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Issue
TWO

A Quarterly Insight into UTSA Academic Advising

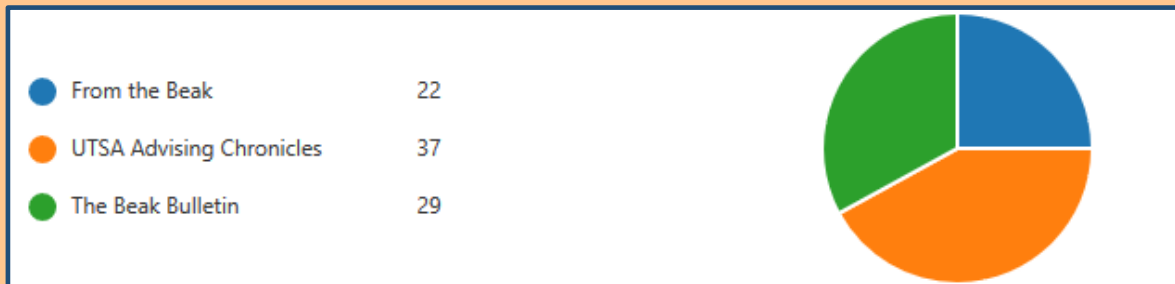
UTSA Advising Chronicles



What is in a Name?

Making a good first impression counts!

Thank you to everyone who voted!!! We had the highest response ever and we appreciate it! We are glad that you let your voice be heard.



Self Care Moment



A Moment to Breathe

Self-care is imperative for a balanced and healthy lifestyle. However, the daily demands of life often leave little room for self-care, which can easily lead to burnout or other severe health issues. ‘A Moment to Breathe’ offers the opportunity to refuel during lunch time once a week. In a 30-minute-session, attendees will practice gentle stretching techniques, guided breathing, and meditation exercises that can be used when chaos peaks again in our lives. There is no need to bring anything or change clothes.

The session is facilitated by our very own Sylvia Mansour, a certified yoga instructor. Look out for her weekly reminders through the Academic Advising List Serv and take a minute or two to just breathe.



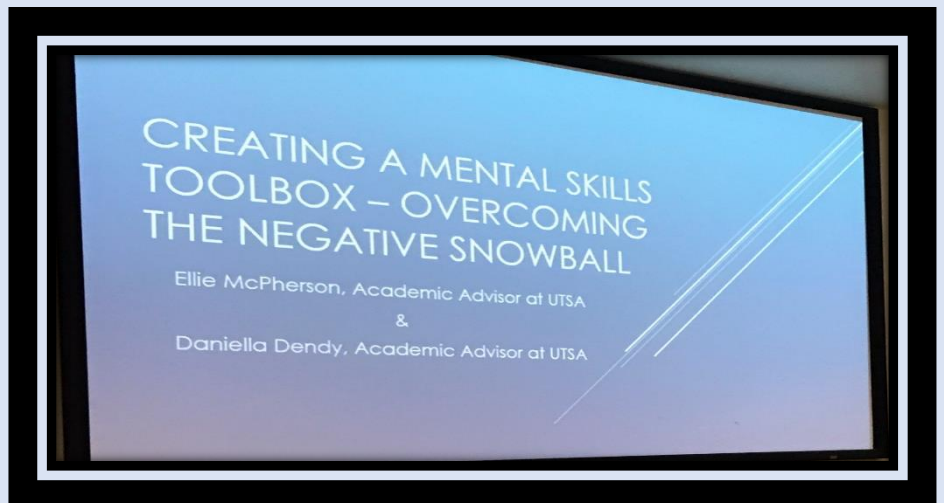
2019 Martin Luther King Jr. (MLK) March

On January 21, 2019, many of UTSA's Academic Advising team joined President Taylor Eighmy, students, faculty, and staff to participate in this year's 32nd annual Martin Luther King Jr. March. The San Antonio MLK Jr. March is the largest in the country. Stephanie Keene, Suzanne Stokes, and Lauren Smith were a few of many supporters who joined thousands in the 2.75 mile march that began at MLK Freedom Bridge and ended at Pittman Sullivan Park.



