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SPRING REGISTRATION DATES

November 9 - Seniors

November 11 - Juniors

November 13 - Sophomores

November 17 - First Years

UPCOMING IMPORTANT DATES

November 2-6 - Advising
Week

November 24 - Last day of
In-person Instruction

November 25-29 -
Thanksgiving Recess

December 1-4 - Final Exams
(online)

December 7-11 - Fall
Educator's Week

January 21 - Spring Advising
Day

January 22 - First Day of
Classes

OFFICE OF UNDERGRADUATE ACADEMIC ADVISING

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THE ACADEMIC ADVISOR NEWSLETTER

Shannon Rogers (Academic Advising Graduate Assistant) and Maura O'Mahony (Academic Advising Work Study)



MEET THE STAFF

Dr. Gladys Robalino, Director of Undergraduate Academic Advising; Shannon Rogers, Graduate Assistant; Maura O'Mahony, Work Study; and Stephanie Patterson, Administrative Assistant (pictured above left to right).

VIRTUAL NACADA CONFERENCE 2020

Dr. Jennifer Thomson (left), and Dr. Matthew Lewis (right) attended the virtual NACADA conference sponsored by our office. The office is so grateful to Dr. Thomson and Dr. Lewis for their dedication to advising.



When asked about her time at the conference, Dr. Thomson shared that she was able to apply what she learned to the upcoming advising week, saying *"One of the strategies that I learned while attending the NACADA conference is to utilize a pre-advising meeting worksheet. I created a different worksheet for first years, sophomores, juniors and seniors and emailed it out to the students prior to scheduling our advising meeting. On the worksheet, students answer questions about varying topics such as their career goals, what classes they plan to take in the Spring, how their fall semester has been going and what their favorite memory has been so far at Messiah."* Dr. Thomson looks forward to using this information as she helps her advisees.

Dr. Lewis appreciated learning more about holistic advising, noting *"My key takeaway was the reminder that academic advising is about much more than scheduling classes. If prioritized and done well, advising will address the whole student and help them discover more about who they are as a student, young adult, and future professional. The NACADA community is passionate about advising, inclusive excellence, and the development of high-quality academic advisors within the higher education community."*

ADVISING & MENTAL HEALTH TOOLKIT: P.R.I.M.E.

For more information visit <https://www.nacada.ksu.edu/Resources/Academic-Advising-Today/View-Articles/The-Role-of-Emotional-Intelligence-in-Quality-Academic-Advising.aspx>

The most common mental health issues advisors are likely to see in their advisees are depression, anxiety, eating disorders, substance abuse, and suicide ideation. While these issues are overwhelming at times, there are tools to help you navigate these topics. The P.R.I.M.E. model allows advisors to be confident in facing these issues through Perception, Regulation, Intelligence, Motivation, and Expression.



- Perception is the understanding of moods and emotions others are feeling. It is important to be aware of your advisees' moods and feelings when speaking with them to avoid perpetuating any stress.
- Regulation is promoting intellectual and emotional growth, rather than feeding into the problem. It's important to remain respectful of the students' emotions while listening to them.
- Intelligence is the ability to label different feelings that your advisee expresses appropriately. Sometimes it can be helpful to get outside perspectives, and be sure to grant yourself grace in this process.
- Motivation is the use of emotions to problem solve and to think. Learning what is motivating your advisee makes connecting with them much easier, and this can be done by engaging with them on campus when you see them.
- Expression is understanding the emotional makeup of others and how they may choose to express those emotions. Establishing rapport and finding common ground is essential in the expression of human emotion.

Being able to recognize and manage the five elements of P.R.I.M.E. can ease your mind when dealing with students.