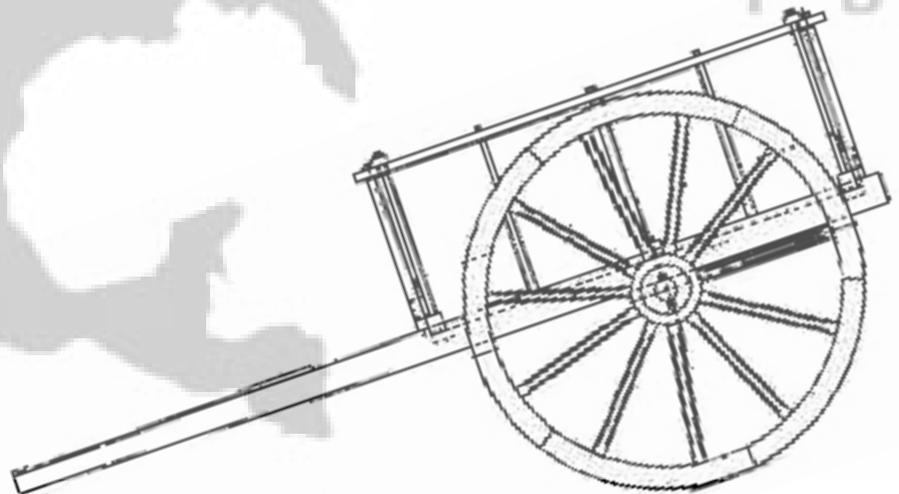




NACADA
THE GLOBAL COMMUNITY
FOR ACADEMIC ADVISING

Region 6 May 17 - 19, 2017

***Journey to Advising...
getting to the heart of the matter***



Region 6 Chair

Greetings! On behalf of the Region 6 Steering Committee, I am excited to welcome you to Winnipeg for ***Journey to Advising...getting to the heart of the matter***. We are very excited that you have joined us and we are sure that you will find this a rewarding experience.

Welcome to all the first-time attendees. It is my hope that you have an enriching experience during the conference. Please take advantage of the various networking opportunities. I look forward to interacting with you at the First Time Attendees Session. Please feel free to connect with me at any point during the conference.

For those of you who have attended previous conferences, welcome back! I am glad that you are joining us again. I hope all of you are able to connect with fellow NACADA members and both strengthen your current practices as well as learn some new ones to bring back to your campuses.

I invite all of you to attend the Region 6 State and Province meetings. This is a great time to learn more about NACADA, offer input, and learn of ways to get involved. Your state/province rep will be there to guide the discussion.

Special recognition is due to the winners of our 2017 Region 6 Awards. We'll be honoring this group of deserving individuals at the social reception on Wednesday evening and at Thursday's luncheon. Please nominate deserving colleagues for the 2018 awards!

I want to thank Yvonne Halden and this year's Conference Planning Committee for all their hard work in putting together an exciting conference.

Please take advantage of all the networking opportunities and get connected with other members of Region 6. NACADA is a member-driven organization whose success depends on involvement from members like you.

Enjoy the Region 6 Annual Conference!

Troy Schmidt

Region 6 Chair
2016-2018



Conference Chair

It is with great pleasure that I welcome my fellow advisors to our NACADA Region 6 annual conference. As Conference Chair for 2017 it has been another phenomenal NACADA experience for me organizing and working with my amazing Conference Planning Committee in preparation for this week. For those of you who are new to NACADA - you have found a wonderful new group of friends and colleagues who will enjoy sharing their knowledge and expertise with you. I often describe NACADA as my mother-ship, a community where everyone knows what you do, and have the same challenges and rewards in our chosen profession. You have the chance to connect and take home knowledge and ideas to share at your home institution. Take the opportunity to engage with as many of your colleagues (from over 36 institutions) who are here this week. Give out your business cards and enjoy the NACADA experience.

Winnipeg was built where the Red and the Assiniboine rivers meet. This community is a large diverse population that embraces harsh winters and beautiful summers. This week we hope you find time to visit some of our amazing attractions and leave having experienced a “*hidden gem*” called Winnipeg, located at the heart of the continent.

I would also like to take this opportunity to thank our sponsors. Their support clearly demonstrates that events such as this contributes to the professional development and knowledge of academic advisors in their advising roles towards supporting student success.

On behalf of the committee and myself, we are delighted to have you with us. Enjoy the conference and thank you for your contribution in supporting students as they navigate their educational journey.

All the best,

Yvonne Halden

Region 6 2017 Conference Chair.

***Journey to Advising....
getting to the heart of the matter.***



Keynote

Charlie L. Nutt was appointed as the Executive Director of the National Academic Advising Association in October 2007. Prior to this he served as the Associate Director of the Association for five years. Additionally, he was also Vice President for Student Development Services at Coastal Georgia Community College for nine years and Assistant Professor of English/Director of Advisement and Orientation for six years. He received his A.A. from Brunswick College, B.S.Ed. from the University of Georgia, M.Ed. and Ed.D. in Higher Educational Leadership from Georgia Southern University.

