor, Academic Advising, Advising Administrator, & Institutional Administrator) from among its membership. These awards ensure recognition for the excellent advising work that occurs in our region. They can also serve as a ladder to recognition at the national level. The discussion will include the procedures and processes behind awards nominations and selection, as well as a consideration of what makes for a successful packet.

1:45 pm - 2:45 pm

## **3A** Journey of Transitions

Walker/Bannerman

Carol Murphrey  
University of Alaska, Fairbanks

Students coming from rural Alaskan communities to the University of Alaska Fairbanks face a unique set of challenges in addition to traditional freshmen challenges. Differences in culture, distance from family, loss of the support of a tight-knit community: all are factors in rural students' success, or lack of success. 40 years ago, UAF created Rural Student Services (RSS) in an effort to help rural students overcome these challenges.

This presentation will look at the comprehensive approach to academic advising for Alaska Native and rural students at the University of Alaska Fairbanks. The presentation will address the value of a long-term advising relationship and how that relationship can be maintained throughout a student's academic career. Examples of the use of culturally-relevant advising techniques will be presented, as well as a brief introduction to the background of the exceptional students served by RSS and their cultures.

Rural Student Services is committed to responding to student needs by providing quality services to Native and rural students who expend positive efforts in the pursuit of higher education and its opportunities. Our comprehensive approach is unique in recognizing students' efforts to develop and maintain academic and personal balance as they contribute to the cultural richness of the University of Alaska Fairbanks.

## **3B** The Parent Map - A Guide to Partnering with Parents in the Transition to College

Doll/Herald

Sarah Ann Hones and Chris Gana  
Washington State University

Do you dread the inevitable FERPA discussion? Or the questions from parents regarding their students' choices of major, course work, study habits...? These are all part of giving parents a map of their students' transitions to college. These are also elements in parents' transitions to partners with colleges as advocates and support systems for their students. In this interactive presentation, we will show you how we have successfully worked with parents as part of an orientation program to provide information, build rapport and partnership and receive parents' reviews saying, "You are fabulous!"

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## **3C** Success-Based Intervention Modules for Students on Academic Probation or Suspension

Neilson 1

Tanna Rasmussen  
Eastern Oregon University

From the perspective and experience of an intrusive academic advisor, this presentation shares research on various success strategies currently in practice, including on-campus

success modules implemented by one community college. Based on the research shared, and the needs of both traditional and nontraditional students, a justification and plan for actual implementation of "success-based intervention modules", via online learning, in a small, geographically bound community college, and an outline for further implementing these modules in a small public university will also be shared.

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## **3D** New Student Registration Assistance: Helping first year students transition into post-secondary, one course at a time

Neilson 2

Lesley Gerein and Stephen Mason  
University of Calgary

Choosing and registering in courses can be stressful and confusing at the best of times. For first year students, however, this experience can feel insurmountable as they also attempt to navigate the world of post-secondary for the first time. How can advisors ensure that the first year registration experience is positive and educational, while making the most of advising resources during a hectic time of year? This session will share the successes of the University of Calgary's New Student Registration Assistance Program. We will discuss how our combination of peer advising and a student-friendly course planning website can take the registration process to a new level and help create better informed and more engaged first year students.

## Breakout Session Descriptions

Friday, March 11, 2011

1:45 pm - 2:45 pm

### **3E** A Conversation with NACADA Leadership and Executive Office Representatives

Neilson 3

Kathy Stockwell, NACADA President  
Jennifer Joslin, NACADA Board of  
Representatives  
Leigh Cunningham, NACADA Executive  
Office

This informal discussion is to provide a forum for attendees to visit with NACADA Leaders regarding the Association's many initiatives and programs, leadership opportunities, and to give participants an opportunity to provide feedback and ask questions

### **Region 8 Business and 2012 Conference Planning Committee Meeting**

4:15 pm - 5:15 pm  
Walker/Bannerman

This meeting is to review and conduct the business of the region, as well as start the planning for the 2012 conference in Portland, OR.

On the agenda will be the review of the progress of the region projects, financial reports, voting on any pending bylaw changes and discuss any new business arising.

3:00 pm - 4:00 pm

### **4A** Journey to Wellness - Managing Daily Stress as an Advisor

Walker/Bannerman

Lisa Laughter  
Washington State University

In this dynamic presentation participants will have the opportunity to learn more about the significance of maintaining their personal well-being. The presenter intends to provide practical "advice" from her own journey to well-being as well as engage participants in sharing their journey's in order to reinforce the importance of maintaining personal well-being to best serve our students. Do you work with large numbers of students with mounting demands in an increasingly tight budget climate? How do we take care of ourselves and serve our students when we are expected to do more with less? Many advisors sacrifice their own wellness in order to keep up with the hectic pace of this environment and this presentation is intended to give the participants practical tools to take with them back into these tumultuous times!

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### **4B** Reaching Out: Finding Individuality and Promise in At-Risk Students

Doll/Herald

Miranda Atkinson  
University of Oregon

What reaches students on the edge? How do advisors get those that are already falling

behind to engage—to become active participants in their own education? Such students often retreat due to embarrassment, isolation, or hopelessness, avoiding resources that can help. While students are responsible for rescuing themselves, an empathetic conversation with an advisor can combat isolation, create a sense of accountability, and ultimately illuminate the path to a goal. In other words, it can show students the proverbial light at the end of the tunnel. This presentation will detail the structure and results of an outreach project within a gated academic department designed to reach students on the edge and lead them back to the path of success.

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## **4C** Scenes for Learning and Reflection: An Academic Advising Professional Development DVD, Volume 2.

Neilson 1

Kerry Kincanon  
Oregon State University

This presentation serves to introduce Region 8 members to the second volume in NACADA's professional development DVD series: Scenes for Learning and Reflection. Like Volume 1, the second volume presents students and professional and faculty advisors engaged in ten different scenarios suggested by NACADA Commission and Interest Groups, and they cover a wide range of relevant topics, including group advising, peer advising, and working with special populations like student athletes, returning veterans, high achieving students, and students on probation. The presenter, a

member of the NACADA Video Advisory Board, will show scenes from the DVD and will facilitate discussion on how the DVD can be integrated into new advisor training or continuing professional development efforts on local campuses.

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## **4D** Advising Aboriginal Students on Their Educational Path: Transitions, Challenges, and Successes

Neilson 2

Lianne Leddy and Sarah Kinch  
Mount Royal University  
Melissa Ireland  
Wilfrid Laurier University – Waterloo Campus

While all students experience a transitional phase when entering the world of post-secondary education, Aboriginal (Native American) students face an entirely new cultural space where the definition of education may not mirror the one with which they were raised. Family and community obligations are paramount in Aboriginal culture, but these can conflict with a student's educational experience in the post-secondary system. Furthermore, Aboriginal students face challenges and pressures that are unique, so how is it best to advise them in a culturally-sensitive and effective way? How can we best support these students on their chosen educational paths and encourage their success? This presentation will incorporate an interactive problem-solving activity, a lecture on the best practices for advising Aboriginal students and the challenges they face, and promote discussion and interaction.

9:15 am - 10:15 am

## **5A** When the West Meets the East. Who is influencing who?

Walker/Bannerman Room

Wendy Lala  
Texas A & M University at Qatar

Observations and experiences of a Western academic advisor submerged in a Middle Eastern culture. Discussion on Middle Eastern culture and the influence it is having on academic advising in a Western university.

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## **5B** Pre-nursing advising: managing bottle necks and traffic jams

Doll/Herald Room

Janet Peterson and Ellen Crabtree  
Linfield College

This presentation focuses on the pre-nursing advising program at Linfield College. Recent and ongoing transitions of the nursing program has had unanticipated consequences affecting enrollment, the college advising program and demand for course offerings. The advising administrator's role in curricular changes and/or responding to changes will be a focus of this presentation. Topics including coordinating with branch campus advisors, faculty and administrators, training faculty advisors, advising students in a competitive program, and advising pre-professional students within

a liberal arts setting will be addressed. Faculty and professional advisors will be encouraged to share their experiences related to advising pre-professional majors within a liberal arts setting and managing the opportunities and pitfalls associated with institutional changes that relate to advising procedures.

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## **5C** Advising from a distance - bridging the gap without falling off the horse

Imperial 1

Cheryl Christensen  
Athabasca University

This session will appeal to anyone with an interest in how to provide advising to students from a remote location. How do advisors at Canada's largest distance education university help students figure out their program requirements when they can't meet them face-to-face? Communication techniques used will be reviewed as well as our student tracking system. The advising team structure and model used in the Faculty of Business will be reviewed. How are we able to work from home to help keep us positive and motivated? This will be an interactive session with room for comments and questions.

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## Breakout Session Descriptions

Saturday, March 12, 2011

9:15 am - 10:15 am

### **5D** Advisor Transitions and Career Success

Imperial 2

Kate Elias  
Seattle University

Interested in advancing in your current position or anticipating transitioning into a different advising position? Academic advisors at all stages of their careers are welcome to attend this session and learn more about identifying and developing the tools they need to make successful lateral transitions and advance in the field. The primary objective of this session is for advisors to identify their professional goals and begin the process of planning for how to meet them. This is an interactive session – attendees will work together to review research techniques, resumes and cover letters, and network with advisors who are pursuing their own transitions.

10:30 am - 11:30 am

### **6A** What Are You Going To Do With THAT Major?

Walker/Bannerman Room

Diane Donnelly  
Montana State University – Bozeman

This presentation will provide a context within which to talk about the value of a Liberal Arts degree, in both practical and philosophical terms. The connection between a major and a viable financial future has always been an important concern, but in the current economic climate, these pressures are significant. Students may feel they must declare a major leading to a specific career (i.e. Nursing, Accounting, Engineering), when in reality their interests and abilities may be contrary to the knowledge and skills embedded in those majors. Students considering Liberal Arts majors may need more guidance to understand the value and possibilities of their degrees, as well as practical ways to "add value" to their education.

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For more details visit:  
[www.nacada.ksu.edu](http://www.nacada.ksu.edu)

Sponsored by: NACADA, National Academic Advising Association  
Hosted by: NACADA Region 10



## **6B** Hypothesize your Major! Using the Scientific Method to Assist Students with Major Selection

Doll/Herald Room

Julie Lancour  
University of Washington – Seattle

Guiding students through the process of major selection requires advisors to have some innovative ideas up their sleeve. We have one up our sleeve that we would like to share with everyone who works to support students through this decision making process. We have created an exercise that structures a student's major exploration using the scientific method. This exercise gives our students a chance to collect empirical evidence to support (or reject) their hypothesized major and to gain valuable information about themselves in the process. Attendees will have an opportunity to customize this exercise for use with their own students. Originally designed for High Achieving/ Undecided Students, we feel this is salient to all student populations.

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## **6C** The Real Voyage of Discovery

Imperial 1

Sharon Nelson and Jacelyn Keys  
Eastern Oregon University

This interactive session will focus on the

"dislocated worker" student and the barriers they faced in the higher education environment. The "Moving In, Moving Through, and Moving out" phases of Schlossberg's Transitional Theory will be presented with a focus on this unique and growing student population. Application of the Strengths-Based approach to academic advising will be covered. Participants will have the opportunity to practice active-listening skills during role-playing exercises.

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## **6D** Keeping it cool with AC (Advising Central): Using SharePoint to Share, Store, and Retrieve Information and Resources

Imperial 2

Sharon Kelly and Suki Dhillon  
Vancouver Island University

The aim of this session is to demonstrate our Advising Centre's use of some of the tools of Microsoft's SharePoint Content Management System so that other Advisors can see how the different web tools facilitate our work. Participants will be able to determine how easy it is to implement, and evaluate its potential usefulness in their professional situations. We will demonstrate how we use the following tools: blog, shared documents, social bookmarking, virtual meeting space, discussion boards, wikis, and project management software in our day to day work. We will outline how little technological experience is required to set up the software to share resources and collaborate more effectively.

# The Bistro

at Art Central

## Soup

**Bistro French Onion Soup** 7.  
**Chefs Daily Creation** 5.

## Salad

**Tuna Salade Nicoise** 17.  
Artisan lettuce, tomato, artichoke, cucumber, capers, chopped boiled egg  
**Roasted Beet Salad** 12.  
Walnuts, goat cheese, fig balsamic reduction  
**Bistro Salad** 16.  
Crisp greens, double smoked bacon, grilled chicken boiled egg and goat cheese  
**Grilled Romaine Salad** 11.  
Romaine hearts, applewood double smoked bacon, grilled shrimp and parmesan cheese  
**Steak Salad Dijonaise** 16.  
Artisan lettuce, tomato, artichoke, asparagus, capers

## Main

**Bistro Salmon B.L.T.** 14.  
Smoked salmon, bacon, lettuce and tomato  
**Alberta Bison Burger** 13.  
Bistro's field berry relish and Bistro fries  
**Bistro Burger** 12.  
Alberta beef, zucchini relish, cheddar and Bistro fries  
**Mini French Dip** 12.  
Prime rib with horseradish au jus for dipping  
**Steak Frites** 14.  
AAA sirloin with Bistro fries and salad  
**Bistro Quiche** 12.  
Smoked chicken, gruyere cheese and salad  
**Tiger Shrimp Risotto** 16.  
Grilled shrimp, saffron vegetable risotto  
**Maple Salmon** 16.  
Quebec maple syrup and mushroom risotto  
**Pumpkin Ravioli** 12.  
Pumpkin stuffed pasta, roasted red pepper coulis  
**Pear Poached Chicken** 15.  
Bartlett pear, brie cheese and chef's potato & vegetables  
**Bison Meatloaf** 12.  
Bistro's classic meatloaf with potato & vegetables  
**Pork Tenderloin** 14.  
Pork medallions, pomegranate reduction, creamy risotto  
**Grilled Halibut** 16.  
Halibut, asparagus spears and couscous

