Wellness in Advising

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Overview

CONTEXT  THEORY  PRACTICE
Student Context

- 55% of students reported feeling hopeless
- 88% felt overwhelmed by all they had to do
- 24% of Purdue students reported stopping an activity because they felt sad or hopeless
- (Source: American College Health Association, 2018)
- (Source: Indiana College Substance Use Survey)
My Context

- Honors Advisor
  - Supplementary Advisor
  - 30-minute appointments
  - Student Life Unit
  - First-year Honors students

- Previously: Residence Life
  - Seeing students at all moments
  - First-line support for variety of contexts
Theory: You’re Already Doing It

Student Development

NACADA Core Values

Positive Psychology
Student Development Theories

- Chickering and Reisser: Seven Vectors (1993)
  - Managing Emotions
  - Developing Mature Interpersonal Relationships
  - Developing Purpose

  - Internal Foundation: peace, contentment, inner strength

- Engagement, Retention, Belongingness (Astin, Tinto, Strayhorn)
  - Co-curricular engagement matters
NACADA Core Values

- Caring
  - Challenge, support, nurture, and teach
- Empowerment
  - Recognize their potential
- Professionalism
  - Greater good of the students
- Respect
  - Student-centered approach
Positive Psychology

- Traditional (Clinical) Psychology
  - Pathology, illness, treatment
  - What’s wrong with people?
- Positive Psychology
  - What’s right with people?
  - How do we thrive?

Suffering 0 Thriving
Well-Being

- Seligman’s Model of Flourishing: PERMA
  - Positive Emotion
  - Engagement
  - Relationships
  - Meaning
  - Accomplishments

- Gallup’s “Big 6”
  - Social support (mentorship)
  - Caring professors/staff
  - