**NACADA 2014 Take-aways**

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**Charlie Nutt (NACADA/KSU) & Terrell Strayhorn (OSU) – keynote speakers**

Importance of Advising

* An excellent advisor does the same for the student’s entire curriculum that the excellent teacher does for one course. ~Marc Lowenstein, 2005
* Advisors…
  + are skilled and informed about the destination in order to help make these connections.
  + are cultural navigators. Students are navigating a new culture!
  + need to teach student show to make decisions effectively.
  + need to translate information into specific tools; help students learn the language of higher education.
* We are interpreters who help students navigate their new world. As such, we have to make connections. ~Nancy King, Kennesaw State University
* Being learner-centered focuses attention on:
  + what the student is learning
  + how the student is learning
  + whether the student is applying the learning
  + how the current learning positions the student for future learning

“First Experience” students - students who are out of their element in a new environment

* Need to understand “first experience” students in addition to first generation
  + 1st gen and 1st experience students don’t know the resources they need

Retention is a by-product of a good educational experience. ~Tinto, 1993

* Retention is not a goal; retention is not a number.
* Students must feel connected. They must feel like they belong.
  + 7 dimensions of basic human need
  + Changes with context and time, conditions, circumstances, etc.
  + Strong sense of belonging will keep them on your campus (cared about, respected, part of a community)
  + Those who don’t feel like they belong are already on the way out

**How to help students deal with failure**

<http://www.lifehack.org/articles/lifehack/5-great-questions-to-ask-yourself-after-a-failure.html>

1.  What can I learn from this?

2.  What could I have done differently?

3.  Do I need to acquire or improve some skills?

4.  Who can I learn from?

5.  What will I do next?

Question to create a safe space and open the conversation about disappointment with students: “Have you given yourself permission to be disappointed that things didn’t work out the way you were expecting them to?”

**Change your language to align with a growth mindset -** Carol Dweck (2006): Individuals with a fixed mindset believe your qualities are carved in stone (failure is viewed as part of your identity); individuals with a growth mindset believe your qualities are cultivated through your efforts (failure is viewed a learning opportunity).

* The impact of fixed vs growth mindset is well articulated in the Eduardo Briceno TEDTalk: <https://www.youtube.com/watch?v=pN34FNbOKXc>

Developing empowerment – resetting your day (from *Flourish* by Seligman, 2011)

What Went Well? Activity (helps people see themselves as: capable, in control of their own life, and an agent of positive change)

* Take a few minutes and write down three things that have gone well for you today and then why they went well.

**Essentialism by Greg McKeown**

“Don’t major in minor activities.”

Choose to do one less thing right now

in order to get more out of what you

want tomorrow.

Nonessentialist vs. Essentialist

Nonessentialist

* Workaholic
* Gives 110% all of the time

Essentialist

* High achiever
* Gives 100% at the right time