



The University of Texas at Austin
Academic Counselors Association

October 14, 2020

8:00am Zoom Room Opens – breakout rooms available for chatting/catching up/community building before meeting starts (***if you are interested in participating***)

8:25am Start bringing everyone into the main room

8:30am Welcome!

Mckinlaye Harkavy & Sawyer Tedder – ACA Co-VPs

8:35am Helping Students Transition in Turbulent Times

Dr. Dan Friedman – Executive Director, University 101 Programs, University of South Carolina

- 250 sections of first year seminar
 - 3 hour for credit and grade
- Research centered on first-year experience and assessment

Helping Students Transition in Turbulent Times

- No magic formula or silver bullet
- Different context, resources, programs, student bodies, etc.
- Theme – doubling down on foundational principles of the course
- 2 frameworks:
 - To give students the **information and support** they need **when they need it and when they are ready to receive it**
 - Academic strategies – in first year seminar – what week would you address
 - Not just once, thread it throughout the semester
 - 2nd class - they don't yet know if what they're doing works
 - Instead share it when they get that first paper, exam, etc. – readiness for it and concept of what to expect
 - Timeliness of the resources – when to hit that topic, front loading does not work
 - **Onboarding framework** (Bauer, 2010): **Compliance** (basic rules and policies), **clarification** (what is expected of them as a student, how to interact with faculty), **culture** (norms, how to get things done), **connection** (developing relations with other members and mentor)

- People don't stay if they don't feel welcomed and don't feel like part of the group
- What factors predict persistence?
 - #1 predictor = sense of belonging
 - Elements: identify people with similar interests, accepted by other students at the institution, finds it easy to make new friends
- Canary in the coal mine – early alert
 - Instructors and advisors – looking for signs on the horizon before they get there
 - Reaching out to students to check in
 - You want to be safe, kind, and flexible
 - Don't make assumptions about what you're seeing nor be afraid to ask about it
 - What signs or signals would you be looking for: missing class, lack of engagement, not turning work in
 - Coded signs: Stomach aches related to anxiety
- Checking In (ex. highs and lows)– getting a chance to talk about experience
 - Finger on pulse
 - Affirmation and validation
 - Biggest benefit for students to know that they are not alone, other people going through it too
- Book *Wellbeing* based on study by Gallup and Purdue
 - Top 3 factors that predict postgraduation wellbeing: at least 1 professor who made them excited about learning, professors cared about them as a person, mentor who encouraged them to pursue their goals and dreams
 - USC 94% of students said that U101 instructor cared about them as a person
- Mental health conditions
 - 1/5 struggling with depressions, 1/4 struggling with anxiety
- Additional areas for consideration
 - Awareness of resources – make more pronounced
 - Resource guide for instructors and students
 - Weekly email goes out to students – resource spotlight
 - Build advocacy skills
 - Communicate and address challenges with faculty
 - Respectfully and accurately
 - Develop resiliency skills
 - Help tackle online learning
 - Challenge of asynchronous courses
 - Particularly for first year students – manage on their own pace

- Giving markers for completion
 - Discipline, time management, motivation
 - What have you found to be successful?
- Q&A:
 - Overflow of emails – approval to get certain emails to students
 - Switching to text and GroupMe over email
 - Students not in town, not feeling connected
 - Do we offer a follow up experience when they are back?
 - Extend the walls – weekly time set aside for coffee chat, watching videos, tiktoks, etc – time together without an agenda
 - Virtual tours, people in the office
 - Virtual second semester – some kind of small group experience, meet in clusters, assigned mentor continue in spring (check in via GroupMe)
 - Jeff Hallock – speaker series for students
 - Ana Dison – bringing in alumni has been helpful
 - How to get them excited about coming back? What do you like about this experience? What do you look forward to coming back?
 - Affinity and affiliation
- Create ACA group to talk about second semester, second year experience

9:10am ACA Committee Updates

- Awards & Recognition Committee
 - NACADA Awards - Peggy
 - Nominate people for the awards
 - We're doing some unique things, especially now
 - Think broadly: 10 awards – faculty, administrators, etc.
 - Start early – due Nov 30
- Holiday Party Committee – Laura Yates & Mitchell Ridsdale
 - Looking for additional committee members to help with event
 - If you want to share ideas that works too
- FUNdraising Committee – Rebecca Marcus
 - First fundraising event – games, chatted and connected as a small group
 - If you're interested in helping plan our Nov event & fundraiser email Rebecca Rebecca.marcus@austin.utexas.edu
 - Keep an eye out for our Nov event
- PDD – Ashley Moir
 - Feb 17 & 18 (mornings)
 - RE:Connect Texas – reconnect with each other and the field
 - Opening proposal submissions now – Deadline Dec 1
 - Save the date coming soon
 - Registration later in the semester
- ROAD Committee – Emma Decker
 - Managing Time and Boundaries while Working from Home led by Anna Glendening

- RSVP sent later today

9:25am Announcements

- KUDOS
 - Record amount of Kudos!
 - Keep them coming
 - Want to recognize a colleague? Submit KUDOS:
 - https://mcombs.qualtrics.com/jfe/form/SV_2tosTXrhmqf9Jz
- Payton Anderson – Dues
 - Working on getting invoices out for dues in a couple of weeks
 - Some departments have sent in request for a combined invoice
 - Looking for another option for paying dues – potentially use Venmo

Upcoming Meetings

Wednesday, November 18: Advisory Advocacy <https://utexas.zoom.us/j/96786312428?from=msft>