

# THRIVING THE WARRIOR WAY:

HOW

**SELF-  
CARE**

BECOMES

**STUDENT  
CARE**



WAYNE STATE  
UNIVERSITY

**2018 Academic**

**Advising Summit**

September 27th & 28th

# Thursday, September 27

## Summit Schedule

|                 |  |
|-----------------|--|
| 8:30AM-9:15AM   | <b>Check-in &amp;<br/>Continental Breakfast</b>  |
| 9:15AM-9:30AM   | <b>Welcome by:<br/>Dr. Darin Ellis</b>           |
| 9:30-10:30AM    | <b>Keynote Address:<br/>Dr. Maureen Anderson</b> |
| 10:30AM-10:40AM | Break  |
| 10:40AM-11:40AM | <b>Breakout Session #1</b>                       |
| 11:40AM-12:40PM | Lunch  |
| 12:40PM-1:10PM  | <b>AAC Business Meeting</b>                      |
| 1:10PM-1:20PM   | Break  |
| 1:20PM-2:20PM   | <b>Breakout Session #2</b>                       |
| 2:20PM-2:25PM   | Break  |
| 2:25PM-2:55PM   | <b>Activity #1</b>                               |
| 2:55PM-3:00PM   | Break  |
| 3:00PM-3:30PM   | <b>Activity #2</b>                               |

# Friday, September 28

## Summit Schedule

**8:30AM-8:50AM**    **Check-in &  
Continental Breakfast**

**8:50AM-9:00AM**    **Welcome by:  
Dr. Cathy Lysack**

**9:00-10:00AM**    **Keynote Address:  
Dr. Monica Brockmeyer**

**10:00AM-10:10AM**    **Break**

**10:10AM-11:10AM**    **Breakout Session #3**

**11:10AM-11:20PM**    **Break**

**11:20PM-12:20PM**    **Breakout Session #4**

**12:20PM-1:00PM**    **Dismissal to Punch Bowl  
Social**

**1:00PM-4:00PM**    **Lunch & Activities**



# **Dr. Maureen Anderson**

## **Medical Director of Integrative Medicine Beaumont Hospital**

Keynote Speaker

Thursday

Maureen Anderson, MD, is the Medical Director of Beaumont Integrative Medicine as well as clinical faculty for the Oakland University West Bloomfield's School of Medicine.

She provides medical oversight for more than 50 Integrative Medicine practitioners, including all specialties: acupuncture, clinical massage, naturopathic medicine, reiki and guided imagery. Dr. Anderson is board-certified in Emergency Medicine, Pediatrics and Integrative Medicine. Dr. Anderson is also a past president of the Michigan chapter of the Academy of Integrative Health and Medicine.

In addition to her leadership and faculty roles, Dr Anderson partners with patients and their primary care providers to determine how best to support the journey to health and wholeness. She offers patients Integrative Medicine M.D. consults at our Royal Oak and West Bloomfield locations. These appointments include a comprehensive history and physical examination, with a focus on finding the root cause of health concerns, and leveraging each patient's unique strengths to optimize overall health and well-being.

**September 27th, 9:30am-10:30am**

## **The Science of Self-Care**

We all know that self-care is important. This can involve healthy nutrition, sleep, stress management, connection and movement. We don't always know why these things are good for us. During this presentation we will review current research that explains more specifically the ways in which our choices can positively impact our overall health and well-being. This will include a brief experiential session, using the breath to balance the nervous system. We will end with some small steps that you can take to begin your journey to optimal wellness.



# Dr. Monica Brockmeyer

**Associate Provost for Student Success**

**Wayne State University**

Keynote Speaker

Friday



Monica Brockmeyer is Associate Provost for Student Success.

In this position, she is responsible for the implementation of the retention initiative approved by the WSU Board of Governors in 2011. Further, she serves as a liaison between the colleges and the Provost's office to support retention and student success initiatives in the colleges, departments, and programs and is responsible for assessment of the retention initiative.

She joined Wayne State University in 1999, as a faculty member in the Department of Computer Science, where she is an Associate Professor. Before joining the Provost's office, she was Interim Chair of the Department of Computer Science.

In 2002, she was awarded the College of Science Teaching Award and in 2004 she received the National Science CAREER Award for her proposal, "Monitoring and Assertion Checking Internet Scale Applications." Her research is in the area of distributed systems and networking (with interests in monitoring, assertion-checking, cloud computing, energy efficiency, and sustainable computing) and in Computer Science Education (with a focus on broadening participation in computing and on understanding and mitigating the impact of stereotype threat in computer science education).