Alamo Area College Access & Completion Summit

Held at the University of Incarnate Word (UIW)



The 4th annual Alamo Area College Access and Completion Summit was held on February 22, 2019 at UIW. Ellie McPherson from Arts & Humanities and Daniella "Dee" Dendy from Business Studies participated in the summit. The summit aims to create relationships among higher education, school districts, community organizations and civic/business leadership. Ellie and Daniella's presentation examined the negative snowball effect students may experience during their academic career. Ellie based the presentation on a tool used in sports psychology: Performance Profile. They discussed using SMART goals and building a Performance Profile to assist students in reframing their mindset towards growth. Both Ellie and Daniella were excited to be able to present at the conference. Ellie shared she was equally nervous as this was her first experience presenting at a conference. For more summit information check out the link: <https://www.alamo.edu/news--events/aacacc/>





The Rowdy SPOTLIGHT

Shining Brightly For The World to See

This issue's Rowdy Spotlight goes to Karl Fisher with Math and Physical Sciences Advising Center. When asked to share some information about Karl, Director Patricia Gonzalez said "Karl is one of the best-loved, student focused advisors as demonstrated by the numerous positive student comments collected." She also said that "he is often the first to volunteer for student events like UTSA day, Commencement, and Rowdy Camp."



Karl is an alum of UTSA and has shared his professional knowledge and experience within two advising centers during his time with UTSA Academic Advising: Interdisciplinary Studies and Math & Physical Sciences.

He shared that he has enjoyed every minute of his four years working with UTSA students. When asked about himself, Karl said he enjoys movies and sports (and especially when the two are joined together like in the movie *The Sandlot*). One of his favorite comic characters is *The Hulk*. As a tip to new advisors, he said "Be true and confident on the information you are giving to the student. Don't be afraid to ask questions, we are a team."

New Runners on the Block

Welcome to the Team!

- Chris Crenshaw (Administrative Associate) – Student Placement
- Marisol Mandujano (Academic Advisor) – Social Sciences
- Javier Martinez (Academic Advisor) – Business Studies
- Caroline Trejo (Academic Advisor) – Life & Health Sciences
- Don Waak (Administrative Associate) – Interdisciplinary Education
- Kevin Williams (Academic Advisor) – Business Studies



Kudos Korner



- ♥ Caitie Dyer-great work completing your training & we are happy you are part of our team (Downtown advisors)
- ♥ Albert E. Lopez – Always being a Team Player! (STPL)
- ♥ Shout out to the Business Studies front desk admin and student workers. They do a great job dealing with pressure and getting things done!
- ♥ Robert Gregonis He is awesome and has so much knowledge in our advising office. He is my go to person, when I feel like am in the unknown. He is always helpful and ready to assist any student that needs our help.
- ♥ Kudos to all the academic advisors and administrative employees.
- ♥ Margaret Dettloff - Has been facilitating training for new advisors in Business Studies Advising. She's very detail oriented and I've seen her go above and beyond to assist students.
- ♥ Kudos to Math and Physical Sciences Advising Center for making a donation as a group to the Roadrunner Pantry!

2019 UTSA Day of Service

On March 2nd, UTSA held its second annual Day of Service. Dr. Taylor Eighmy kicked off the event on the main campus. Many of UTSA Academic Advising participated in the event. The Day of Service is an opportunity to volunteer your time and talents to various community organizations around San Antonio. Fill the Boot and the Library Drive were just two of the service projects UTSA Academic Advising supported. Thank you all for your service!



Supervisory Series Spring 2019

UTSA Training and Development offered their Supervisory Series this Spring. The training focuses on Leadership, Motivation Team Building, Coaching and Delegation as well as Training and Development. We had three of our very own participate and graduate from the series. We congratulate Karl Fisher, Charlie Fraga, and Robert Gregonis.



2019 NACADA Region 7 Conference

The 2019 NACADA Region 7 Conference was held in San Antonio and was co-hosted by Texas Academic Advising Network (TEXAAN) at the Grand Hyatt San Antonio on March 8th through March 10th. There was an amazing turnout of more than 700 attendees and was a great success. NACADA Region 7 is comprised of advising professionals from across Texas, Missouri, Arkansas, Kansas, Oklahoma and Louisiana. NACADA promotes student success by advancing the field of academic advising globally.

UTSA Academic Advising presented at NACADA Region 7. Jessica Williams (Math & Physical Science Advising) and Robert Gregonis (Math & Physical Science Advising) presented on “Advising LGBT Students in Crisis.” Brittany Gordon (Social Science Advising) and Xavier Loredó (Engineering Advising) presented “From Military Personnel to Successful Student.”

UTSA Academic Advising also had three individuals who were selected for the 2019 NACADA Region 7 Excellence in Advising Awards:

Excellence in Advising – Advising Administrator

Angelica Barrera, Executive Director & Interim Associate Vice President for Student Advising & Support

Excellence in Advising – Advisor Primary Role

Brandy Barksdale, Senior Academic Program Advisor

Excellence in Advising – Advisor Primary Role (Certificate of Merit)

Raquel Orozco, Academic Advisor

We also had two individuals from UTSA Academic Advising who were selected for the 2019 TEXAAN Academic Advising Awards:

Academic Advising Administrator Award

Sylvia Mansour, Director

TEXAAN Scholarship

Julie Fisher, Academic Advisor

Congratulations are in order for Brandy Barksdale (Resilience & Retention Program) who was elected to the Vice President of Programs for TEXAAN and Temple Carter (Advising Administration) who was elected as the Region 7 Chair for NACADA.

A special thanks to Betsy Haddad (Life & Health Advising) for her wonderful service who recently finished her term as President of TEXAAN. We also say thanks to all the presenters and volunteers!

For more information about NACADA Region 7 and TEXAAN, please visit the links below:

<https://www.nacada.ksu.edu/Community/Regions/Region-7.aspx>

<http://texaan.org/>





- For All your Degree Works Issues - e-mail: DegreeWorks@utsa.edu – Amanda, Charlie, and LeaAnn are always on their game!
- Regarding Customer Service - treat everyone as if they are a star or your best friend. We don't know what people are going through and we might be the only caring and smiling person they see that day or ever.
- Advising Sessions: Adding a personal touch - make the effort to learn where the students went to high school and where they're from. When you take the time to learn these details, you are able to develop a rapport and can provide them with local resources they may have not been aware of.
- Self Care - Be patient and self care. Try not to take things too personal.
- Self Care – Take a moment every hour to step away from either your desk or your office to deprogram and take some deep breaths.



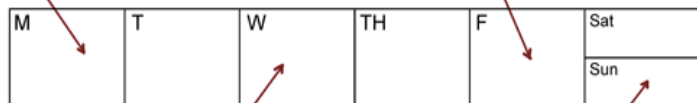
WHEN TO MEET WITH YOUR ADVISOR Is there ever a good time?

Beginning of the week

- Pro:** Get it over with quickly
- Con:** You have a guaranteed date with work on Sundays

End of the week

- Pro:** You might actually have something to show by then.
- Con:** You might not (!)



Mid-week

- Pro:** Good balance. Gives you time to work on feedback
- Con:** Your advisor will probably not show up (actually, this might be a pro)

Saturday/Sunday

- Pro:** There is no "pro".
- Con:** Your advisor is a workaholic maniac. Good luck with that.

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Academic Advising Professional Development Series >>>

There was a pilot program this Spring 2019 to begin the Academic Advising Professional Development Series. Thank you to Ellie McPherson, Dee Dendy, Brittany Gordon, & Xavier Loreda for your participation. The following sessions were presented:

- “Creating a Mental Skills Toolbox - Overcoming the Negative Snowball” presented by Ellie McPherson (Arts & Humanities) & Dee Dendy (Business Studies)
- “From Military Personnel to Successful Student” presented by Brittany Gordon (Social Sciences) & Xavier Loreda (Engineering)

Keep an eye out for future sessions. If you have any questions, please contact Temple Carter (Instructional Manager).



Final thoughts...

Highlights from the Centers >>>

Arts & Humanities Advising

- *Miranda Swain to be inducted into Phi Kappa Phi Honor Society*

Social Sciences Advising

- *A sad farewell to Lisa Merritt & Angel Euzarraga who have left UTSA Academic Advising for other opportunities.*

Student Placement Advising

- *Jenaia Alcantar was awarded the Staff Appreciation Award for January 2019*

Upcoming Events >>>

The Spring 2019 All Advising Meetings will be:

- ❖ April 10, 2019 - Student Union 2.01.28 (Denman Room)
- ❖ May 8, 2019 - Student Union 2.01.28 (Denman Room)

Other Events:

- ❖ May 15, 2019 - Student Success Celebration (Denman Room)
- ❖ June 1, 2019 - Corporate Cup (University of Incarnate Word)

coming soon >>>

In The Next Issue...

- *Spotlight: Where will it land next?*
- *Bean Bag Tournament*
- *Student Success Celebration*
- *Corporate Cup*

ARC Communications Committee

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If you have content you want to add or discuss for future issues, please contact Tamala D. Boyd and Cherie Frost.