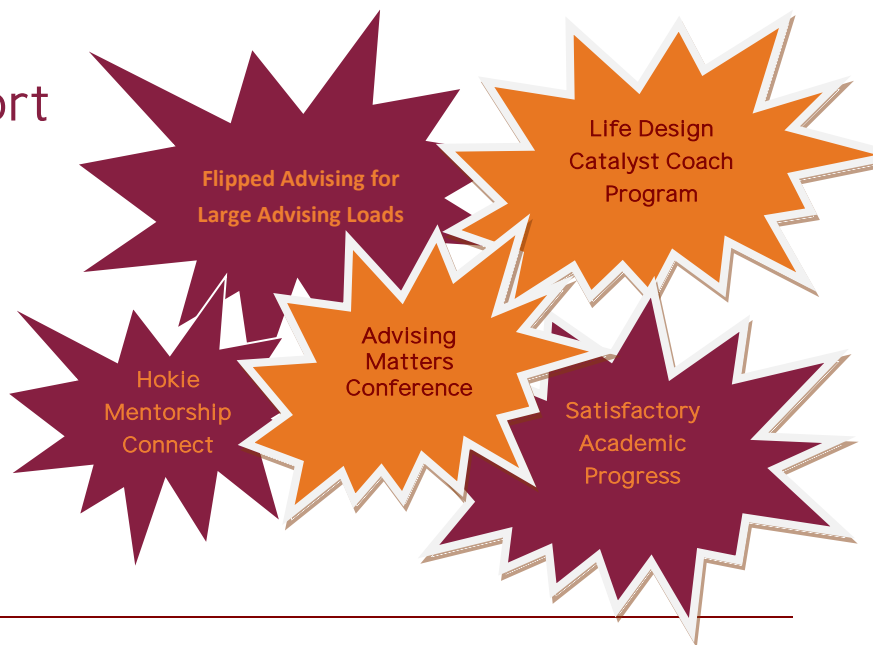


Spring 2019 Academic Advising and Support Afternoon Chat Series



KORU Mindfulness Advising Group [must attend all four sessions]

Thursday, February 7th, 12:15 - 1:30 PM

Thursday, February 14th, 12:15 - 1:30 PM

Thursday, February 21st, 12:15 - 1:30PM

Thursday, February 28th, 12:15 - 1:30PM

North End Center, Room 3600

Ana Agud, Program Coordinator for Hokie Wellness

Amy Epperley, Assistant Director of Hokie Wellness

Koru is a mindfulness curriculum designed specifically to target the developmental needs and interests of young adults but highly adaptable to individuals of all ages. Koru was developed at the student counseling center at Duke University. It has been empirically tested in a randomized, controlled trial and found to have significant benefits on sleep, perceived stress, mindfulness, and self-compassion. These sessions will be adapted to meet the needs of academic advisors at VT.

Advisors will learn mindfulness and stress management skills through meditation that may help them manage daily advising duties, prevent burnout, and increase feelings of well-being. **Participants are must register in advance and**

participation in all four, hour-long sessions is required. This is a pilot session for advisors and registration will be capped at 15 participants. Additional future sessions may be scheduled based on interest.

To register for this event, please [RSVP here](#).

Flipped Advising to Better Manage Large Advising Loads

Monday, February 11th, 2:00 - 3:00 PM

Newman Library, Multi-Purpose Room

Vern Ferguson, Academic Advisor, School of Architecture and Design

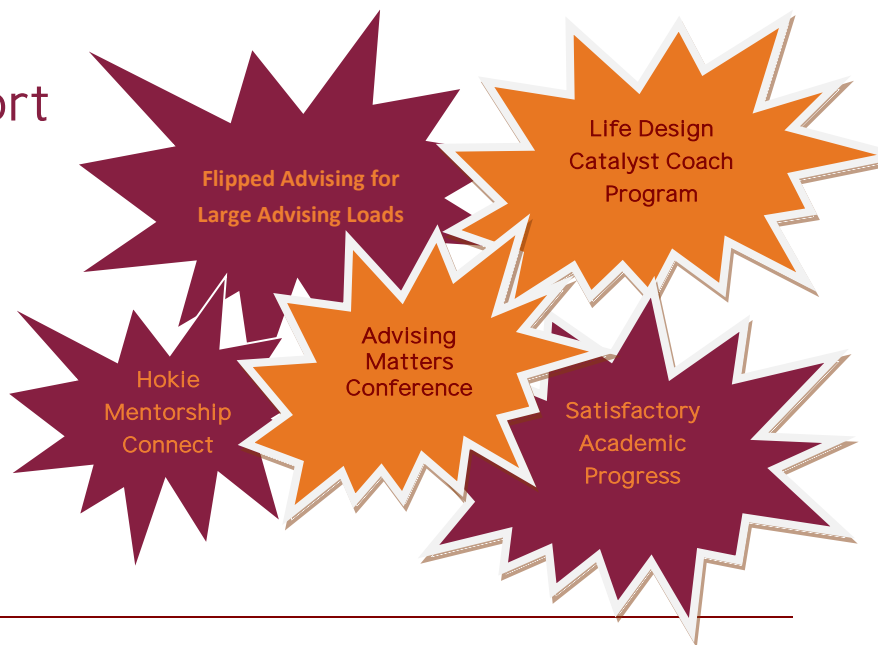
How many hundreds of students do you advise? If the answer is 250+, then you aren't alone! The flipped advising approach is one that can help you better manage a large number of student advisees. In this presentation we'll introduce the idea of flipped advising and cover how this advising method introduces online appointment systems, new technologies, learning modules, and non-traditional communication methods to reach today's youth and allow the advisor to share relevant information with lots of students to better manage your large number of advisees.