Her research has been funded by the National Science Foundation and the National Institutes of Health. While at Wayne State University, she has secured grant funding of more than \$3.9 million with her collaborators and is PI on \$2.2 million.

She is currently the PI of the NSF-funded Broadening Participation in Computing grant "STRONG Computing Pipeline," an integrated program that connects K-12 outreach activities, pre-college bridge programs, and undergraduate computing degree programs in Detroit, MI to increase the participation and success of under-represented students in computer science, particularly African-Americans and women. The STRONG Computing Pipeline is developing set of novel mindset and attitude interventions which are designed to increase the persistence and learning of under-represented students, while reducing the impact of stereotype threat. She is also the WSU lead of the project "IMSE: Information Management and Systems Engineering" which offers bridge programming and support services to promote student success among under-represented students in computing degrees. She is co-PI on the NIH-funded project "Gaining Options: Girls Investigate Real Life through Health Related STEM Disciplines," which extends the successful Go-GIRL program to reduce health disparities by increasing the number of local high school girls, particularly those of color, who enter college prepared to study health-related science, technology, engineering and mathematics (STEM) disciplines.

# Break Out Session 1

Thursday, September 27th

## **Discover The Hidden Power of Your Space Through Feng Shui \*Hilberry A\***

Deanna Cavanaugh- Nutrition and Food Science/CLAS

Dawn Niedermiller- Physics & Astronomy / CLAS

Feeling stuck? Stressed? Out of balance? Improve your productivity and creative thinking while creating a comfortable, stress-free working environment. Learn how to create a space that nourishes and inspires you, where you can make your dreams into reality. By using Feng Shui principles, we'll discuss such things as desk positioning, color, art selection and more to bring exciting and positive changes into your life.

## **Procrastination Management: A Key Component of Self-Care \*Hilberry B\***

Zeina Ghoul-Academic Success Center

Lynn Charara- Academic Success Center

Procrastination not only negatively impacts college students; it can also affect employees in the workplace. While researchers have found slight differences regarding why people procrastinate, difficulty with self-regulation is a key component. One study describes procrastination as a problematic behavioral tendency that has been linked to poor physical and psychological well-being(Siros, 2015). Procrastination often leaves its victims feeling overwhelmed, demotivated, and isolated - leading to a fixed mindset. Because of these consequences, procrastination management is an important part of self-care. In this interactive session, participants will understand the psychology behind procrastination, how it affects work place performance and well-being, in addition to debunking common myths. Attendees will walk away from this session equipped with current evidence-based techniques, which can also be shared with students, to manage procrastination and increase self-care.

# Break Out Session 1

## **The Introverted Advisor: How to Thrive in an Environment that Incentivizes Extroversion**

**\*Hilberry C\***

Fawne Allossery- Education

Due to the very nature of academic advising and the opportunity to connect with students on an individual basis and on a deeper level, it is not surprising that introverts are drawn to this profession. Establishing and cultivating close relationships with people helps introverts thrive. However, certain job expectations (events, attending conferences, giving presentations, networking, etc.) can drain an introverts internal battery, and yet, are necessary for promotion and advancement in the profession, and important for individual recognition. Come join me for a conversation on successfully navigating the introversion/extraversion continuum in higher education, by implementing strategies to nurture individual strengths, and help you shine. We'll complete a short inventory on personality, reflect on behaviors, and discuss ways we all can thrive in higher education. NO GROUP ACTIVITIES, I PROMISE! Extraverts are also encouraged to attend and offer their perspective. We all benefit when we understand and appreciate one another.

## **The "Art" of Self-Care: Using creative methods to stimulate personal wellness**

**\*Ballroom\***

Kelly Driscoll-CFPCA

Avanti Herczeg- Art

Erin Wiseman-CFPCA

As student success professionals, we often talk to students about the importance of self-care, but rarely make time for it ourselves. If you reflect on some of your favorite ways to unwind and relax, you may find that creative art-based practices stand out as a common theme. From visual, performing, and media arts, to writing and culinary arts, all provide excellent pathways to self-care. We will discuss the various ways art is utilized as a therapeutic tool for focus and well-being. The session will also include hands-on 2018 Mobile Arts activities assisted by WSU Director of Galleries and Special Programming, Tom Pyrzewski.