Charlie has had vast experience in education. In addition to his fifteen years as a teacher and administrator at Coastal Georgia Community College, he has taught English in grades 9-12, served as a department chair and assistant principal in a high school, served as Director of Development and Admission at a private K-12 institution. Presently, he teaches graduate courses in the College of Education in the Department of Counseling and Educational Psychology. He has also been instrumental in the development of the NACADA/K-State graduate certificate in academic advising and several other NACADA professional development initiatives, NACADA's Global Initiatives and the creation of the Center for Research and Excellence in Academic Advising and Student Success to open at Kansas State University in 2017.



Gold Sponsor

As spring floods recede, flowers and trees bloom, and students wrap up another academic year it is an appropriate time to reflect on the great impact each one of us has made—individually and collectively—in the lives of our students. Nelson Mandela talked of the “*power of one*”; each conversation, each intervention, each support program and service helps students in their path of educational growth and transformation. And we too grow as we learn from each other—sharing our successes and challenges, networking and celebrating with colleagues, discovering how we can help a diverse student body feel welcome and included in our communities. We come from a wide variety of institutions—colleges and universities, American and Canadian, urban and rural, large and small. But we all have common goals—to share our skills and knowledge, to learn from one another, and to go back to our campuses renewed with new ideas to help our students succeed and our institutions thrive.



Welcome to Winnipeg and the NACADA Region 6 Annual Conference. We're thrilled that you have joined us here in the heart of the continent and home of the Canadian Museum for Human Rights. Thanks for joining us—Miigwech.

Susan Gottheil

Vice-Provost (Students) - University of Manitoba



UNIVERSITY
OF MANITOBA

Awards & Scholarships

Regional Members Receiving Region 6 Funded Awards - 2017 Region 6 Awards

Award Recipient	Institution	Award Category
Carolyn Schnell	North Dakota State University	Service to Region 6
Jacob Rudy	University of Minnesota-Twin Cities	Excellence in Advising - Advisor Primary Role
Ann Tschetter	University of Nebraska-Lincoln	Excellence in Advising - Faculty
Justin Rasmussen	University of Manitoba	Excellence in Advising - New Advisor
Carla Loewen	University of Manitoba	Tribal Advisor Grant
Brenda Kutz	Kansas State University Global Campus	Graduate Student Scholarship

Wednesday @ a glance

Session	Event	Room
9:00 am – 5:00 pm	Registration	
9:00 am – 12:00 pm	Region 6 Steering Committee Meeting	Executive Boardroom
1:00 pm – 3:00 pm	Preconference Workshops	
	P.1 Thinking Outside the Line; Rethinking your Advising Toolbox During Peak Periods	Ambassador B
	P.2 Integrating Academic Advising and Career Advising at a Non-Traditional University with Limited Resources	Ambassador C
3:00 pm – 3:30 pm	Refreshment Break	
3:30 pm – 4:30 pm	P.3 NACADA Orientation for First Time Attendees	Ambassador B
5:00 pm – 6:00 pm	Welcome and Keynote Address	Ambassador A
6:00 pm – 7:00 pm	Social Reception and Poster Sessions (food & cash bar)	Terrace
7:00 pm	Dinner on Your Own	



Portage Avenue. Photo courtesy of Tourism Winnipeg.



Thursday morning @ a glance

Session	Event	Room
7:30 am – 4:30 pm	Registration	
8:00 am – 9:15 am	Continental Breakfast	Ambassador A
9:30 am – 10:30 am	Concurrent Session 1	
	1.1 Advising for Academic Recovery: Grit and Willpower in the Context of Advising	Ambassador B
	1.2 The Road to Student Success: Using Student Holds as a Proactive Outreach Strategy	Ambassador C
	1.3 Journey to Advising..... at the heart of academic advising – The Core Competencies of Academic Advising Model (2017) - Moving forward – Discussion, Engagement, & Delivery.	Ambassador D
	1.4 Journey as a professional: Determining your level of involvement in the scholarship of advising	Ambassador G
	1.5 Cultural Diversity Awareness Course: Taking Diversity Training Online	Ambassador H
10:45 am – 11:45 am	Concurrent Session 2	
	2.1 Bueller? Connecting With Students Who Take A “ <i>Day Off</i> ” From Advising	Ambassador B
	2.2 Igniting Innovation: A Collaborative Approach to Addressing Challenges and Solving Problems	Ambassador C
	2.3 Approaching Course Selection through a Developmental Lens	Ambassador D
	2.4 Getting to the Heart of Diverse NACADA Leadership	Ambassador G
	2.5 Sustainable Learning Communities; A 20 Year Journey	Ambassador H
12:00 pm – 1:15 pm	Lunch and Business Meeting	Ambassador A



The Pavilion at Assiniboine Park. Photo courtesy of Tourism Winnipeg.

