

NAACADA

Region 8 Conference

2017

Moving Mountains,
Maintaining Mindfulness

APR 10-12



M

Welcome to Missoula!



Missoula is in the heart of Big Sky Country half way between Yellowstone (the nation's first national park) and Glacier (the Crown of the Continent) National Parks. Missoula is also where "A River Runs Through It" with the Clark Fork River.

"I'm in love with Montana. For other states I have admiration, respect, recognition, even some affection. But with Montana it is love. And it's difficult to analyze love when you're in it."

~ John Steinbeck, Travels with Charley: In Search of America

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Welcome from the Conference Co-chairs



Welcome to Missoula! I couldn't be more thrilled to have you in Missoula, known as the "garden city" due to the vast number of trees and lush green environment. Missoula is a vibrant community full of cultural opportunities (arts, music, dance, museums), wildlife, rivers, and outdoor activities such as fly fishing, bicycling and hiking. It's also home to the University of

Montana/Missoula College! Go Griz!

Our theme this year focuses on building monumental strides in our advising profession and encouraging advisors to take care of their own health and well-being. Over the next several days, it's my desire that you learn, grow and renew. Whether you are a first-timer to Missoula or returning "home" to Big Sky Country, I'd like to share some interesting facts as you explore Missoula:

- Over 12, 0000 years ago, the first people to inhabit the landscape surrounding present-day Missoula were American Indians from the Sakish Tribe, known now as Salish tribe. Nemissoolatakoo, (river of ambush) as they called the area, is where Missoula got its name.
- Missoula sits at the bottom of a valley carved out during the last ice age and used to be entirely underwater. The Missoula valley was under 2,000 feet of water until a giant ice dam burst in Idaho some 15,000 years ago. The landscape surrounding Missoula still has evidence of its glacial history if you look for it. Ancient shorelines surrounding the city can be found on the slopes of the mountains.
- There is surfing in Missoula! A stroll through Caras Park on the Clark Fork River near the Higgins Street Bridge will bring you to the man-made Brennan's Wave, built in the middle of the city for enjoyment of locals and visitors alike.
- Missoula is home to the first woman ever elected to Congress—Jeanette Rankin in 1916.
- Lewis and Clark passed by the site of Missoula in 1805 know now as Travelers' Rest, a state park in nearby Lolo, Montana. Archaeologists have found physical evidence of a Lewis and Clark Expedition campsite; the only site in the country.

A special thanks and recognition to the Region 8 conference committee, Co-Chairs Alex Kunkle and Brenda Truman (you're the best!), all attendees, keynote speakers, and presenters for sharing your valuable time and expertise contributing to the legacy that "8 is great!"

Darlene Samson
University of Montana
2017 Region 8 Conference Co-Chair



For those in attendance who are new to Region 8, we have a well known mantra here:

8 is great!

I would like to start by proving that point. Region 8 covers the largest geographical area in NACADA: The Global Community for Academic Advising. Each year, Region 8 has been able to come together to share

expertise with each other at our regional conference. This year will be no different. On behalf of the Region 8 Steering Committee, my Co-Chairs Darlene Samson and Brenda Truman, and myself, let me first thank all those who were able to attend this year. Our turnout for this event each year proves that distance won't stop us from coming together.

Second, I would like to personally thank all those who volunteered or served on a conference planning sub-committee. So much hard work goes into the planning of events like this, and it is because of all of you that we are able to be successful year after year. This year we had 12 sub-committee chairs, 60 sub-committee members, and another 75 volunteers!

Third, I would like to thank everyone who submitted a presentation proposal this year. Our conference proposal sub-committee had an extremely difficult time choosing between some wonderful sessions to fill only 35 spots. All of the selected sessions were designed to provide our attendees with quality information that they can take back to their home campuses and use to enhance their own professional development.

Finally, I would like to thank our two spectacular keynote speakers, Dr. Mary Kay Patton and Dr. Nathan Lindsay. Dr. Patton joins us from Washington State University and Dr. Lindsay from the University of Montana. Both keynote speakers will be discussing the topic of mindfulness. We are delighted to welcome our keynote speakers to this event.

Thank you, and enjoy the conference!

Alexander Kunkle
Nevada State College
2017 Region 8 Conference Co-Chair

2017 Conference Planning Committee

Kerry Thomas
Oregon State University
Region Chair

Alexander Kunkle
Nevada State College
Conference Co-Chair

Darlene Samson
University of Montana
Conference Co-Chair

Brenda Truman
Montana State University
Conference Co-Chair

Artwork & Theme

Josh Whiting
Washington State University

Keynote Speakers

Brooke Whiting
Washington State University

Proposals

Leah Panganiban
University of Washington

Conference Swag

Sandi Nelson
University of Montana

AV/Technology

Jesse Poole
Western Oregon University

Program

Jason Granvold
University of Montana

Welcome Reception

Twila Old Coyote
University of Montana

Service Project

Mickey Lynholm
Missoula College

Volunteers

Janet Zupan
University of Montana

Giveaways and Door Prizes

Wilena Old Person
University of Montana

Hospitality and Registration

Stephanie Domitrovich
University of Montana

Wellness

Lisa Laughter
Washington State University

Sub-Committee Members

Sara Ackerson
Washington State University

Miranda Atkinson
University of Oregon

Doug Ballard
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Erica Dungan
Montana State University

Emily Edwards
Montana State University

Sharon Ericsson
Washington State University

Samantha Gizerian
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Sara Heller
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Heather Hibbard
University of Montana

Meghan Heim
Montana State University

Kelly Hostetler
University of Washington

Calvin Hughes
Oregon State University

Ginny Kinne,
University of Alaska-Fairbanks

Julie Larsen
University of Washington

Becky Lyons
Montana State University-Billings

Maria Mangold
University of Montana

Mandi McCarthy-Rogers
Montana State University

Vicki Miller
Montana State University

Rachael Ortego
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Alyson Roberts
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Kyle Ross
Washington State University

Amanda Round
Montana State University

Brett Runnion
Gallatin College

Cara Sabo
Montana State University

Francine Spang-Willis
Montana State University

Rasha Tawfik
University of Calgary

Kathy Weaver
Montana State University

A huge THANK YOU to all the committee chairs, sub-committee members and volunteers. We couldn't do it without you!

Welcome from the Region Chair



On behalf of the Region 8 Steering Committee, it is my pleasure to welcome you to our 2017 regional conference. Missoula provides a stunning backdrop for what I hope will be an inspiring and rejuvenating event. Led by Conference Co-Chairs Darlene Samson, University of Montana, Brenda Truman, Montana State University (currently on maternity leave), and Alex Kunkle, Nevada State College, the members of the 2017 conference planning committee have invested a great deal of time and energy to ensure that we have a great experience here in the great state of Montana. Thank you, planning committee members!

Between our special pre-conference workshops, the robust offering of 35 concurrent sessions, and two thoughtful keynote speakers, I hope you challenge yourself to embrace new methods for “Moving Mountains,” and “Maintaining Mindfulness” in the coming days. In addition to the knowledge you take away from these sessions, I hope you will also have the opportunity to connect with fellow NACADA members. The community fostered across our association, and especially within Region 8, is what makes NACADA such a powerful professional development venue.

In addition to fellow Region 8 members, you’ll also have the opportunity to connect with our VIP guests. We are fortunate to have NACADA Board member Kerry Kincaon (Oregon State University) and Wendy Troxel, Director of NACADA’s Center for Research at Kansas State University here in Missoula. I encourage you to introduce yourself to Kerry and Wendy – not only to spread the Northwest hospitality, but also to take advantage of the opportunity to connect with these national leaders in our field. We are lucky to have two keynotes this year. On April 11th during lunch we will have a talk from Dr. Mary Kay Patton from Washington State University, and on April 12th during lunch we will have a closing talk from Dr. Nathan Lindsay from the University of Montana.

Special recognition is due to winners of our 2017 Conference Scholarships (p. 18) and our Region 8 Excellence in Advising Awards (p.17). We’ll be honoring the Excellence in Advising award winners during both luncheons. If great things are happening on your campus, please consider nominating deserving colleagues for the 2018 awards.

