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FLACADA SUNSHINE TIMES



FLACADA Sunshine Times - Issue 5 / September 2015

Editor Review



Lindsey Byrd, Executive Editor

Exciting Opportunities are Coming!

Hi everyone! I hope you all had a great summer and a smooth transition into the fall semester! Hopefully, your days are more manageable now that the semester is underway.

In this issue, the editorial team has focused on advising and the challenges advisors face when assisting students with matters that are not clearly black and white. We encourage you to view The Mentor link within the technology app section. This is an advising magazine published by Penn State and has many insightful articles pertaining to advising.

We hope you find the information within this issue to be useful and informative.

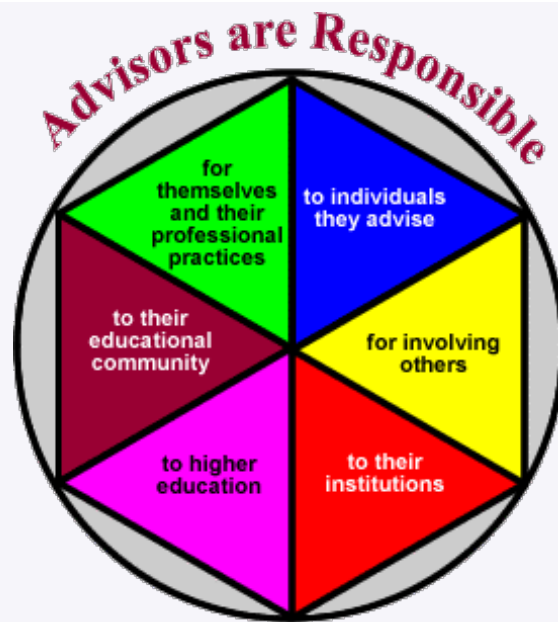
Make sure to check out the upcoming events section for dates on the annual, region, and drive-in conferences!

If you can make it to the NACADA National Conference in Vegas, the Region IV Meeting is Monday afternoon from 4:30-5:30 in Florentine 3/4. See you there!

Until next time, enjoy the fall season and remember to maintain a positive attitude when advising!

-Lindsey

Advisors in Higher Education Today



The State of Florida higher education system is experiencing many challenges related to the implementation of and compliance with Performance Metrics, Excess Hours, retention, and financial aid policies and procedures. While any one of these in isolation can be complex, these elements often converge, compounding the challenges of academic advising practices. Academic advisors are expected to meet the goals and expectations associated with these policies and procedures.

The competing priorities of these policies can create complex demands and expectations on advisors. Advisors must be able to balance these competing priorities with their obligations to their advisees. The NACADA Core Values in the graphic below outline the multitude of individuals and groups who advisors serve. A situation may arise where the best interest of the student does not promote what is best for the institution and funding.

As a result, advisors in higher education today must be creative and flexible. Advisors must use numerous campus resources and involve others in meeting the needs of those they serve. Regardless of the organizational structure, advisors will need to work as a team, not only among themselves, but also cross-divisionally. It takes the work of many on campus to help students meet their academic goals while adhering to higher education policies and practices. I would encourage each of you to establish a network of contacts and resources to help you support these initiatives while maintaining your ethical obligations and professional responsibilities to those you serve.

Submitted by [Kathy Parker](#), Associate Dean, University College
University of West Florida

In the Spotlight

The editors decided to try something new for the 'In the Spotlight' section of this issue. Instead of featuring one specific individual, we wanted to shine the spotlight on colleges and universities across the state that have interesting events happening on their campuses.

Congratulations to **Chipola College**! In May, with a 7-2 victory over Northeastern Oklahoma A&M, Chipola won the 2015 NJCAA Division I Softball Championship. This is the second national title for the Indians; the first was in 2007.

In August, a groundbreaking was held for a new Health Sciences Institute on **Eastern Florida State College's Melbourne** campus. The state-of-the-art institute will house 12 degree programs and contain labs for Nursing, Radiography, Surgical Technology, Respiratory Therapy, Physical Therapist Assistant, Diagnostic Medical Sonography and other specializations.

Florida SouthWestern State College debuted the campus magazine, Spyglass, in August. Touted as "The magazine of Florida SouthWestern State College," it features articles on campus involvement, unique degree programs like CSI:FSW, and highlights on students and alumni.

Flagler College was featured on the Weather Channel in early September. The Weather Channel showcased Flagler College's "Gilded Age Fashion Show," an event featuring handmade period garb with patterns from 1888. The segment was broadcast as part of TWC's coverage of St. Augustine's 450th anniversary.