## Weekend Brunch Menu

**Eggs Benedict** \$11.  
Poached eggs, Back Bacon, English muffin  
**Salmon Benedict** \$11.  
Poached eggs, smoked salmon and hollandaise sauce  
**Veggie Benedict** \$11.  
Poached eggs, grilled zucchini, tomato, provolone and hollandaise sauce  
**Two Eggs any style** \$10.  
With Bacon or Breakfast Sausage, multigrain toast and hash browns  
**Bistro's Great Start** \$10.  
Granola, non-fat vanilla yogurt, fresh fruit.  
**French Toast** \$10.  
Cinnamon Raisin Bread, Quebec maple syrup and whip cream  
**Wildberry Pancake** \$10.  
Raspberry, blueberry and blackberry mixture, cinnamon butter and whip cream  
**Alberta Bison Burger** 13.  
"Bistro's" field berry relish and fresh cut fries  
**Salmon B.L.T.** \$14.  
Smoked salmon, bacon, lettuce and tomato sandwich  
**"Bistro's" Quiche and Salad** 12.  
Apple wood smoked chicken and Gruyere  
**Build your Omelet** \$12.  
(choose 3 fillings) Tomato, Green Onion, Black Olives, Bacon, Sausage, Mushroom, Cheddar, Feta or Red & Green Peppers.....  
Extra fillings \$2.00 each

## Grapevine

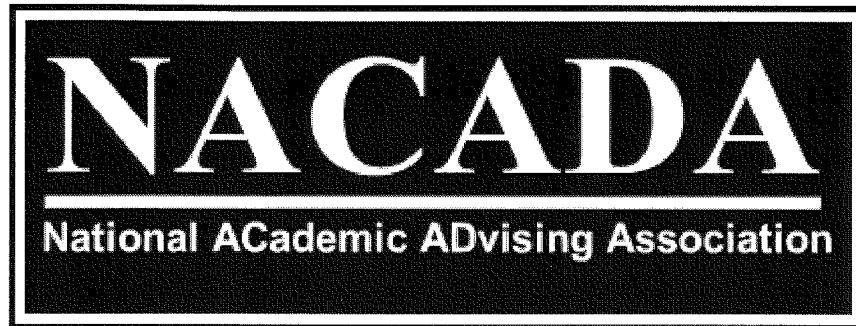
	6oz	9oz	Btl
<b>Hob Nob '07</b>			
Chardonnay	7.	10.	26.
<b>Sumac Ridge '07</b>			
Gewürztraminer	8.	12.	30.
<b>Vineland '08</b>			
Semi-dry Riesling	8.	12.	30.
<b>Nobila 2008</b>			
Sauvignon Blanc	8.	12.	30.
<b>Corte Giara '08</b>			
Pinot Grigio	9.	13.	34.
<b>Grant Burge '07</b>			
Shiraz	10.	15.	38.
<b>Altos Las Hormigas '08</b>			
Malbec	8.	12.	30.
<b>Hob Nob '07</b>			
Pinot Noir	8.	12.	30.
<b>Sandhill '07</b>			
Cabernet Sauvignon	11.	16.	40.
<b>Dancing Bull '07</b>			
Zinfandel	8.	12.	30.

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The **NATIONAL ACADEMIC ADVISING ASSOCIATION (NACADA)**, 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.

The National Academic Advising Association evolved from the first National Conference on Academic Advising in 1977 and has over 10,000 members representing all 50 states, Puerto Rico, Canada and several other international 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.

**Vision:** NACADA is the leader within the global education community for the theory, delivery, application and advancement of academic advising to enhance student learning and development.

**NACADA Mission and Strategic Goals:**

- Address the academic advising needs of higher education globally
- Advance the body of knowledge of academic advising
- Champion the educational role of academic advising to enhance student learning and development in a diverse world
- Educate university and college decision makers about the role of quality academic advising in higher education
- Ensure the effectiveness of the NACADA organization

**Kansas State University**  
2323 Anderson Avenue, Suite 225  
Manhattan, KS 66502-2912  
Phone: (785) 532-5717  
Fax: (785) 532-7732  
e-mail: [nacada@ksu.edu](mailto:nacada@ksu.edu)  
Web: <http://www.nacada.ksu.edu>