I want to thank each of you for taking time away from your campuses and your students, and making the extra effort to gather here in Missoula. I also want to offer a special note of thanks to Nicole Kent, our past region chair, for taking time to welcome everyone and provide leadership during this conference in Missoula. I am sad to miss this conference, but am expecting the birth of my second child any day now. I know you all will find so many ways to engage thoughtfully with the conference program and take new and exciting ideas back home with you to your campuses. Here’s to a wonderful conference! 8 is Great!

Your Feedback Matters

Session Evaluations

Presenters appreciate your feedback on every session you attend. A conference volunteer will distribute and collect evaluation forms at each session. Presenters may collect their completed evaluations at the Registration Table.

Vote for “Best of Region 8”

Be on the lookout for a session you think qualifies as the “Best of Region.” The winner is chosen from the concurrent sessions based on conference attendees’ votes. A ballot is included in your conference materials. The winning presenter(s) will receive a stipend to repeat the presentation at the 2017 annual NACADA conference in St. Louis, Missouri. Ballots must be handed in at the Registration Table by 11:30 a.m. on Wednesday, April 12th, just before the closing luncheon. The winner will be announced during the luncheon.

Rate the Overall Conference

An overall conference evaluation will be emailed to all attendees a few weeks after the conference. Please take a few minutes back at your office to share your thoughts and impressions of the 2017 NACADA Region 8 conference. Your responses are helpful in planning future conferences.

Region 8 Steering Committee

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

Region Chair

- Kerry Thomas, Oregon State University

Past Region Chair

- Nicole Kent, Oregon State University

2017 Conference Co-Chairs

- Alex Kunkle, Nevada State College
- Darlene Samson, University of Montana
- Brenda Truman, Montana State University

2018 Conference Co-Chairs

- Rachel Allen, University of Oregon
- Miranda Atkinson, University of Oregon

Communications Coordinator

- Alex Kunkle, Nevada State College (outgoing)
- Allison Ramsing, Washington State University (incoming)

Technology Coordinator

- Sara Ackerson, Washington State University

Budget Coordinator

- Mary Chuinard, Oregon State University (outgoing)
- Nick Fleury, Oregon State University (incoming)

Alaska Liaisons

- Colleen Angaiak, University of Alaska Fairbanks (outgoing)
- Ginny Kinne, University of Alaska, Fairbanks
- Victoria Smith, University of Alaska Fairbanks (incoming)

Alberta Liaisons

- Charlene Bonnar, Lakeland College
- Rasha Tawfik, University of Calgary

British Columbia Liaisons

- Susan Corner, University of Victoria
- Chavah Avraham, University of British Columbia

Idaho Liaisons

- Debbie Moos, University of Idaho (outgoing)
- Kristi Overfelt, University of Idaho
- Banks Blair, Idaho State University (incoming)

Montana Liaisons

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

Oregon Liaisons

- Kerry Thomas, Oregon State University (outgoing)
- Miranda Atkinson, University of Oregon
- Jim Fasulo, Portland Community College (incoming)

Washington Liaisons

- Peggy Sharp, North Seattle College (outgoing)
- Kyle Ross, Washington State University
- Angela Dorsey, Olympic College (incoming)

Yukon Territory Liaisons

- Currently vacant

State/Province Liaison Duties

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

Conference Logistics

Conference Etiquette

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

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

Hospitality and Registration Tables

The conference registration and hospitality tables are located in the Conference Center.

Monday, April 10	11:00 a.m. - 7:30 p.m.
Tuesday, April 11	6:30 a.m. - 6:00 p.m.
Wednesday, April 12	7:00 a.m. - 2:00 p.m.

- Conference check-in
- On-site registration for pre-conference workshops
- Presenters: Pick up your session evaluations
- Best of Region ballot box (see p. 6)
- Volunteer check-in
- Lost and found
- Sign up for the Thursday night dinner groups
- Donate to the service project (see p. 12)
- Get information about local recreation and dining options

Meals Provided by the Conference

- Monday, April 10: Welcome Reception (Dessert & No-Host/Cash Bar)
- Tuesday, April 11: Continental Breakfast and Opening Keynote/Awards Luncheon
- Wednesday, April 12: Continental Breakfast and Closing Keynote/Awards Luncheon

No plans yet for dinner on Tuesday, April 11? The Hospitality Committee has made group dinner reservations at a few local restaurants. Sign up at the Hospitality Table to have dinner with your NACADA colleagues.

Nursing Mothers

A lactation room is available in the Gallatin meeting room.

Parking

Parking in the hotel parking lot is free for hotel guests and conference attendees. Please note parking may be limited due to hotel construction and construction in the area. If hotel parking is not available, you will need to use the pay parking garage adjacent (north) to the hotel parking lot or park on the streets adjacent to the hotel using the parking meters. Pay parking is in effect Monday-Friday, 8:00 a.m.-5:00 p.m. Parking is free in the evenings and on the weekends.

Conference Logistics

Passover

For those that observe Passover, the Hospitality Committee has arranged a Passover service and meal with a local rabbi. Please see the Registration/Hospitality table for more information and to sign up.

Restrooms

Restrooms are located outside the Brooks & Browns Restaurant on the southwest side of the conference facility. We welcome all conference attendees to use the bathroom they feel most comfortable with. Please do not question the gender of others using the facilities. Check in with the Registration/Hospitality table for the location of a gender neutral bathroom.

Wellness Activities

We are so excited to be able to provide some scheduled wellness activities for you during the conference this year. As we focus on moving mountains and maintaining mindfulness, we wanted to make sure to provide some activities that promote wellness during your time at the conference. We encourage you to stop by the Yellowstone room to share how you do self-care with other conference participants. We will have sticky notes and markers to put up on the walls so we can share with one another how we maintain our wellbeing throughout our busy lives as advisors. We will also have other fun activities to take with you throughout the conference like coloring pages and advising mad-libs! Please also see the handout in your conference packet that will give you some ideas on how to keep centered and grounded throughout the conference and

beyond your time here in Montana. Brought to you by your Wellbeing Committee: Lisa Laughter, Alicia Peterson, and Sharon Ericsson.

Tuesday

All activities are in the Yellowstone meeting room.

- 7:15-8:15 a.m. – Yoga
- 8:30-8:45 a.m. – Guided meditation
- 7:15-8:15 p.m. – Friends of Bill
- 9:00-9:15 p.m. – Guided meditation

Wednesday

Unless otherwise specified, all activities are in the Yellowstone meeting room.

- 7:15-8:15 a.m. – Run/Walk on the Riverfront Trail. Meet in the lobby at 7:00 a.m.
- 7:15-8:15 a.m. – Belly Dance Grove Session
- 8:30-8:45 a.m. – Guided meditation

WiFi/Internet Connection

Under your WiFi connection options, select “IHG Connect”

- If you are an IHG member, enter your IHG member number and agree to the terms and conditions.
- If you are not an IHG member, either apply to become a member at the front desk or register as a guest.
- If registering as a guest, select “guest,” and enter “missoula” (all lower case) as the password, and agree to the terms and conditions.

Things to do in Missoula

Local Natives (<http://thelocalnatives.com/>) concert

Tuesday, April 11, at the Wilma Theatre, two blocks from the Holiday Inn. Tickets available at <http://thewilma.com/event/local-natives-3513/>

A Carousel for Missoula (<http://www.carouselformissoula.com/>)

Two blocks from the Holiday Inn in Caras Park. Open 11 a.m.-5:00 p.m. A Carousel for Missoula is one of the first fully hand-carved carousels to be built in the United States since the Great Depression. The Carousel has 38 horses and two chariots. The Carousel's band organ is the largest band organ in continuous use in the United States. Its 400 square wooden pipes make the music of 23 instruments and 45 musicians.

Walk the River Front Trail

Follows both sides of the Clark Fork River just outside the Holiday Inn. The irresistible Riverfront Trail begs to be walked, run, biked, or skated. This flat, paved path borders the south side of the Clark Fork River, which means it's easily accessible from the University of Montana and Downtown Missoula. Burn calories from Orange Street to Washington Grizzly Stadium, a distance of about a mile and a half. At the far east end (by UM), the Riverfront Trail changes to gravel and becomes the Kim Williams Trail. Sandwiched between the Clark Fork and Mount Sentinel, the Kim Williams Trail continues on for two and a half more miles. Branch off on the uphill Hellgate Canyon Trail if you feel like conquering Sentinel's summit.

Hike Mount Sentinel's "M" Trail

Hike the M. You must. You can't spend time in Missoula without noticing the huge white "M" set against Mount Sentinel. Beginning on the UM campus, it's a steep three-quarter of a mile climb to the "M" and an additional one mile to the top of the mountain. The views of the Missoula Valley, the Clark Fork River, and the distant mountains are spectacular. The trail to the "M" is made up of 11 switchbacks and boasts an elevation gain

of 620 feet – something you can boast about once you're done. From the top of Mount Sentinel, you can see Hellgate Canyon, Mount Jumbo, where you can note the water lines from Glacial Lake Missoula, and the Rattlesnake National Recreation and Wilderness Area. From there, you can take the Crazy Canyon Trail into



Photo credit: diana_robinson via Foter.com / CC BY-NC-ND

Pattee Canyon, which links to the Kim Williams Trail.

Watch the kayakers and river surfers at Brennan's Wave

Located across the street from the Holiday Inn in Caras Park, in the heart of Downtown Missoula at Caras Park under the Higgin's Street Bridge. A man-made whitewater play pool in the Clark Fork River named after a world-class kayaker from Missoula who died while paddling in Chile in 2001, Brennan's Wave brings great surfing into the city limits.

Downtown Missoula Historical Walking Tour

https://www.missouladowntown.com/wp-content/uploads/MDA_Walking_Tours.pdf

Things to do in Missoula

Public Art Walking Tour

https://www.missouladowntown.com/wp-content/uploads/MDA_Walking_Tours.pdf

Missoula Art Museum

<http://www.missoulaartmuseum.org/>
Free Admission. Located about five blocks from the Holiday Inn.

South Gate Mall

<https://shopsouthgate.com/>

Montana Brewery Tours

<http://www.mtbrewtours.com/> (Reservation recommended)

Historical Museum at Fort Missoula

<http://www.fortmissoulamuseum.org/index.php>
Free Admission.

Montana Natural History Center

<http://www.montanaturalist.org/>

Boone & Crockett Club

<http://www.boone-crockett.org/index.asp>
Three blocks from the Holiday Inn.

Montana Museum of Art & Culture

<http://www.umt.edu/montanamuseum/exeventsschedule/default.php>

National Museum of Mountain Flying

<http://www.museumofmountainflying.org/>
Located at the Missoula International Airport.



Photo credit: Gerard Stolk (vers le Midi-Carême) via Foter.com / CC BY-NC

National Museum of Forest Service History

<https://www.forestservicemuseum.org/>

The Hub Family Entertainment Center

<http://www.thehubmissoula.com/>

Dining

There are so many great dining establishments in Missoula. Many of them are within walking distance of the Holiday Inn and the conference. The local logistics committee wants you to experience all of them. Please see the Missoula Downtown Association Guide, Destination Missoula Guide and the Feast Magazine in your conference packet. If you want a recommendation, talk to any of the Missoula attendees, and we will gladly give you our pick.

Getting around Missoula

Hotel shuttle:

The hotel provides a free airport shuttle. It may be used to go to other places in Missoula when not in use for airport pickup/drop off. See the hotel front desk for availability.

Walk:

Get your steps in! The hotel is located in the heart of Missoula, and many restaurants and activities are within walking distance.

Bus:

Mountain Line (<http://www.mountainline.com/>) Free to all users.

Taxis:

Yellow Cab (<http://www.yellowcabmissoula.com/> or (406) 543-6644) Cash & credit/debit card

Missoula Green Taxi (<http://greentaximissoula.com/> or (406) 728-8294) Cash only

Uber: <https://www.uber.com/cities/missoula/>

Service Project

Region 8 performs an act of service in every conference host community. The Conference Planning Committee has selected the YWCA of Missoula as our 2017 service project. In 2007, the YWCA Missoula created GUTS! – “Girls Using Their Strengths.” GUTS is a unique, community based leadership and empowerment program designed by and for young women, ages 9 to 18. GRIT, their newest program, aims to engage, educate, and empower young girls to explore careers in the trades and to see skill based work as attainable and a feasible career. Designed for girl’s ages 11-18, GRIT focuses its hands-on activities and demonstrations in trade fields, including carpentry, welding, auto mechanics, construction, and more. It also provides career exploration and education and fosters meaningful relationships with participants and positive female role models in the trades.

GRIT staff will have a table during the conference and appreciate your generous cash contributions. Money donated from NACADA will be used to purchase safety equipment and tools.

GRIT
GIRLS REPRESENTING IN TRADES

The YWCA of Missoula GUTS! (girls using their strengths) program is excited to offer a brand new pilot program called GRIT, or girls representing in trades. GRIT aims to empower middle and high school students who identify with womanhood by having fun, building self-sufficiency, strengthening their confidence to consider post-secondary training and broadening their perspectives of attainable career options.

Why GRIT?

- Fewer than 5% of all students enrolled in high school technical programs are girls.
- In 2015, women made up 46.9% of the workforce yet only 1.7% were carpenters, 2.4% were electricians and 4.8% were welders.
- Jobs in which men are traditionally employed typically pay 20-30% more than jobs traditional held by women.
- Only 10.4% of students enrolled in trade programs at Missoula College are women.

Also, due to a workforce shortage, the skilled trades are among the hardest jobs to fill. We believe that women and girls are Montana’s untapped resource in these fields. This pilot program will provide girls the opportunity to feel strong and capable in new fields and know that they can achieve more!

ywca missoula
GUTS!
girls using their strengths

Conference at a Glance

Monday, April 10

Pre-Conference Workshops

Each pre-conference is US\$25.00. If you did not register for these as part of your regular conference registration, you may register and pay on-site at the registration table. Pre-conference workshop abstracts are on pp. 20-21.

	GARDEN A	GARDEN C
<p>P1 & P2 1:00–3:00 p.m.</p>	<p>P1 Advising Mindfully</p>	<p>P2 Underprepared, Undecided, Underprivileged: Let's change our understanding</p>
<p>P3 3:15–5:15 p.m.</p> <p>P4 3:15–6:15 p.m.</p>	<p>P3 Feel the Fear & Do It Anyway: Why mastering fear is critical in living a life of purpose [2016 Best of Region winner]</p>	<p>P4 Bringing More Awareness to the Academic Advising Space: A workshop for developing coaching and emotional intelligence skills</p>

Welcome Reception

Big Sky Atrium , 7:30–10:00 p.m.

Come join your fellow conference attendees for dessert and a no-host/cash bar. In addition to good conversation, there will be a Native craft fair with many items for sale. A University of Montana student will be providing background music. Help support local artists while meeting your Region 8 colleagues. The reception is for conference attendees only. Your conference name badge is your admission ticket.

Is this your first NACADA Conference? ATTEND THE NEW MEMBER WELCOME & ORIENTATION

On your campus, you know that orientation for new students is valuable. Getting involved early and building lasting connections to the campus creates a rich college experience. If this is your first time at a NACADA conference, attending the New Member Welcome & Orientation is **highly encouraged**. Come meet other new members, as well as members of the NACADA leadership, and learn about the exciting association of which you are now a part. Read more on p. 21.

Tuesday, April 11, 8:15-8:50 a.m. in Garden A. Grab your breakfast on your way in. See you there!

Conference at a Glance

Tuesday, April 11

7:30–8:45 a.m.: Continental Breakfast in the Big Sky Atrium.

8:15–8:50 a.m.: New Member Welcome & Orientation in Garden A. See p. 21 for session information.

9:00–11:15 a.m. & 1:15–5:00 p.m.: Concurrent sessions. See pp. 22-31 for session information.

