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

### Topics we are covering
- What does research say on self-awareness?
- Key lessons learned
- Everyone’s favorite... Anecdotal Evidence
- Steps for continued reflection and growth
- Questions

### 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

### 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

### Key Lesson #2: Center the student
- Don’t be afraid to have a difficult discussion
- Be careful of negative thoughts about “problem students”

### Key Lesson #3: Ask for help!
- Multiple policies together can be difficult and confusing
- Avoid leading the student astray!

### Key Lesson #4: Be honest with mistakes!
- Build rapport with the student
- Help provide clarity
- **Warning:** Do not overshare!
Where do we go from here?

Reflect, Share, and Grow!

Ideas for nurturing growth

Connect:
- Working groups amongst advisors to share their stories and work together through solutions to problems that occur

Strategize:
- Encouraged self-reflection once to twice a year
- What are new ways to encourage growth as a community?

Mobilize:
- Cohesive onboarding protocols
  - Develop a standardized training process with veteran advisor participation
  - Inter-departmental mentorship programs between veteran and new advisors

Questions?