To register for this event, please [RSVP HERE](#).

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Spring 2019 Academic Advising and Support Afternoon Chat Series



NACADA Guest Speaker Event (Relational Advising Competencies)

Tuesday, February 26th, 8:30 AM - 12:00 PM

Newman Library, Multi-Purpose Room

Joanne Damminger, EdD, Delaware Technical Community College

During this interactive morning chat session, former NACADA president Dr. Joanne Damminger will discuss the relational components of advising and will be leading participants through activities that help them develop this aspect of their own daily advising practice. Relational advising topics covered during this chat may include creating rapport and managing advising appointments, proactive advising strategies, navigating difficult conversations, and the ability to utilize basic counseling techniques. Breakfast will be served at this event and registration will be required to order accordingly.

To register for this event, please [RSVP HERE](#).

The 9th Annual Advising Matters Conference: "Advising Matters: Putting Students First"

Monday, March 4, 8:00 AM - 4:00 PM

The Inn at Virginia Tech and Skelton Conference Center

The conference will be a one-day event including an opening session presented by Dr. Sara Koch, Institute Fellow and Senior Associate for Institutional Support at the [Gardner Institute](#). The conference will also include concurrent sessions and other activities with the goal of enhancing advising knowledge and skills for faculty and staff at Virginia Tech while also increasing effectiveness of our advising programs.

There is a minimal fee for registration (\$100 VT and non-VT affiliated). However, space is limited to the first 200 registrants. Registration will be open January 7, 2019 - January 31, 2019. **For more information and to register, please visit the [Advising Matters website](#).**

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Spring 2019

Academic Advising and Support Afternoon Chat Series



Life Design Catalyst Coach Program Chat

Banks Blair, *Transitional Academic Advisor, University Academic Advising Center*
Tonisha Montgomery, *Academic Advisor, Computer Science*

Wednesday, March 27th, 2:00 - 3:00 PM

Newman Library, Multi-Purpose Room

What is the Life Design Catalyst Program? The Program moves students away from the question, “What SHOULD I do with my life?” (“Tell me what I should do...”) and toward “What COULD I do with my life?” (“Help me explore my options...”). Through the exploration of PURPOSE (“Who do I want to be?”) and MEANING (“What am I here to do?”), The Life Design Catalyst Program empowers students to optimize their lives to become the best version of themselves and to utilize their gifts and talents in service to something bigger than themselves.

In this chat, participants will engage with recent program attendees Banks Blair and Tonisha Montgomery to learn how to incorporate life design principles into their advising practices.

To register for this event, please [RSVP HERE](#).

Satisfactory Academic Progress Updates from Financial Aid

Monday, April 22, 2:00 - 3:00 PM

Newman Library, Multi-Purpose Room

Beth Armstrong, *Director, Office of University Scholarships and Financial Aid*

To be eligible for federal, state, and institutional financial aid, all students are required to maintain Satisfactory Academic Progress (SAP.) The regulations provided by the U.S Department of Education are geared toward improving program integrity. Virginia Tech has established its own policy to adhere to these guidelines while ensuring student success. During this chat, Beth Armstrong will provide advisors with updates and information about the VT SAP policy to assist advisors who work students experiencing SAP issues.

To register for this event, please [RSVP HERE](#).

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Spring 2019

Academic Advising and Support Afternoon Chat Series



Hokie Mentorship Connect Program

Thursday, April 25th, 2:00 - 3:00 PM

Smith Career Center, Meeting Room A

Joy Capers, Assistant Director, Mentorship Program, Career and Professional Development

Hokie Mentorship Connect is the newest program from Career and Professional Development that is slated to launch school-wide fall 2019. The online platform will be utilized to unite Virginia Tech undergraduate students with alumni for career-related support. The program will exist to promote fellowship and networking for career development purposes. As a result open lines of communication will be formed and meaningful long-term relationships will be formed between multiple generations of Hokies. Hokie Mentorship Connect is a collaborative process that aims to:

- Enrich students by offering opportunities for interaction with industry professional
- Empower students in the development of personal responsibility and independence
- Create an environment that fosters career and professional development
- Encourage and support Virginia Tech undergraduate students

Please join us as we discuss the results of the spring 2019 Hokie Mentorship Connect pilot program while also learning about the program more in-depth and exploring ways that it will benefit the Virginia Tech community.”

To register for this event, please [RSVP HERE](#).

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