Thursday afternoon @ a glance

Session	Event	Room
1:30 pm – 2:30 pm	Concurrent Session 3	
	3.1 The Advisor's Role in Career Readiness for Liberal Arts Students	Ambassador B
	3.2 Journey to Student Engagement and Overall Well-Being	Ambassador C
	3.3 Advising a Crowd: Best practices at Educational Events and Fairs	Ambassador D
	3.4 Publish with NACADA: Find the Appropriate NACADA Venue for Your Writing	Ambassador G
	3.5 Journey to Intercultural Competence: Creating a Framework to Develop Advisors and Students	Ambassador H
2:45 pm – 3:45 pm	Concurrent Session 4	
	4.1 You Can't Pour from an Empty Cup: Compassion Fatigue in Academic Advising	Ambassador B
	4.2 Advisor Exchange - Building an Advising Network at the University of Manitoba	Ambassador C
	4.3 Conversations with NACADA Leaders: Core Values Review: Round Two	Ambassador D
	4.4 Do We Hear Them?: The Silent Journey of Rural Students in Higher Education	Ambassador H
3:45 pm – 4:00 pm	Refreshment Break	
4:00 pm – 5:00	Province/State Meetings	
	Manitoba and Saskatchewan	Ambassador A
	Minnesota	Ambassador B
	North Dakota	Ambassador C
	Iowa and Nebraska	Ambassador D
	South Dakota	Ambassador H
5:00 pm	Dinner on Your Own	



Friday @ a glance

Session	Event	Room
7:30 am – 1:00 pm	Registration	
8:00 am – 9:00 am	Breakfast Buffet	Ambassador A
9:15 am – 10:15 am	Concurrent Session 5	
	5.1 Best practices for teaching and advising multilingual students	Ambassador B
	5.2 The Career Compass and Academic Advising – Mapping an Exceptional Student Experience	Ambassador C
	5.3 Planning for Canada: Helping Newcomers Thrive	Ambassador D
	5.4 Indigenous University Students in their First Year: Academic Choices and Outcomes--Some Observations drawn from Big Data	Ambassador H
10:15 am – 10:30 am	Refreshment Break	
10:30 am – 11:30 am	Concurrent Session 6	
	6.1 Using Appreciative Education to Create a Safe & Comfortable Learning Environment for Students	Ambassador B
	6.2 Six Weeks to Success: The Student Journey	Ambassador C
	6.3 Maximizing Student Success through Behavioral Economics	Ambassador D
	6.4 Keeping Students “On Course®” through Advising	Ambassador H
11:30 am	Conference Concludes	



The Assiniboine Park Zoo. Photo courtesy of Tourism Winnipeg.

Pre-Conference Workshops

Wednesday, May 17th - 1:00 to 3:00

Session P.1

Ambassador B

Thinking Outside the Line; Rethinking your Advising Toolbox During Peak Periods
Stephanie Pfeifer and Susan Sa'eed (Metropolitan Community College).

Quick check the calendar! Registration opened today right? Why is the lobby so quiet? Flash forward and it's two weeks before the start of term. The lines are long, the students are frustrated, the staff is stressed! These phenomena are not new or surprising to seasoned student affairs staff. Instead of facing each new term start with resigned exhaustion, look to your advising toolbox for simple and innovative methods to improve student efficiency and staff burnout. Utilizing simple methods including existing technology, social media and creative staff, an advising office can approach registration frustrations in ways that will not only reduce employee stress levels, but begin to implement a culture that is representative of the ever changing student dynamic.

Session P.2

Ambassador C

Integrating Academic Advising and Career Advising at a Non-Traditional University with Limited Resources

Kara Branyon, Erik Berquist and YeeLeng Hang (Metropolitan State University).

Student success is not only about earning a bachelor's degree, but also about students finding fulfilling careers upon graduation. Increasingly, limited budgets are making it more difficult for us to personally connect students with the information they need to plan for rewarding careers. We invite you to learn about our university and the steps our advising office took to increase our awareness of career advising and improve our ability to reach students with important career information. During this session you will learn what you can do as an advisor to better help your students reach their career goals and better understand the differences between career advising and career counseling.

Wednesday, May 17th - 3:30 to 4:30

Session P.3

Ambassador B

NACADA Orientation for First Time Attendees

As a new member, you most likely have many questions you want answered: Where do I start? What are those things called "*interest groups*" and "*commissions*"? I am only in my first year, can I even get involved? What is the purpose of the regions and what opportunities do they provide? In this session, you will be introduced to NACADA – The Global Community for Academic Advising. This orientation is designed to provide guidance to new members as they begin their journey - learn how membership benefits you and how you can make the most of your "*first year experience*" in NACADA. 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 to the association. 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!