Check back in upcoming issues to see if your college or university has made it into the spotlight!

If you have interesting news to share about happenings on your campus, email FLACADAnews@gmail.com and make sure to hashtag **#FLACADAhappenings!**

Technology Tip



The Mentor Penn State Advising Magazine

Helping Students Chart Their Course



Patti and Jennie

Article Submission

As you are in the midst of your new academic year, are you looking for a fresh approach to advise students? In this article, we will explore reframing thoughts and language using the inspiration and ideas of Skip Downing.

How can we help students change their mindset in a way that moves them toward achievement of their goals? First, let's look at the way that thoughts impact behavior. Rather than envisioning problems and becoming stuck in pessimistic beliefs, challenge those thoughts and find methods for viewing the situation from a different perspective (Downing, 2014). Students often arrive in our offices feeling frustrated, viewing themselves as a failure, or complaining about outside circumstances they believe contributed to their current situation. Let's help them think about the circumstances in a new way by rephrasing the situation. Challenge students to think about learning opportunities that could emerge from the situation and co-construct ideas that will lead to concrete, specific action steps. Help students understand that they control their own attitudes, regardless of any outside circumstances. By reframing thoughts, students can become empowered to make positive improvements.

Next, let's look at the use of language. Downing (2014) describes the difference between "Victim" and "Creator" language and the way that a person's internal beliefs about responsibility can impact thoughts and actions. When people use "Victim" language, they believe that other people or outside forces have control over their lives and therefore others or outside circumstances must change before goals can be achieved. When people use "Creator" language, they accept personal responsibility for achieving the life they want and thus take action to make changes and improvements that align with their goals. For example, a student using "Victim" language might make a statement such as: "I failed the last test because my professor is terrible." As advisors, we can help students reframe their language in a way that takes them out of the "Victim" role and moves them toward successful attainment of their academic goals. Co-construct a new story in which students take responsibility for making positive changes. Using "Creator" language, help students seek solutions such as: "My learning style is different from the professor's teaching style, so I will experiment by trying new ways of focusing during class such as taking descriptive notes with examples, reading the assignments before class, asking classmates to form a study group, and visiting the tutor once a week." By constructing new stories, students can become empowered to take action and try a new approach!

We challenge you to use these concepts not only with students, but also in your own professional development. As advisors, we often face stressful situations and might find ourselves overwhelmed. Next time you notice negative thoughts about an advising-related situation, review those thoughts, choose your attitude wisely, and refocus on the positive aspects of your job. Remind yourself of the times in which you did help students achieve their academic aspirations and remember your overall goal: helping students succeed!

Downing, S. (2014). *On course: Strategies for creating success in college and in life*. Boston, MA: Wadsworth

Submitted by [Patti Kirk](#) and [Jennifer Scott](#), Academic Advisors, College of Arts and Sciences
Florida Gulf Coast University