# Break Out Session 2

Thursday, September 27th

## **Re-Imagining Team Building Activities as a Means of Self-Care in the Workplace \*Ballroom\***

Stephanie Hawkes- APEX

Melanie Stawkey-Intramurals, Club Sports & Outdoor Recreation

As professionals we are often tasked with coming up with activities, lessons, or strategies that help our students define and achieve goals; however, we rarely take the time to apply the lessons we teach our students to our own lives. In this session, participants will go through some common team-building activities to learn how they can translate these activities into individual and team reflection tools. When we take the time to focus on personal and departmental goals, we can approach our work with a sharp focus that allows us to bring our best selves to our work. Participants will have take-a-ways from these activities they can use individually or share with their departments to improve morale and re-energize for the academic year.

## **Surviving to Thriving: How Life Experience Becomes Self-Care \*Hilberry A\***

James Fortune- CFPCA

Amanda Horwitz-University Advising Center

Academic advising can be a stressful and demanding job. We often put our students needs before our own and, sometimes, take those needs home with us. Self-care can not only improve our mental wellness but also our productivity at work. In this session, the presenters will discuss various takeaways they learned and utilized in their own mental health journey. The takeaways will be discussed as lessons such as Empty Your Brain and There Be Light. Each of the five lessons presented will have a related personal success story. Attendees will have the opportunity to practice the lessons via interactive components of the presentation. The goal is to provide lessons and activities that can be implemented in an advisor's daily practice immediately.



# Break Out Session 2

## Creating a Culture of Social Support and Belonging: Strategies for Intra-connectedness

**\*Hilberry B\***

Alia Allen-Psychology  
Shelly Seguin-Psychology

As a department that has long recognized the value of connecting with student and connecting students to other students in a social context, we have experienced several personal and professional benefits. Social interaction helps strengthening relationships, which in turn, has countless benefits for self-care including increased job and personal satisfaction, stress moderation, physical wellness and professional development. Most academic staff are familiar with the large body of research that points to strong positive correlation between student success and students sense of belonging and connectedness. When students feel connected to their departments and universities they are more likely to persevere through difficult times, seek help when needed, have greater academic success and are far more likely to report having an overall positive experience. Advisors and academic staff play a critical role in creating a culture where students feel that they belong and are connected to their programs. This session will include a brief overview of relevant research for creating a belonging culture, followed by a description of numerous initiatives currently in practice, many of which could be adapted to work in any unit/department. There will be an interactive discussion regarding various factors to consider when creating a belonging culture and how this type of culture directly benefits academic staff. Session will include two group activities.



# **Thursday Afternoon Activities**

Thursday, September 27th

**Laughter Yoga by Adrienne Brown  
Hilberry A**

**Hustle Class by Cynthia Merritt  
Hilberry B**

**Massage by Schoolcraft College  
Hilberry C**

**Guided Imagery by Gail Patricolo  
Room 289**

**Kickboxing by Amanda Horwitz  
Student Center Ballroom**

# Notes

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# Break Out Session 3

Friday, September 28th

## **Super Parent & Super Worker: Creating Balance Between Work And Home While Increasing Productivity** **\*Hilberry A\***

Rebecca Russell- Biology/CLAS  
Cherise Frost-Student Disability Services

This presentation includes information on using calendaring and other organizational skills to create a good work-life balance. Keeping a busy home life scheduled/routine can reduce the feelings of angst and chaos at work so we can concentrate our time and energy here to our students. We will look at different techniques for keeping life at home regulated by using calendars, white boards, charts and more. In turn those same organizational skills we use at home are great to bring to advising appointments and share with students who are struggling to keep their academic and social lives afloat. We will touch on routines, time management skills, goal setting and planning ahead. We will also share information on the newly created, "The WSU Parenthood Chronicles" on-campus support group for staff that we co-founded.

## **Thriving By Modeling Self-Care For Student Success**

**\*Hilberry B\***

Latonia Garrett- OMSE  
Kenya Swanson-Warrior VIP

In this session, you will become intimate with what self-care truly means for YOU. We will discuss theories that model why self-care is essential to student success. From there we will collaboratively discuss how to be intentional, transparent, and developmental with our students as we model self-care. As higher education administrators, we are invested not only in graduating students, but also producing high- functioning individuals within our society who have learned healthy habits. One of the healthiest habits a student can learn is ways to take care themselves. In our presentation, using Albert Bandura's Social Learning Theory, we will suggest that we have one of the most accessible opportunities to put this theory into practice. Ultimately, the relationship we develop with students yields a unique opportunity to show them what being a healthy professional looks and feels like.