Thursday, May 18th - 9:30 to 10:30

Session 1.1

Ambassador B

Advising for Academic Recovery: Grit and Willpower in the Context of Advising

Martha Scott Johnson (University of Minnesota - Twin Cities).

Advising and Academic Coaching, Probation/Dismissal/Reinstatement Issues

Social psychology research reveals that individuals with more grit have the motivation to achieve long-term goals despite setbacks. Willpower is one of the tools gritty individuals use to respond to setbacks and make progress toward their long term goals. The purpose of this presentation is to explore the role of grit and willpower in the experiences of students struggling academically. Through discussion and reflection, participants will consider the advising implications of these concepts and develop practical strategies for fostering grit and developing willpower in the advising relationship. The content for this session is based on research from Dr. Angela Duckworth and Dr. Kelly McGonigle and stems from the presenter's experience as one of the Academic Probation Coordinators for the College of Biological Sciences at the University of Minnesota.

Session 1.2

Ambassador C

The Road to Student Success: Using Student Holds as a Proactive Outreach Strategy

Kelsey Smyth and (Amanda Degraff) (Iowa State University).

Advising and Academic Coaching, First-Generation College Students Advising

Have you ever thought about student holds at your institution? Advisers know that holds can prevent students from registering, but knowing why they get assessed, and how to help students get the holds lifted is just part of the story. At Iowa State University, we have begun doing research looking at who has holds--- and we found that our first-time freshmen who were first-generation or low-income had 7% more registration holds than the rest of the entering class. Using this as a starting point, we have begun focusing on using holds as an early alert system for our campus, and we hope to share our information with you! This session will cover a topic adaptable for any campus searching for practices to contribute to student success.

Session 1.3

Ambassador D

Journey to Advising..... at the heart of academic advising – The Core Competencies of Academic Advising Model (2017) - Moving forward – Discussion, Engagement, & Delivery.

Charlie Nutt, Executive Director, **Amy Sannes**, Incoming President NACADA, **Troy Schmidt**, Region 6 Chair, and **Yvonne Halden**, Region 6 Conference Chair.

Advisor Training & Development

Round Table Session

At the request of the association's leadership, the NACADA Academic Advising Core Competencies Model (2017) was developed by NACADA's Professional Development Committee. The purpose of the model is to identify the broad range of understanding, knowledge, and skills that support academic advising, to guide professional development, and to promote the contributions of advising to student development, progress, and success. The language of the model is broadly designed to be applicable to all academic advising personnel in any of the myriad advising situations found throughout the Global Advising Community. To achieve excellence in their work, regardless of the specifics of their individual campus' advising mission, all academic advisors must understand the model's three components – conceptual, informational, and relational – and be able to synthesize and apply them as needed in academic advising interactions. The Model identifies 20 core competencies in the three component areas to guide advising personnel on their professional development journey.

During this round table session, we will discuss the model. How all stakeholders may consider implementing this model in their roles, how it can impact advisor's professional development, how to engage with your institution as professional development programs are developed as well as with the Regions and other NACADA communities in helping with professional development around the competencies.

Session 1.4

Ambassador G

Journey as a professional: Determining your level of involvement in the scholarship of advising

Wendy Troxel (Kansas State University) and **Andrew W. Puroway** (University of St. Thomas).

Advisor Training & Development

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 highly interactive session will address recent initiatives and future planning of the NACADA Research Curriculum through a reflective "*Involvement in Research*" framework. Join members of the NACADA Research Committee and the Director of the NACADA Center for Research as we 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.

Session 1.5

Ambassador H

Cultural Diversity Awareness Course: Taking Diversity Training Online

Norlan Page (Red River College).

Multicultural Concerns, Global Engagement

Red River College has developed an online Cultural Diversity Awareness Course, which provides a 24/7, sustainable, and flexible option for students across College campuses and off-campus to increase their understanding of and respect for cultural diversity.

This co-curricular course supports immigrant and international student retention, success, and integration into the multicultural College community or workplace environment. It can support all students to develop competence communicating, learning and working in the local diverse community, or to prepare for study or work opportunities in another cultural environment.

In this session we will discuss the needs that cultural diversity awareness training and advising address on campus, share about the development and content of the Cultural Diversity Awareness Course, and describe how online co-curricular training can be integrated into student orientation and advising services.



Oak Hammock Marsh Interpretive Centre. Photo courtesy of Tourism Winnipeg.



Thursday, May 18th - 10:45 to 11:45

Session 2.1

Ambassador B

Bueller? Connecting With Students Who Take A “Day Off” From Advising

Alisa Dean and **Angela Bowlus** (University of Minnesota Twin Cities).