	GARDEN A	GARDEN B	GARDEN C	GARDEN D	MADISON/ JEFFERSON
9:00–10:00 a.m.	Linking Academic and Financial Success: A partnership between academic and financial advising	Turning Around Academic Performances: Academic resilience among 'at-risk' university students	Mindful Preparation: Academic planning & career exploration	Âsokan – Building the bridge to reconciliation in post-secondary education	Conversations with NACADA Leadership
10:15–11:15 a.m.	Interactive Discovery: The art of uncovering true potential	Hello, My Name is Awesome: Advising a generation of narcissists	Moving Mountains, One Meeting at a Time	Mindful Advising for the Anxious Health-Profession Student	Advising Pre-Law Students

11:30 a.m.–1:15 p.m.: Keynote & Awards Luncheon in the Big Sky Atrium. Keynote speaker: Dr. Mary Kay Patton

	GARDEN A	GARDEN B	GARDEN C	GARDEN D	MADISON/ JEFFERSON
1:30–2:30 p.m.	Beyond Checking the Box: Degree planning as intentional learning	Supporting Students Post-Election: Impacts of Trump presidency and how advisors can help	Finding a New Balance for a New World: Rediscovering the importance of challenge in challenge and support	Students Reaching the Summit of Remedial and Prerequisite Math through Collaborative Advising Efforts: Instructor, advisor, & administrator(s)	Publish with NACADA: Find the appropriate NACADA venue for your writing
2:45–3:45 p.m.	Using Resumes as Advising Tools to Help Students Find Strength, Accomplishment, and Direction	If You Build It, They Will Come: How to use online courses in the advising, orientation, and registration processes	Exploring Student Identity: Integrating career conversations into academic advising	Strategies for Working with Millennials	Becoming the Future of Advising: Diversity in NACADA leadership
4:00–5:00 p.m.	Helping Students Navigate the "Sophomore Slump"	Gen Z: Is it the end of advising as we know it?	Advising for Mental Wellbeing within a Cultural Context	Overcoming the Overwhelming	Climbing in Value as a Professional: Determining your level of involvement in the scholarship of advising

5:15–6:15 p.m.: Region Business Meeting in Garden A. All members are encouraged to attend. Meet your region leaders, learn about regional initiatives, and get a sneak peek of the 2018 conference.

Conference at a Glance

Wednesday, April 12

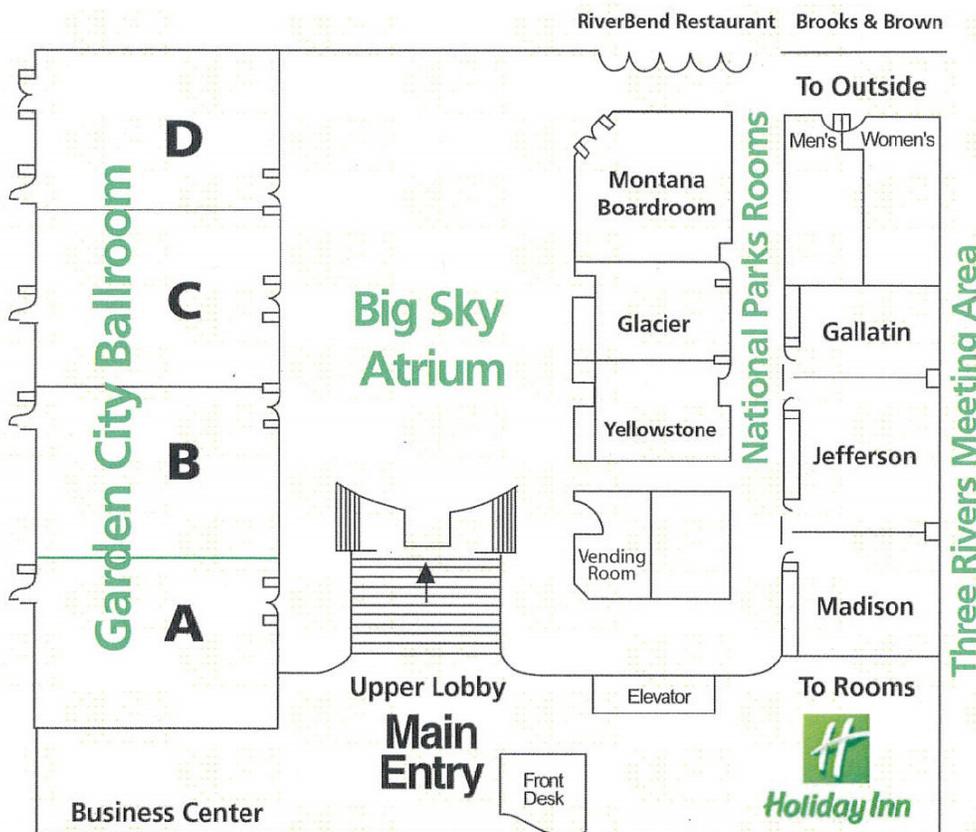
Friday is Spirit Day! Wear something to represent your institution. Go Team!

7:30–8:45 a.m.: Continental Breakfast in the Big Sky Atrium.

9:00 – 11:15 a.m.: Concurrent sessions. See pp. 32-35 for session information.

	GARDEN A	GARDEN B	GARDEN C	GARDEN D	MADISON/ JEFFERSON
9:00–10:00 a.m.	Teaching, Advising, and Assessing: Creating a holistic practice for your students	We Need to Talk: Coaching students for difficult conversations about academics with their parents	Mindful Communication: Embracing new forms of communication with advisees	Moving Mountains: Successes and struggles of implementing campus-wide change	The Art of Observation: Melding science and art
10:15–11:15 a.m.	Mindset Matters: Applying current research to advising practices and promoting resilience	Developing Resilience Through the Unknown, a Journey Through Change in the Workplace	Mindful Integration of Career and Academic Advising into the Classroom	Developing a Shared Understanding to Enrich the International Student Experience	Introducing Advisees to a Step-by-Step Approach to Professional Development: Creative ways to incorporate professional development into your advising model and increase students' confidence and resilience

11:30 a.m.–1:00 p.m.: Keynote & Awards Luncheon in the Big Sky Atrium. Keynote speaker: Dr. Nathan Lindsay.



WiFi/Internet Connection

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If you are not an IHG member, either apply to become a member at the front desk or register as a guest.

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Keynote Speakers

Dr. Mary Kay Patton



Keynote: The Conviction Behind the Work: Cultivating a culture of "thriving," not surviving

Dr. Mary Kay Patton is dedicated to nurturing

the human spirit as an essential part of leading a rich, full, meaningful life. In so doing, she supports individuals and teams in taking values-based, committed action from a place of presence and mindfulness. She delights in designing and delivering workshops, trainings and retreats, all with the intention of shifting and deepening people's relationship with their own true nature.

An Idaho native, Mary Kay Patton has a bachelor's degree in political science from the University of Washington and a J.D. from the University of Idaho. Over the past 15 years, Patton has practiced civil and criminal law in both public service and private practice. Fueled by her experience in conflict resolution, social justice, and mediation, Patton now focuses her professional efforts on personal and organizational transformation.

Dr. Patton's keynote will be on Tuesday, April 11, during the opening keynote and awards luncheon.

Dr. Nathan Lindsay



Keynote: The Heart of the Matter: Academic advising for today and the future

Dr. Nathan Lindsay serves as the Associate Provost for Dynamic Learning and as

an Associate Professor of Educational Leadership at the University of Montana. Before that, he was the Assistant Vice Provost for Assessment at the University of Missouri-Kansas City, and the Director of Student Life Assessment at the University of North Carolina Wilmington. He completed his M.S. in Instructional Technology at Indiana University and his Ph.D. in Higher Education Administration at the University of Michigan. He has authored over 25 articles and given 70 national presentations on issues related to higher education.

Dr. Lindsay's keynote will be on Wednesday, April 12, during the closing keynote and awards luncheon.

2017 Region 8 Excellence in Advising Awards

The Region 8 Steering Committee coordinates an awards program to recognize excellence in advising and advising administration at institutions in the region. Award winners in each category receive a one year membership to NACADA. Both award winners and certificate of merit recipients are recognized at the Region 8 conference. The 2017 recipients are:

Excellence in Advising–New Advisor Award

Alexandra Schaar
University of Idaho

Toni Woodman
Central Washington University

Excellence in Advising–New Advisor Certificate of Merit

Nataliya Oliferchuk
MacEwan University

Excellence in Advising–Professional Advisor Award

Raven Avery Alexander
University of Washington

Excellence in Advising–Professional Advisor Certificate of Merit

Douglas Juneau
Washington State University

Excellence in Advising–Faculty Advisor Award

Dr. Alissa Freedman
University of Oregon

Excellence in Advising–Faculty Advisor Certificate of Merit

Dr. Kerri Vierling
University of Idaho

Excellence in Advising–Technology in Advising Award

Mallory Torgerson-Preuitt
Seattle University

Excellence in Advising–Technology in Advising Certificate of Merit

Paco Hadley and Kim Eitner
Chemeketa Community College

Excellence in Advising–Advising Administrator Award

Sally Garner
University of Oregon

Excellence in Advising–Advising Administrator Certificate of Merit

Dr. Kate Elias
Seattle University

Excellence in Advising–Institutional Administrator Award

Dr. Randall Rosenberger
Oregon State University

Interested in nominating yourself or a colleague for a 2018 Region 8 Excellence in Advising Award?

