


# Keep Calm and Reflect On: Important lessons learned to turn surviving in advising to thriving in advising

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## About me

- Full-time Advisor: Forensic and Investigative Science Department at WVU
- May 2023 marked one year as an advisor




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## Topics we are covering

- 1 • What does research say on self-awareness?
- 2 • Key lessons learned
- 3 • Everyone's favorite... Anecdotal Evidence
- 4 • Steps for continued reflection and growth
- 5 • Questions




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## Self-Awareness in the Literature

A Few Findings (London et. al, 2023):

1. Self-reflection is multifaceted with no discrete way to measure
2. Adaptive performance models help determine what is known vs. unknown
  - Learn from the uncertainty
3. Self-awareness can be positively influenced by mindfulness and feedback interventions and mentorship

London, M., Sosa, N. J., & Shiley, L. A. (2023). Developing Self-Awareness: Learning Processes for Self- and Interpersonal Growth. *Annals of the New York Academy of Sciences*, 1481, 241-258. <https://doi.org/10.1111/anasp.14811>



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## Key Lesson #1: Put your pride aside!




- We work in the field of education; we are learning things too!
- Pride prevents us from helping the students to the best of our ability

Photo Source: blogs.egu.eu




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## Key Lesson #2: Center the student



- Don't be afraid to have a difficult discussion
- Be careful of negative thoughts about "problem students"

Photo Source: meriam-webster.com



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## Key Lesson #3: Ask for help!

- Multiple policies together can be difficult and confusing
- Avoid leading the student astray!



Photo Source: i.pinimg.com



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## Key Lesson #4: Be honest with mistakes!

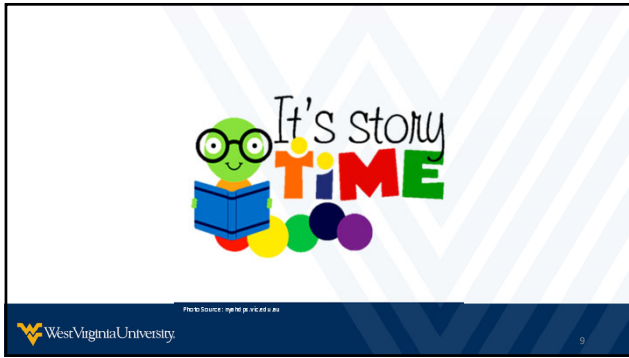
- Build rapport with the student
- Help provide clarity
- Warning: Do not overshare!



Photo Source: tenor.com



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