Large Universities, Liberal Arts Advisors

Do you have students who have fallen off of your radar? There are a wide variety of systems to identify students who are at academic risk, but at institutions like ours it can be challenging to identify those students who are getting by well enough on their own. We will discuss how one advisor used datasets to identify these students and bring the students back into advising. We will look at different subsets of this data, specific outreach methods, and the topics we've chosen to focus on in those outreach efforts to make advising relevant to all students. Finally, we'll discuss the impact and success of our outreach methods. The session will have time to share best practices and feedback from the audience.

Session 2.2

Ambassador C

Igniting Innovation: A Collaborative Approach to Addressing Challenges and Solving Problems

Dr. Tina Thompson and (Justin Lee) (Capella University).

Technology in Advising, Large Universities

The session will encapsulate a summary of the Capella University's 'Ignite's Innovation' event in which several staff and faculty collaborated to address organizational challenges and solve problems. Using a TED Talk and Ignite Talk approach staff and faculty presented topics related to innovative solutions. Presenters gathered from the IT, Marketing, Advising, Library, and Faculty teams and used a Think Engaging. Think Thought Provoking. Think Inspiring. Think Strategically method to showcase the innovations they utilize in their daily work.

Session 2.3

Ambassador D

Approaching Course Selection through a Developmental Lens

Sarah Saunders and **Liza Haines** (University of Manitoba).

Advising First-Year Students, Undecided & Exploratory

The First Year Planning Guide is the primary resource available to students (and advisors) to support informed decision-making in first year course planning. An interactive online resource, the Guide details the first year of over 100 programs at the University of Manitoba. With so many options available, indecision is not limited to exploratory students: the developmental, rather than prescriptive nature of the Guide highlights course selection strategies (which support students experiencing all levels of certainty), while providing practical advice that fosters degree progression (regardless of what developmental stage a student is in). Learn factors that contribute to student indecision and uncertainty, as we share our best practices for creating holistic student resources and collaborating across campus to support today's first year students.

Session 2.4

Ambassador G

Getting to the Heart of Diverse NACADA Leadership

Meagan Hagerty (University of Minnesota) and **Amy Korthank** (University of Iowa).

Advisor Training & Development

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 Diversity Committee and ELP are changing the face of NACADA.

Session 2.5

Ambassador H

Sustainable Learning Communities; A 20 Year Journey

Jenny Macken and **Ben Chamberlain** (Iowa State University).

Advising First-Year Students, Peer Advising & Mentoring

The Learning Communities program has played a pivotal role in the retention and academic success of students at Iowa State University. This presentation features two academic advisers in different departments who will demonstrate various learning community models within the same college. An advisers role in learning communities at Iowa State could include creating a budget, constructing learning community course grids and supervising peer mentors. The presenters will explore classroom, residential and thematic learning communities. The presentation of intersections between learning communities and advising will demonstrate helpful hints on how to sustain learning communities. The advisers will discuss the benefits and challenges they have encountered at their institution.

Thursday, May 18th - 1:30 to 2:30

Session 3.1

Ambassador B

The Advisor's Role in Career Readiness for Liberal Arts Students

Angela Bowlus and **Judith Anderson** (University of Minnesota Twin Cities).

Liberal Arts Advisors, Career Advising

The College of Liberal Arts (CLA) of the University of Minnesota has made Career Readiness a cornerstone of its undergraduate education. We have created a list of ten Core Career Competencies reflecting the very essence of liberal arts education and the competitive advantage it represents in today's uncertain and dynamic economy. Rather than treating career readiness as something students receive only from the career services, CLA is positioning career readiness as a core function of the liberal arts curriculum and all student services in the college, including academic advising. We will discuss the integrated approach CLA is taking and how we are leveraging our advisors to infuse career-focused conversations into advising appointments. We will explore some of the programs and models we've put in place to support this initiative.

Session 3.2

Ambassador C

Journey to Student Engagement and Overall Well-Being

Sherrie Bosse, **Dana Southerland** and **Stephanie McBeth** (University of South Dakota).

Theory, Philosophy and History of Advising

Student engagement has been tied to persistence in the educational journey (Kuh, Cruce, Shoup, Kinzie & Gonyea, 2008), but student well-being is an equally important element. This interactive session draws upon advising and counseling theories to sketch a map for student success. Examples of institutional and advising center practices that promote the five pillars of positive psychology: positive emotions, engagement, positive relationships, meaning, and accomplishments/achievement will be shared and participants will have an opportunity to consider how their personal strengths can positively affect the student experience.



Session 3.3

Ambassador D

Advising a Crowd: Best practices at Educational Events and Fairs

Trevor Lehmann (University of Manitoba).

Advisor Training & Development

Nervous about being voluntold to attend recruitment fairs? Unsure what to do sitting in front of a sea of students? Not sure why your booth is empty and others are packed?

In this presentation, the fundamentals of venue work and running an effective booth will be discussed in an interactive format. Through demonstrations and practical takeaways applicable to your own events, advisors will learn the essentials of running a booth at a public event including:

- Maximizing booth presence with signage and location
- Effective body language and advisor presence
- Communication practices within crowded venues
- Utilizing giveaways, prizes, and incentives
- Considerations in staffing and scheduling

Handouts will be provided and a Q&A period will follow.