Our online submission portal will be available in July 2017:
www.nacada.ksu.edu/Community/Regions/Region-8/Apply-for-Awards.aspx

Applications are due November 1, 2017.

2017 Region 8 Scholarships

Scholarships to defray the cost of attending the Region 8 conference are made available annually. Any Region 8 member not currently serving on the region steering committee is eligible to apply. Scholarship amounts can vary from year to year. Recipients of scholarships for the 2017 conference are:

Luis Cisneros
Chemeketa Community
College

Veronica Mendez-Liaina
Washington State University

Casey Menn
Oregon State University

Jaime Navetta
Seattle University

Mary Ohnemus
Washington State University

Leena Shrestha
Portland State University

Michelle Steel
Vancouver Island University

Katie Weibel
University of Oregon

Karen Wettelhahn
University of Washington

Alicia Woodward
Washington State University

Congratulations to the 2017 scholarship recipients!

The scholarship application submission portal for the 2018 conference in Portland, Oregon will be available this summer. Deadline: November 1, 2017
www.nacada.ksu.edu/Community/Regions/Region-8/Apply-for-Awards.aspx



2016 NACADA Association Awards Region 8 Winners

The following individuals from Region 8 were recognized at the 2016 Annual Conference as recipients of association-level NACADA awards:

**Outstanding Advising Award
Primary Advising Role
Winners:**

Veronica Mendez-Liaina
Washington State University

Debbie Moos
University of Idaho

Leah Panganiban
University of Washington

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

Affie Eyo-Idahor
Western Oregon University

Daniel S. Feetham
University of Washington

**Outstanding Advising Award
Faculty Academic Advising
Winners:**

Samantha Gizerian
Washington State University

Gavin Keulks
Western Oregon University

Deborah Silva
Walla Walla University

**Outstanding New Advisor Award
Primary Advising Role
Winner:**

Lauren E. Fryhle
University of Washington

**Outstanding New Advisor Award
Primary Advising Role
Certificate of Merit:**

Elizabeth Bryant
University of Idaho

Dana Hansen
University of Washington

Tina Krauss
Washington State University

CIGD Service Award:

Veronica Mendez-Liaina
Washington State University

Kyle Ross
Washington State University

Congratulations to the 2016 association award recipients!

The 2017 award winners will be announced this summer and recognized at the 2017 annual conference in St. Louis. If you would like to nominate yourself or a colleague, the association-level award deadlines are in early March every year.

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

Pre-Conference Workshops

Monday, April 10

P1 Advising Mindfully

1:00-3:00 p.m.

\$25.00

Garden A

Deborah Hendricks

Bowling Green State University

Do you ever read a page and get to the bottom and not remember what you read? Do you feel stressed and overwhelmed at work most of the time? If you said yes, you are not alone. It is difficult for academic advisors to serve students adequately and equip them with the resources they need to succeed when advisors are also struggling to thrive. Scientific research indicates many positive outcomes of practicing mindfulness, including reduced stress, increased overall well-being, and an increased ability to pay attention. Steps will be shared on how mindfulness can be practiced within the scope of academic advising. Individuals will also be able to participate in a several guided mindfulness exercises.

P2 Underprepared, Undecided, Underprivileged: Let's change our understanding

1:00-3:00 p.m.

\$25.00

Garden C

Lorraine Dinnel & Audrey Cox

University of Washington Tacoma

The presenters will share about recent endeavors on their campus to address the issue of eliminating deficit language in an effort to change culture. Participants will engage in small group discussions identifying attitudes toward selected student cohorts, and where deficit language exists on their campuses. After introducing participants to the concepts of appreciative inquiry, transactional and transformation communication, and communicating at the deepest level, participants will practice motivational interviewing in triads. Attendees will also create a plan to include Motivational Interviewing techniques in their advising practice.

P3 Feel the Fear & Do It Anyway: Why mastering fear is critical in living a life of purpose (2016 Best of Region Winner)

3:15-5:15 p.m.

\$25.00

Garden A

Lisa Laughter

Washington State University

How many times has fear stood in the way of you following your passion? This session will focus on how fear has the unique ability to steal potential, to stand in the way of dreams, and prevent people from living lives full of intentionality and purpose. This topic is especially important to address in the face of the mental health issues we are seeing in our students related to identity,

Pre-Conference Workshops

Monday, April 10

risk, and failure. We will address the pitfalls of living in fear and discuss how to “feel the fear and do it anyway.” Participants will participate in a hands-on workshop and will walk away with a greater understanding of the different levels of fear and concrete, innovative, and sustainable tools to work through fear (personally and with students).

P4 Bringing More Awareness to the Academic Advising Space: A workshop for developing coaching and emotional intelligence skills

3:15-6:15 p.m.

\$25.00

Garden C

William Weis, Nadeje Alexandre & Hartley McGrath

Seattle University

This workshop will offer a primer on both coaching and emotional intelligence (EQ), and engage its participants in high-impact exercises for honing a mindful approach to academic advising. It will also bring both EQ and professional coaching skills to the critical function of advising students. Participants will learn a model for enhancing authentic communication between student and adviser (the “Mush Separator”) and will practice coaching and counseling skills in simulations that will give each member of the workshop a tool kit for bringing added value to the advising function. Each participant will receive a copy of the EQ Primer as well as a set of written documents for helping build more effective EQ and coaching skills.

New Member Orientation

Tuesday, April 11

8:15–8:50 a.m.

NACADA Orientation for First-Time Conference Attendees

No Additional Charge

Garden A

NACADA Leaders

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. 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!

Concurrent Sessions

Tuesday, April 11

9:00–10:00 a.m.

Session #1A Linking Academic and Financial Success: A partnership between academic and financial advising

Garden A

Holly Wright & Jimmy Stevens, University of Montana

With rising levels of student debt and loan default rates, the Board of Regents instructed the Montana University System to create a statewide financial education program with representatives on every campus. Attendees will learn how the integration of the UM Financial Education Program with the advising community at the University of Montana equips students to be financially capable and academically successful. These students also prepare to effectively manage their student loan repayments and develop the personal finance skills necessary for post-collegiate life. Participants will learn the methods and best practices instituted at UM that can be utilized on their campuses to embed financial education into the campus culture.

Session #1B Turning Around Academic Performances: Academic resilience among ‘at-risk’ university students

Garden B

Naor Cohen, University of Calgary

Identified as the capacity to overcome adversity that poses a major threat to a student’s educational development, academic resilience plays a positive role in explaining student outcomes. Using a unique cohort longitudinal study, based on student’s personal reflections as well as statistical analysis of pre- and post-LASSI results, this paper tracks the positive trajectories (perceived and real) of academic adaptation among academically ‘at-risk’ students from our faculty. Preliminary findings from academically ‘at-risk’ students who took part in the Haskayne Academic Turnaround Program during 2016 will be presented and discussed to: (1) assess the various sources of academic stressors and challenges that lead to poor academic standing and; (2) develop a resilience-based intervention that teaches transferable skills critical to students’ degree programs and future employment.

Session #1C Mindful Preparation: Academic planning & career exploration

Garden C

Darryl Craig & Tami Goetz, Washington State University

Introductory courses can be valuable for student success during their first year. This presentation will outline how an introductory course focuses on the greater university experience as well as discipline specific professional/career development. We will discuss how students learn first-hand about their campus resources, career opportunities in the major, and departmental academic expectations. This includes outlining a plan of study assignment that will ultimately empower students to mindfully navigate their academic future with a better understanding. During this presentation, the audience will learn how this model course has evolved into a core asset for the presenters' major program and their students at large.

Concurrent Sessions

Tuesday, April 11

9:00–10:00 a.m.

Session #1D Āsokan – Building the bridge to reconciliation in post-secondary education [Diversity Committee Sponsored]

Garden D
Charlene Bonnar, Lakeland College

In June 2015, the Final Report of the Truth and Reconciliation Commission (TRC) of Canada was released. Outlining the history of residential schools in Canada and the on-going impact felt by survivors and subsequent generations of Aboriginal peoples, the report made recommendations to facilitate the reconciliation process. Within academic institutions across Canada, there is much discussion about “indigenizing the academy” by incorporating Indigenous perspectives and histories into all levels of public education. As an advisor in a public post-secondary college, I question my role and the role of the institution in helping Aboriginal students succeed in their educational pursuits. My personal and professional goal is to build bridges and make positive and meaningful cultural connections on the road to reconciliation

Session #1E Conversations with NACADA Leadership

Madison/Jefferson
NACADA Board, Executive Office Representatives and Region Leaders

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.

Upcoming association-level NACADA Events

- Summer Institute: Daytona Beach, FL—June 18-23 2017
- Summer Institute: Green Bay, WI—July 23-28, 2017
- International Conference: Sheffield, the United Kingdom—July 10-13, 2017
- 2017 Annual Conference: St. Louis, MO—October 11-14
- 2018 Annual Conference: Phoenix, AZ—September 30-October 3
- 2019 Annual Conference: Louisville, KY— October 20-23
- 2020 Annual Conference: San Juan, Puerto Rico—
October 4-7



Concurrent Sessions

Tuesday, April 11

10:15–11:15 a.m.

Session #2A Interactive Discovery: The art of uncovering true potential

Garden A

Shawna Bertlin, University of Idaho

“Be yourself.” We hear this all the time. We read it on Facebook, see it in movies, it even hangs in frames on our wall. But how do we do that, and why does it matter? In this presentation, we will explore collaboratively the art of uncovering true potential and why it is crucial to student success. By inviting students to continually reflect on the alignment between their true selves and their behaviors, they will begin to see lasting transformation in academics and beyond. This session will provide a holistic lens through which to view students and equip you to empower them to forge onward with a renewed confidence in their unique purpose.

Session #2B Hello, My Name is Awesome: Advising a generation of narcissists

Garden B

Jesse Poole, Western Oregon University

You’re not special. Or are you? Jean Twenge, in *The Narcissism Epidemic* (2009) describes the “relentless rise of narcissism in our culture.” (p. 1) How does the rise of narcissism impact millennial students in higher education, and how can institutions work with students of this generation to maximize their perceived or realized strengths? This presentation will critically examine the concept of narcissism and how it impacts today’s generation of students. Attendees will be introduced to the work of Twenge (2009), Simon (2016), and Burgo (2015), among others, to further understand the intersection between narcissism and the millennial generation. In addition, attendees will be provided with strategies to address narcissistic students tendencies to guide them towards graduation.



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Concurrent Sessions

Tuesday, April 11

10:15–11:15 a.m.

Session #2C Moving Mountains, One Meeting at a Time

Garden C

Liz Hammond Moenig & Evin Hickey, Seattle University

Learn how professional advisors at Seattle University collaborate across campus to identify, address, and resolve issues pertaining to advising. The Academic Advising Council represents undergraduate advisors from 6 different colleges at SU. The council meets regularly to discuss advising challenges, college and committee updates, and share best practices. The AAC has been able to influence policy and procedure changes at multiple levels of the university, increase the visibility of advising on campus, and ensure that professional advisors have a strong and united voice about university initiatives. Come join us for inspiration and guidance on starting an advising council, or just for the fun ideas and activities to increase meaningful cooperation between advisors on your campus

Session #2D Mindful Advising for the Anxious Health-Profession Student

Garden D

Anna Brown, Olga Salinas & Kyle Ross, Washington State University

Once admitted to a competitive health-professional program, many students still experience stress and anxiety even though they are through the hard part of getting accepted. They may feel like they have to prove themselves, worry about getting into graduate school, or worry about getting a job in the future. In this session, the presenters will review common sources of stress these students face, such as “impostor syndrome,” and practical techniques to foster mental wellbeing and confidence, including counseling techniques and how to handle moments of emotional expression and silence. Participants will engage in discussion of their own personal experiences and relevant case studies.

Session #2E Advising Pre-Law Students: Learn the best practices to support your advisees’ interest in law and make them better informed, qualified candidates

Madison/Jefferson

Karen Graziano, Princeton University & Victoria Turco, Georgetown University

Many students consider pursuing law school. As an advisor, how can you best support their interest, help them explore this potential career area, and make them better informed and qualified candidates for law school? Learn the best practices to advise pre-law students, including assessments, course selection, research, and leadership, as well as the timeline and significant, recent developments in pre-law advising to add to your advising model.

Concurrent Sessions

Tuesday, April 11

1:30–2:30 p.m.

Session #3A Beyond Checking the Box: Degree planning as intentional learning

Garden A

Mel Wensel, Aimee Kelly, Bridget Norquist & Joe Hannah, University of Washington

How can degree planning become an occasion for intentional learning and content-rich conversations between student and adviser? The online B.A. program in Integrated Social Sciences at the University of Washington presents the Learning Plan, an advising tool embedded in a curriculum that promotes meta-cognitive reflection. Based on a high-touch, advising-as-teaching model, and with the help of technology, we engage students in discovering and articulating connections between their courses and their personal, professional, and intellectual goals. At the end of our presentation, audience members will be able to 1) identify opportunities for incorporating meta-cognitive activities in their advising practice to promote intentional learning and purposefulness; and 2) describe how technology can be used for collaborative, student-centered advising activities in on-campus or online programs.

Session #3B Supporting Students Post-Election: Impacts of Trump presidency and how advisors can help [Diversity Committee Sponsored]

Garden B

Yung-Hwa Chow, Leisa McCormick & Sisouvanh Keopanapay, Washington State University

The 2016 presidential election is unlike any other election we've had in recent history. The Southern Poverty Law Center received over 1000 reports on their #ReportHate website. The majority of hate crimes happened at K-12 schools, businesses, and college campuses. Students have described feeling anxious, depressed, and angry. Counseling and support services have reported increased demand. With post-election trauma and stress, how can advisors support our students regardless of political affiliations? This presentation will explore how the Trump presidency has, and might, impact four student populations on college campuses: undocumented, LGTBQ, Muslim, and students of color. Attendees will hear stories/experiences/encounters that have impacted students. Resources and ideas for how to support these students will be presented.

Session #3C Finding a New Balance for a New World: Rediscovering the importance of challenge in challenge and support

Garden C

Alexander Kunkle, Nevada State College & Jesse Poole, Western Oregon University

Sanford's Theory of Challenge and Support (1966) suggests that students need an equitable balance of challenge and support in their lives. Too much challenge, and they retreat; too much support, and students will become complacent. Political correctness, safe spaces, trigger

Concurrent Sessions

Tuesday, April 11

1:30–2:30 p.m.

warnings, microaggressions, are all indications of a culture which has forgotten that higher education is a place for ideas to thrive, not a place to shelter or coddle our students from ideas with which they do not agree. This presentation will examine the role of the academic advisor as someone who must present equitable levels of challenge and support but has drifted too far towards support out of fear of offense and retreat. Additionally, this presentation will provide strategies to rediscover the appropriate balance of challenge and support in the advisor/advisee relationship.

Session #3D Students Reaching the Summit of Remedial and Prerequisite Math through Collaborative Advising Efforts: Instructor, advisor, & administrator(s)

Garden D

Jamie Sheppard, Amanda Willoughby & Mandy McDaniel, Boise State University

Join Boise State University Mathematics Instructors and Advisors as we describe our inclusive model of advising. Through data driven research, we will show how our method of advising has increased passing rates and student retention in remedial math. Through collaborative efforts of mathematics instructors, campus advisors, and outside campus departments we meet the needs of all student populations; at-risk, honors, student-athletes, non-traditional, and first year students. Through this, our collaborative efforts focus on building self-efficacy, creating resilient, hardworking, goal oriented students. The data will show that this collaborative effort helps our students to be more successful in our classes and future classes, and has increased student retention and graduation rates.

Session #3E Publish with NACADA: Find the appropriate NACADA venue for your writing

Madison/Jefferson

Wendy Troxel, NACADA Center for Excellence and Research in Academic Advising and Student Success

There are many opportunities to write for NACADA. Last year, 240+ members authored articles for NACADA publications. Each author (many 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! Come understand the various writing opportunities within NACADA and learn steps to help you start a writing project.