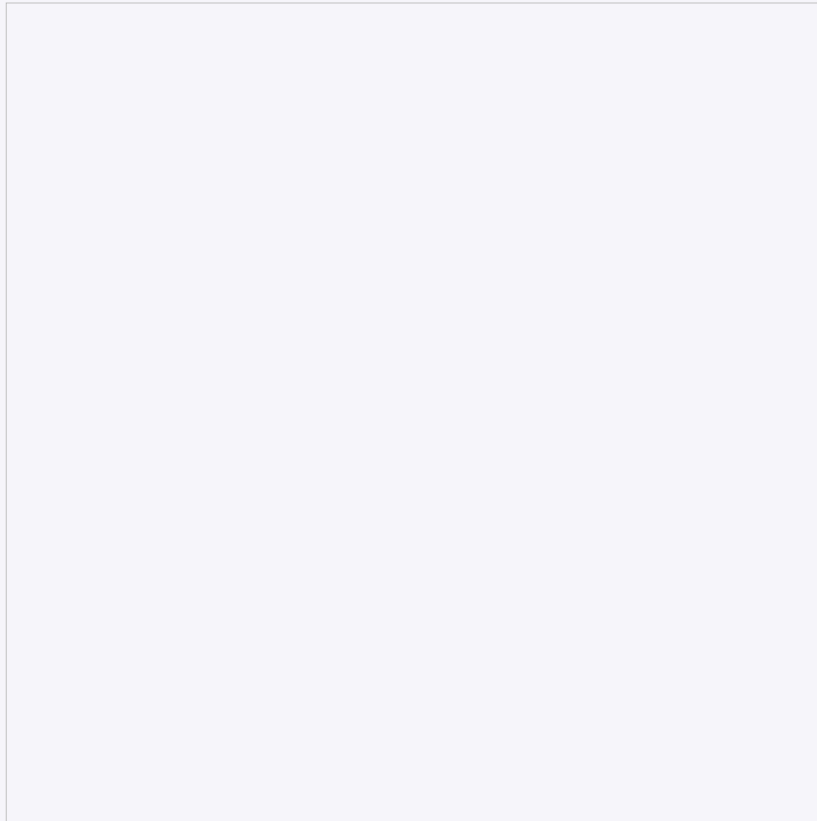
Region IV Mentor/Mentee Leadership

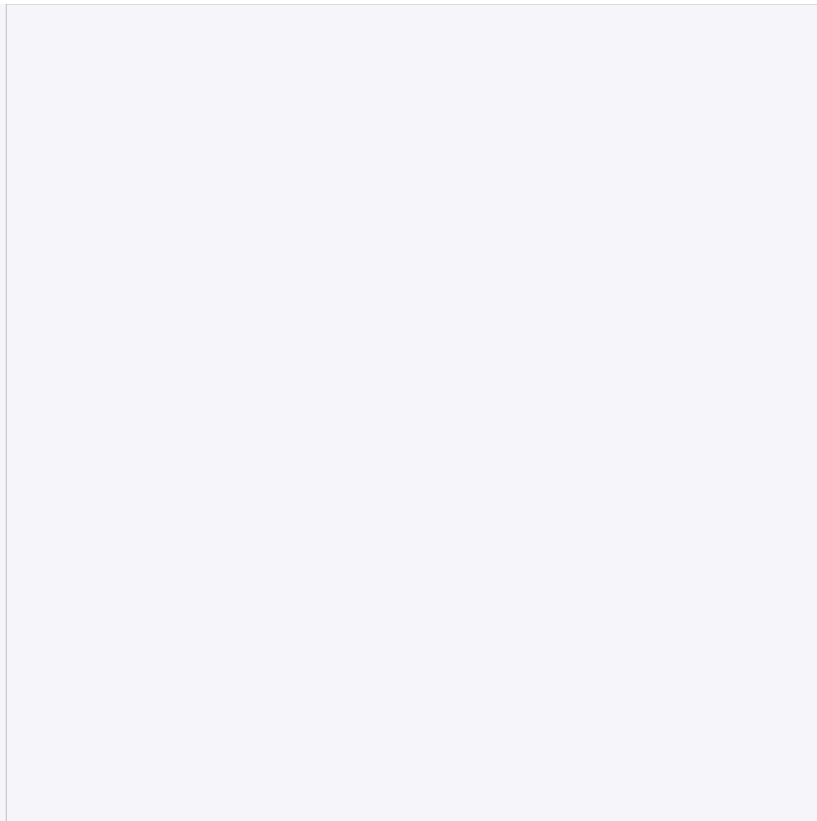


Awards

NACADA Region IV Mentors and Mentees have been announced! Please email FLACADANEWS@gmail.com if you have been selected as a mentor or mentee for the inaugural Mentor/Mentee Leadership program! If you would, enclose a headshot and a short bio on yourself and your advising experience and we will feature you in the next edition of the **FLACADA Sunshine Times**!

#FLACADAhappenings





Networking Opportunities



Upcoming Events

October 2015:

The [39th Annual NACADA Conference](#) will take place in Las Vegas, NV this year. If you cannot get out west, stay tuned as the 2016 national conference is in ATLANTA!

March 2016:

The [Region IV NACADA Conference](#) will take place in Orlando, FL from March 16-March 18.

May 2016 :

The FL state drive-in conference will take place May 2, 2016. The conference will be hosted by the University of North Florida in Jacksonville. Stay tuned for more information!

Get Involved with FLACADA

There are many opportunities to get involved with FLACADA. Professional development, networking, and sharing your expertise with others are some benefits one might get from participating in the Florida Academic Advising Association.

The FLACADA Steering Committee is in need of a **Financial Coordinator** for our organization. The role of financial coordinator will involve drafting budgets and carrying out any additional tasks appointed to this individual by the FLACADA chair. If you are interested, please contact the FLACADA Chair, Helen Gonzalez, directly at helen.gonzalez@fiu.edu.

Write for FLACADA! Do you like to write and are interested in the happenings around Florida's universities and colleges? If this is you, we want you as a writer for the Sunshine Times! Writers are expected to work on stories of varying topics assigned by the editor. If you would like more information about writing for us, email FLACADAnews@gmail.com.

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