Session 3.4

Ambassador G

Publish with NACADA: Find the Appropriate NACADA Venue for Your Writing

Wendy Troxel (NACADA Center for Research).

Advisor Training & Development

There are many opportunities to write for NACADA. Last year 240+ members authored articles for NACADA publications. Each author (many who were first-time authors) contributed to our field's literature base.

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, the NACADA Clearinghouse of Academic Advising Resources, NACADA-produced books, and the 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.

Session 3.5

Ambassador H

Journey to Intercultural Competence: Creating a Framework to Develop Advisors and Students

Jenn Hooke and **Anna Ribikawskis** (University of Minnesota Rochester).

Multicultural Concerns, Advisor Training & Development

The University of Minnesota Rochester recognized that while diversity was valued on campus, we lacked the tools to help staff and students increase intercultural competence. Our solution? The Intercultural Development Inventory (IDI). Participants will have a chance to reflect on their own cultural identities and be introduced to possible tools for assessing intercultural competence, including the IDI. The presentation will focus on how we used the IDI to become a more culturally competent team and the strategies we learned to help us engage students in these difficult conversations. Advisors will walk away with resources for personal and group development and powerful questions to use in student advising. Come prepared to engage in personal reflection as well as discussion!

Thursday, May 18th - 2:45 to 3:45

Session 4.1

Ambassador B

You Can't Pour from an Empty Cup: Compassion Fatigue in Academic Advising

Katie Mehrer, Kelsey Lindskov, Nicole Bottjen and Travis Hendrickson (University of Mary).

Advisor Training & Development

Most of us joined the field of academic advising due to our passion for working with students. Taking on this role makes us a resource to students as they grow and develop academically, personally, and professionally. However, the empathy that is required of our work can leave us susceptible to compassion fatigue. Often confused with burnout, compassion fatigue plagues those in helping professions and impacts our professional quality of life. With awareness and knowledge, compassion fatigue can be recognized and managed in a healthy way. Learn the definition of compassion fatigue, its causes, warning signs, and symptoms. See how you can create your own personal balance between caring for yourself and others. Let's keep our cups full.

Session 4.2

Ambassador C

Advisor Exchange - Building an Advising Network at the University of Manitoba

Greg Sobie and Kristin Suffield (University of Manitoba).

Advisor Training & Development

In 2010, the “*Advisor Exchange*” held its first meeting. Searching for ways to connect UManitoba Academic Advisors and to provide inexpensive, informal professional development, the team that hatched the idea to form an on-campus advising network worked hard in the early days to establish a regular meeting and to ensure leadership opportunities were available to Advisors at the University of Manitoba.

Today, Advisor Exchange meetings attract upwards of 50 advisors from across the institution. Invitations to contribute to University-wide committee work are a regular occurrence and the group is often asked for advising related input.

The presentation will address the steps taken to: get started, formalize relationships with influential offices, and ensure the group's stability and longevity.

Session 4.3

Ambassador D

Conversations with NACADA Leaders: Core Values Review: Round Two

Andrew Puroway (University of St. Thomas) **Charlie Nutt**, Executive Director, **Amy Sannes**, Incoming President NACADA, **Troy Schmidt**, Region 6 Chair, and **Yvonne Halden**, Region 6 Conference Chair.

This session is designed for our leaders to provide information about the association to all conference participants. A portion of this year's conversation will focus on a review of drafted core values for the Association in the future. These values were drafted based on feedback from membership over the past year gathered at Annual, International, and Regional Conferences, NACADA Institutes, and a webinar. Participants are encouraged to ask questions about the topic as well as the association, including how to become involved and learn about leadership opportunities.



Do We Hear Them?: The Silent Journey of Rural Students in Higher Education
Caolfionn Yenney (University of Minnesota Twin Cities).
Advisor Training & Development, Multicultural Concerns

Even though there are over nine million rural students in the United States today, this population is largely ignored in higher education research. The limited existing literature on rural students focuses largely on their collegial aspirations, academic preparedness, and degree attainment. Few studies examine the experiences of these students during their college years or the best ways to serve this population. This session allows participants the opportunity to learn about existing research on rural students, as well as the importance of continued work. Participants will have an opportunity to discuss how they have worked with rural students in the past--including sharing best practices, challenges, and triumphs.

Thursday, May 18th - 4:00 to 5:00

State/Province Meetings

State/Province	Room
Manitoba	Ambassador A
Minnesota	Ambassador B
North Dakota	Ambassador C
Iowa	Ambassador D
Nebraska	Ambassador G
South Dakota	Ambassador H
Saskatchewan	Executive Boardroom



Saint Boniface Cathedral. Photo courtesy of Tourism Winnipeg.