Concurrent Sessions

Tuesday, April 11

2:45–3:45 p.m.

Session #4A Using Resumes as Advising Tools to Help Students Find Strength, Accomplishment, and Direction

Garden A

Dr. Cheryl Minnick, University of Montana

In college, students begin to define themselves, identify their competencies, grow their interdependence, and ask the basic question we all asked: “What should I do with my life?” A resume can be an important tool to help students interpret their academic experience, narrate their successes, translate their failures, build self-confidence, strengthen resilience, and maximize their potential. Students often ask advisors to “just take a sec” to review their resumes for scholarships, internships, study abroad applications, reference writing, etc. You can use a quick resume review as an opportunity to anticipate and address students’ needs; deliver academic advising and student support; engage and encourage students; and, connect them to resources and activities that will enrich their college experience and pave a footbridge to graduation and career success. Let’s learn how!

Session #4B If You Build It, They Will Come: How to use online courses in the advising, orientation, and registration processes

Garden B

Mallory Torgerson-Preuitt & Carly Darcher, Seattle University

Move over Millennials, there is a new generation in town! Generation Z is here, and they are more tech-savvy than ever before. Each year, Seattle University welcomes approximately 1,100 freshmen and 600 transfer students to campus. These students need access to important information and resources before they set foot on campus, and they require additional support as they prepare for their first advising and registration experience. SU struggled with how best to deliver this information to our highly technologically advanced students while also ensuring



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that campus partners were informed and engaged. Our solution was to develop courses via Canvas, our learning management system. This has made sharing a large amount of information slightly easier, more inclusive and accessible, as well as visually appealing. In this presentation, you will learn from our successes and mistakes. We will share what we know about this new generation of students plus tips and tricks we have gained by dipping our toes into the world of online course development.

Concurrent Sessions

Tuesday, April 11

2:45–3:45 p.m.

Session #4C Exploring Student Identity: Integrating career conversations into academic advising

Garden B

Rachel Allen & Miranda Atkinson, University of Oregon

Excellent academic advising is inextricably linked to career development; students should connect who they are with what they want to do. Academic advisors already engage students in career conversations but are often limited to providing a referral that can remain unexplored. How, then, do advisors engage students in the career development process, given limited time, resources, and training? In this presentation, attendees will practice using a structured, practical model to guide academic advising conversations that effectively incorporate career exploration and decision-making. This collaborative approach will identify where students are in the career development process, establish immediate and long-term goals, and create specific, achievable strategies for moving forward.

Session #4D Strategies for Working with Millennials

Garden D

Liu Yang & Rebecca Green, South Puget Sound Community College

Completion rates in four year colleges are low and are often even lower at two year colleges. Another added challenge is that two year college advisors are tasked with multiple responsibilities such as registration, admissions, coordination with high schools, and student activities. Learn from an International Student Advisor and a General/Running Start Advisor about what has worked at their college. Many of the students served by these advisors are considered “millennials”—under 18 with many specific needs that can be generational, social, or cultural. They also possess many strengths that can be tapped into. This interactive presentation will include topics of resiliency, extrinsic values, utilization of campus resources, student involvement, critical thinking skills, high school to college transition, personal barriers, and working with parents.

Session #4E Becoming the Future of Advising: Diversity in NACADA leadership

Madison/Jefferson

Kyle Ross and Lisa Laughter, Washington State University

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.

Concurrent Sessions

Tuesday, April 11

4:00–5:00 p.m.

Session #5A Helping Students Navigate the “Sophomore Slump”

Garden A

Julia Morrill, University of Oregon

Freshman year can be a whirlwind of new experiences. However, as the excitement and newness of college wears off, students can slip into a state of disenchantment. They may begin to wonder how to choose a major, or if they have chosen the right major, if they are at the right school, if they have what it takes to succeed, or if they even want to continue pursuing a college education. This malaise is often referred to as the “Sophomore Slump.” As advisors, we help students evaluate their new position as a sophomore and strive toward graduation through a three-pronged approach: evaluate, enrich, and expand. We will discuss and practice ways to incorporate these three elements to support students through the “Sophomore Slump.”

Session #5B Gen Z: Is it the end of advising as we know it?

Garden B

Lexi Schaar, Kristi Overfelt & Charles Tibbals, University of Idaho

Generation Z currently makes up the majority of college students around the world. As the most hyper-connected population in history, they have never known a world without the internet or social media. They are a generation of highly educated, technologically-savvy, innovative thinkers. They construct solutions independently; they create their own opportunities; they are entrepreneurs. Their perceptions of education and preferred methods of learning have been shaped accordingly. By identifying this population’s characteristics and priorities, we will learn how to effectively engage and support these students. This presentation will be a review of the research concerning Generation Z and a discussion about its implications on best advising practices. As members of the higher education community, we need to explore new methods of connecting with these students in order to serve them effectively.

Session #5C Advising for Mental Wellbeing within a Cultural Context

Garden C

Andrea Butcherite & Kyle Ross, Washington State University

This session focuses on when advisors identify barriers to student success related to their students' overall mental wellbeing. Advisors have a very limited time with students to meet their needs across a wide range of topics. Therefore, they end up needing to make assumptions about the student and their presenting situation in order to make quick decisions. The presenters will first discuss common assumptions made by advisors, particularly within a culturally-biased lens. We will discuss differences in definitions of family, achievement, career success, self-harm, destructive behaviors, and what counseling means across cultures. The presenters will then conclude the presentation with a discussion of how to frame these conversations positively, and will focus their time introducing Yosso’s community cultural wealth framework.

Concurrent Sessions

Tuesday, April 11

4:00–5:00 p.m.

Session #5D Overcoming the Overwhelming: Creating an interactive, adaptable, and informative online advising session for new students

Garden D
Michelle Munoz, Idaho State University

New, first-year students often feel overwhelmed when navigating key elements of higher education, including degree requirements and registration. To alleviate this, all Idaho State University incoming students complete either a mandatory Freshmen or Transfer Fundamentals of Advising and Registration (FAR) session. We recently updated our online sessions into our learning management system (LMS), Moodle. The LMS provides the interactive pedagogical tools that enable students to progress through important advising and registration processes in an exploratory and in-depth way. This presentation will discuss the development of our LMS FAR session, the research underpinning our decision to do so, the results of a content analysis of student feedback, and will seek to generate a discussion of crucial learning outcomes for first-semester students.

Session #5E Climbing in Value as a Professional: Determining your level of involvement in the scholarship of advising

Madison/Jefferson
Wendy Troxel, NACADA Center for Excellence and Research in Academic Advising and Student Success

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.

Future Region 8 Conferences



2018: Portland, Oregon [March 11-13]

Are you interested in serving on the conference planning committee for our 2018 conference? Be sure to attend the Portland 2018 kick off during the Region Business Meeting on Tuesday, April 11, 5:15 p.m. in Garden A.

2019: Alberta, Canada

2020: British Columbia, Canada

Concurrent Sessions

Wednesday, April 12

9:00–10:00 a.m.

Session #6A Teaching, Advising, and Assessing: Creating a holistic practice for your students

Garden A

Roy Caligan, Sue Magyar, Melissa Dziedzic & Courtney Bilodeaux, Eastern Washington University

In 2016, Eastern Washington University integrated student learning outcomes and program assessment into its existing advising model. In this presentation, we will walk you through the same process we used to create and measure the outcomes. We will share the lessons we learned, show how we developed assessment tools, and explain how our practice changed to include these facets of teaching and learning. Through this session, you will learn what we learned about outcomes, assessment, the benefit to the students, and the effect the program has on our advisors' daily work.

Session #6B We Need to Talk: Coaching students for difficult conversations about academics with their parents

Garden B

Rebecca Prescott & Alicia Woodard, Washington State University

Increasingly, there is a trend of parental involvement in higher educational academic decisions. Parents serve in a “co-pilot” role today, more than acting as a helicopter parent. The primary objective of the presentation is to provide attendees with strategies to incorporate into their advising practice when coaching students through these conversations. This will be achieved through discussion of techniques utilized by presenters and review of case studies to prompt group discussion of attendees' own best practices. The target audience is individuals whose roles include advising or counseling support to traditional undergraduate students that are seeking guidance on talking with their parents about academics.