# Break Out Session 3

## **"To Stress, Or Not to Stress": How the Correlation between Stress and People of Color Affects the College Experience**

**\*Hilberry C\***

Cynthia Merritt-APEX

Statistically, ethnic and racial minority groups have higher percentages of health conditions than other groups. Stress is a key factor in contributing to these conditions. Is there an association between these health conditions and encounters with prejudice, bias, discrimination and racial profiling? This session seeks to highlight the disparities within common health conditions among persons of color and how encounters with race related incidents contribute to physical and emotional stress, thereby impacting interactions with students, staff and faculty. Additionally, key suggestions for how professional advisors can continue to thrive and exist to help students be successful will be shared.

## **Mindfulness in Your Space: Effective Self-Care Techniques for Advisors**

**\*Ballroom\***

Jessica Pfeiffer- Pharmacy and Health Sciences

Jozy Hayek-Pharmacy and Health Sciences

Robert Hellar-Pharmacy and Health Sciences

Shauna Reervers-Pharmacy and Health Sciences

Patricia Dixon- CAPS

Mindfulness is recognized as a powerful self-care tool and is essential for advisors. Its roots can be traced back nearly 2,500 years and is known as an effective tool in managing stress, burnout, and anxiety. Recent studies have shown that a mindfulness practice improves staff performance and student retention. This workshop will provide a brief history of mindfulness, introduce a breathing exercise, and demonstrate how to use your five senses in your office to practice mindfulness. It will provide hands-on activities to help advisors improve job performance and decrease stress and anxiety while in turn improving student performance, retention, and graduation rates.



# Break Out Session 4

Friday, September 28th

## **"I Explore" Using Self-Care**

**\*Hilberry A\***

Pynthia Caffee- University Advising Center

Helen Wilson- University Advising Center

The Exploratory program at Wayne State University is for incoming freshman students who are not ready to select a major. The goal of the program is to guide students through the process of selecting and declaring a major. Students enter into the Exploratory program with obstacles that can deter a student's decision-making process. In this session, we will demonstrate how we teach students to overcome obstacles and provide the knowledge of self-care as the foundation on deciding a major. The presentation will also provide an overview of theories related to self-awareness, indecisiveness and Holland Codes. In this interactive session, participants will have exercises that demonstrate self-care as a useful tool for students to use throughout life to assist with making decisions.

## **Self-Care and You! Tips and Techniques for Daily & Professional Use**

**\*Hilberry B\***

Tyrone Austin- University Advising Center

Desmond Mack- University Advising Center

One of the main laws of nature is self-preservation. With the numerous pressures inherent within the education arena one of the most neglected areas is the practice of self-care by academic staff (inclusive). Not all educators are actively involved or are versed in the method of caring for one's self or self-care. The purpose of this session is to educate faculty and staff through lecture and activities regarding the importance of this extremely necessary component of maintaining good health. The session will utilize self-care techniques, theories and tips in addressing the question what does taking care of yourself mean to you? The presentation will also demonstrate effective methods of self-care and in parallel offer professional staff the opportunity to share the lessons learned with their students.

# Break Out Session 4

## Ways to Better Help Our Students Cope

**\*Hilberry C\***

Christie Pagel-Business  
Patricia Michno-Business

Want to learn and share techniques to better assist our students with being a proactive student? Interested in learning ways that we can encourage our students to better care for themselves by implementing habits that will allow for reduced stress? Inspired to be the best advisor that you can be and increase the tools in your advising toolbox by working with other WSU advisors around campus? If you answered "YES" to any of the above questions, we hope that you will attend this presentation.

## LGBTQ Perspectives In Self-Care

**\*Ballroom\***

Christine Clark-Classical & Modern Languages, Literatures, and Cultures  
Alia Allen-Psychology  
Greg Sikora Mowers- Nursing

Considering your full self when practicing self-care can help you connect even more readily with the unique Wayne State Community you are a part of. So join us in a discussion on physical, social, emotional, and civic well-being through LGBTQ & Allies perspectives!

We will provide tips, tricks, and specific local resources for both you and the students you help every day. This includes information about local organizations, general health care, filtering daily stressors, and developing connections.





# Notes

# Notes

# Friday Afternoon

Join us at:



331 Broadway St  
Detroit, MI 48226

1:00pm-4:00pm