Friday, May 19th - 9:15 to 10:15

Session 5.1

Ambassador B

Best practices for teaching and advising multilingual students

Sally Pinkston (Metropolitan State University).

Multicultural Concerns, Advising Adult Learners

Research suggests that instructors can encourage multilingual students' learning in their classrooms. Similarly, academic advisors can encourage multilingual students' learning in their advising sessions; we all know that academic advising is a form of teaching! As educators, it is incumbent upon us all to motivate multilingual students to learn. This can be done through best practices in both teaching and academic advising. I will share 5 best practices for educators to use as they teach and advise multilingual students. The audience will share their "*tricks of the trade*"/success tips as well...do they match up?

Session 5.2

Ambassador C

The Career Compass and Academic Advising – Mapping an Exceptional Student Experience

Brigitte Wiebe and **Kate Swallow Yee** (University of Manitoba).

Advisor Training & Development, Undecided & Exploratory

Holistic advising encompasses more than discussions about specific courses required to earn degree(s). The Career Compass at the University of Manitoba (a modification of Queen's University Major Maps) was created through a collaborative cross-campus approach for use by students, advisors, faculty and staff. The Compass provides consistent information across the university, builds a career development culture and provides a map for self-directed students.

Learn about the journey a team took to create a resource that is quickly becoming embedded in the practices and information used across the institution. This session will introduce the project, the process undertaken and invite discussion. The attendees will leave with a tool openly available for their use going forward.

Session 5.3

Ambassador D

Planning for Canada: Helping Newcomers Thrive

Margarita Natcheva (Red River College) and (Christopher Kosteroski (Parkland College)).

Advising Adult Learners, Global Engagement

Funded by the Government of Canada, and under the umbrella of the International Organization for Migration (IOM) and Colleges and Institutes Canada (CICan), Planning for Canada is a free pre-arrival service that helps economic and family class immigrants prepare for life in Canada. Learning strategies and finding paths to be successful in Canada is both a highly personal journey and a shared social experience with other newcomers. What happens when this journey is online and miles and miles away from Canada? Presenters from Parkland College, Saskatchewan and Red River College, Manitoba will share their challenges, best practices, and lessons learned when providing educational and career advising to future immigrants to Canada while they are still in their countries of origin.



Session 5.4

Ambassador H

Indigenous University Students in their First Year: Academic Choices and Outcomes--Some Observations drawn from Big Data

Rod Lastra, (Lori Wallace, and Jack (Yi) Shen) (University of Manitoba).
Advising First-Year Students, Native American & Tribal College

This session will involve presentation of key findings of a longitudinal study of the demographics, and the first year academic choices, and outcomes of over 4,500 self-declared Indigenous students at the University of Manitoba. The study focused on big data analytics to identify factors that may influence post-secondary attainment (e.g., outcomes as a function of demographics, program of study, course selection, or term). These quantitative findings contribute to a deeper understanding of our students' choices, and the factors that affect their academic success and progress. We will relate our findings to existing policy barriers as well as offering recommendations to enhance academic advising, student supports, programming, and success for Indigenous university students.

Friday, May 19th - 10:30 to 11:30

Session 6.1

Ambassador B

Using Appreciative Education to Create a Safe & Comfortable Learning Environment for Students

Jessica Lewis, Howard Bonnemann, Carri Hales and Nicole Gertken (South Dakota State University).
Assessment of Advising, Theory, Philosophy and History of Advising

Appreciative Education helps student capitalize and make meaning of their educational and co-curricular experiences. The model and the presentation focus on creating welcoming, inclusive environments and on developing cultural awareness and responsiveness. Participants will gain exposure to or develop a better understanding of Appreciative Education, including Appreciative Advising and Appreciative Course Instruction. Attendees will cover the six phases of appreciative education from both the faculty and professional advisor perspectives and receive approachable strategies for advising and classroom settings. Participants are encouraged share their best practices and experiences from the field with one another in order to foster appreciative and inclusive campus communities in NACADA's Region 6.

Session 6.2

Ambassador C

Six Weeks to Success: The Student Journey

Liz Edmonds and Ramona Donaldson (University of Manitoba).
Advising First-Year Students

For new students, staying afloat during the first few weeks of university can be a challenge. Feelings of confusion, isolation, and stress are all part of the typical university student experience. The First Year Centre at the University of Manitoba provides a First 6 Weeks program, introducing newly admitted students to the post-secondary environment. This presentation discusses the established program and the development process of a new program designed to ease the transition into year two. We will review the elements of the initial program and provide a how-to-guide for developing a Next 6 Weeks program, which builds upon the strategies and skills learned in the first six weeks. These programs are designed to ease transition into, through and out of year one.

Session 6.3

Ambassador D

Maximizing Student Success through Behavioral Economics**Ilka Cudmore** (University of Manitoba).