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Session #6C Mindful Communication: Embracing new forms of communication with advisees

Garden C

Charity Atteberry & Grace Gardner, University of Montana

OMG! LOL! BRB. 411? TMI! OMW. NSFW!'

Does the thought of receiving text messages from your advisees make you think, “OMG!”? In an era when advising Millennials and Centennials is the norm, some advisors are

Concurrent Sessions

Wednesday, April 12

9:00–10:00 a.m.

employing new technological methods of communication in their advising practices. Athletic Academic Services (AAS) at the University of Montana utilizes three forms of technological correspondence. These technologies facilitate effective and efficient communication between students, faculty, staff, coaches, and administrators. This presentation will discuss three separate forms of communication used by AAS and how these methods of communication support the developmental advising model, facilitate effective and efficient advising practices, build trust and rapport between advisors and advisees when used appropriately, and reflect a mindful approach to advising.

Session #6D Moving Mountains: Successes and struggles of implementing campus-wide change

Garden D

Judi Haskins & David Singel, Montana State University

Changing the campus culture of advising is not always easy when it comes to using new systems, programs, and software. Montana State University is working toward such a change; having implemented new technology in advising, planning, and registration. Using the results of the 2016 “Driving Toward a Degree: The Evolution of Planning and Advising in Higher Education” survey data, as well as steps being taken from their Campus Advising Action Team (CAAT), presenters will discuss initiatives at Montana State University and the successes and struggles of ‘moving mountains’ toward change. Presenters will also share tips on successful incorporation of change and technology in advising while not losing sight of the true meaning of advising.

Session #6E The Art of Observation: Melding science and art

Madison/Jefferson

John Smelter, University of Alaska Fairbanks

This presentation looks at the artwork of students who have gained inspiration and developed technical solutions by seeking the advice of science and engineering faculty and by taking STEM courses. It also looks at how science students use art to gain a deeper understanding of the natural world and use creativity to share their research with a broader audience. As advisors, we can encourage humanities students to take challenging STEM courses that may provide a new source of inspiration and can provide practical skills that help turn creative ideas into reality. We can also encourage students in STEM majors to take humanities courses to hone their skills as observers and effective communicators and perhaps gain a greater sense of meaning and purpose.



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Concurrent Sessions

Wednesday, April 12

10:15–11:15 a.m.

Session #7A Mindset Matters: Applying current research to advising practices and promoting resilience

Garden A

Sarah North Wolfe, Caitlin Hutchison & Sarah Pope, Central Washington University

This session will provide an overview of the recent research regarding implicit theories of intelligence and discuss methods for fostering a growth mindset through advising practices. By mindfully guiding students toward a more growth mindset-based approach to challenges, advisors can encourage resilience and enrich students' educational experience. We will give examples of how we have incorporated growth mindset interventions into advising appointments, first year seminars, and college success courses. Data is currently being collected and analyzed to explore the effects of a growth mindset lesson in Central Washington University's UNIV 101: Academic Advising Seminar. This interactive session will provide an opportunity to discuss case studies and outline practical applications of growth mindset you can take back to your institution.

Session #7B Developing Resilience Through the Unknown, a Journey Through Change in the Workplace

Garden B

Brooke Whiting & Lisa Laughter, Washington State University

During this session, the two presenters will briefly share some of their more challenging workplace experiences and the lessons learned along the way. We believe it is important to share personal experience in order to illustrate the tools in action. We intend to have the participants in the session do some self-reflective activities and intention setting for how they can apply what they learned to their everyday lives – personally and with their students.

Session #7C Mindful Integration of Career and Academic Advising into the Classroom

Garden C

Shawna Elsberry, Central Oregon Community College

With a surge of Oregon Promise students enrolling at Central Oregon Community College, we redesigned the career and academic advising content normally provided in two of our college success courses. Moving from guest speakers to learning activities was not only more meaningful, but also resulted in better prepared students meeting with their advisors for the first time. In this critically reflective session, participants will be encouraged to explore how career and academic advisors can influence what is being presented in first-year courses and will be challenged to come up with learning activities that create a 'transfer of learning' for students. What if being mindful means changing the delivery of advising services from office appointments to the classroom?

Concurrent Sessions

Wednesday, April 12

10:15–11:15 a.m.

Session #7D Developing a Shared Understanding to Enrich the International Student Experience

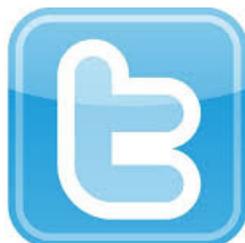
Garden D
Susan Corner, University of Victoria

This session explores a partnership that developed between economics and student affairs. The presenter shares preliminary findings from a study that began in January 2015, with a focus on academic advising's role in the study and the influence of the research on advising practices. Researchers shared a desire to understand how they can work together and separately to better support international students. The purpose of the study was to identify: (a) objectives international students have in attending the University; (b) systemic institutional hurdles/barriers; (c) individual hurdles/barriers; (d) students' perceptions of effectiveness of accessed services, resources, and supports; (e) strategies students adopt individually or in groups to overcome hurdles/barriers; and (f) effective ways to better engage international students in their studies.

Session #7E Introducing Advisees to a Step-by-Step Approach to Professional Development: Creative ways to incorporate professional development into your advising model and increase students' confidence and resilience

Madison/Jefferson
Karen Graziano, Princeton University & Victoria Turco, Georgetown University

This session describes the step-by-step professional development process implemented in courses, through programming and in individual meetings, and guides advisors on how to construct goals and assignments that build on and connect skills. Through the use of assessments, career research, informational interviews, student and alumni presentations, student and alumni mentoring, and career and internship presentations, advisees learn how to identify and describe their skills and strengths, and match and market themselves for academic and professional opportunities. Through this process, advisees will develop their resilience and confidence as they seek, explore, and expand their professional development knowledge.



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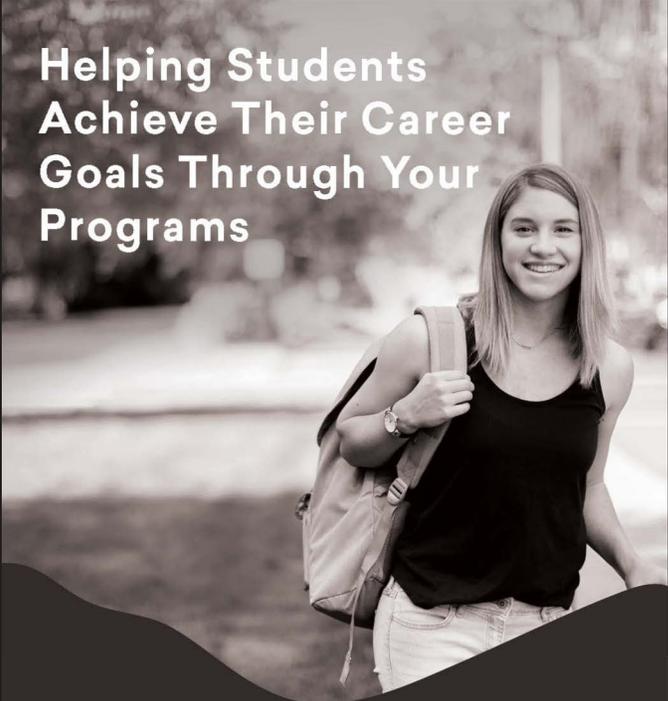
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NACADA: The Global Community for Academic Advising promotes and supports quality academic advising in institutions of higher education to enhance the educational development of students. NACADA provides a forum for discussion, debate, and the exchange of ideas pertaining to academic advising through numerous activities and publications. NACADA also serves as an advocate for effective academic advising by providing a Consulting and Speaker Service, an Awards Program, and funding for Research related to academic advising.

NACADA evolved from the first National Conference on Academic Advising in 1977 and has over 11,000 members representing all 50 United 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.

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

NACADA Vision

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

NACADA Mission

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

NACADA Strategic Goals

- Expand and communicate the scholarship of academic advising
- Provide professional development opportunities that are responsive to the needs of advisors and advising administrators
- Promote the role of effective academic advising in student success to college and university decision makers
- 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: The Global Community for Academic Advising

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