Theory, Philosophy and History of Advising, Advising and Academic Coaching

Understanding how students make decisions and the variables that influence their decision-making will allow us to help them make better decisions consistent with their own goals. The field of behavioral economics provides an understanding of how people process information and how they really make decisions by examining the impact of social, cognitive and emotional factors. We will explore how students are affected by the 'paradox of choice' and how to manage information to make those choices manageable. In this informative and interactive session, we will touch on the work of prominent scholars in the field, discuss a variety of applications in your approach to academic advising and offer suggestions on how to guide students in getting the most out of their higher education experience.

Session 6.4

Ambassador H

Keeping Students "On Course®" through Advising**Grace Nelson** (University of Minnesota Rochester).

Advising and Academic Coaching, Advisor Training & Development

Skip Downing's On Course® is a tool that focuses on the 8 Choices of Successful Students in and outside of the classroom. But what about in the advising appointment? Attendees will gain a basic understanding of OnCourse® as well as how advisors can empower students to take responsibility for their education and become effective contributors in the student-advisor partnership. Advisors will learn techniques that teach students to effectively employ interdependence with their faculty, peers, and support resources on campus through active listening and learning style activities. Time will also be dedicated to exploring self-motivation and the advisor role in eliciting motivation in students. Strategies of using inner dialogue, creator language, and the formula of motivation will also be shared.



Prairie Dog Central Railway. Photo courtesy of Tourism Winnipeg.



Poster Sessions

Supporting Students in a Digital Age

Sarah Nantais, Trent Gill, DawnDena Gordon, and Kim Grenier Mintenko (Campus Manitoba).

What role does live chat play in supporting students? The Virtual Help Desk Navigators of Campus Manitoba support students through live chat, phone, or email. Live chat has been the preferred way students seek assistance from the multiple websites that the Navigators support. This poster session will present information on how students use the chat, how it is supported, and why it's an essential part of how we serve today's post-secondary students.

Advising Student-Athletes: A Practice Plan for Balance and Success

Travis Hendrickson (University of Mary).

This presentation's objective is to present a time management tool that advisors can utilize in collaboration with student-athletes to achieve the NCAA Division II "*Life in the Balance*" motto. This includes living a balanced life, as well as achieving academic and athletic success. The plan appears and functions like an NCAA athletic team's practice plan. It aims to give student-athletes a detailed plan for each of their days and assist with time management and success on a daily basis. Hard copies of practice plans will be available for interested advisors to demo.



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NACADA: The Global Community for Academic Advising is an association of professional advisors, counselors, faculty, administrators, and students working to enhance the educational development of students.

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. 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.

NACADA evolved from the first National Conference on Academic Advising in 1977 and has over 12,000 members representing all 50 United States, Puerto Rico, and Canada as well as a number of countries around the world. 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

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.

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.

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
- Create an inclusive environment within the Association that promotes diversity
- Develop and sustain effective Association leadership
- Engage in ongoing assessment of all facets of the Association
- Pursue innovative technology tools and resources to support the Association

NACADA Diversity Statement

NACADA: The Global Community for Academic Advising values and promotes inclusive practices within the association and the advising profession. NACADA provides opportunities for professional development, networking, and leadership for our diverse membership and fosters involvement and engagement across identity groups, geographic regions, and professional levels. NACADA promotes the principle of equity and respects the diversity of advising professionals across the vast array of intersections of identity, which includes but is not limited to age cohort, institutional type, employment role, location, nationality, socioeconomic status, faith, religion, ethnicity, ability/disability, gender identity, gender expression, and/or sexual orientation.

To all our volunteers

This is a heartfelt thank you to everyone that contributed their valuable time in assisting us deliver the Region 6 2017 Annual Conference here in Winnipeg. From the Planning Committee, Evaluation Assistants, and many others we appreciate your commitment in this venture. Volunteers go over and above the call of duty and they are very much appreciated. The saying “*many hands make light work*” is very true and volunteers are a big part of this.



Special thanks

Thanks to Tourism Winnipeg, Manitoba Travel The Centre for Higher Education Research and Development (CHERD) and the specific units where the conference planning committee work at the University of Manitoba (Faculty of Architecture, College of Dentistry, Faculty of Kinesiology & Recreational Management, Faculty of Science and Clayton H. Riddell Faculty of Environment, Earth and Resources) for their generous support of our conference.

Meet our potter

Colleen Chamberlin took a pottery class at the Stoneware Gallery in 1993 on a whim, and quickly became entranced with all aspects of clay. In addition to those classes, since 1996 she has spent many summers at the Metchosin International Summer School of the Arts outside Victoria, BC. While there, she concentrated on throwing and firing techniques, as well as glaze development. Working in such a lovely location inspired her to build a new studio in order to work surrounded by nature. Her work appears in several Manitoba galleries. Colleen holds music degrees from Mount Allison University, Brandon University, and University of Calgary. When not making pots, she works as a band teacher in River East Transcona School Division.



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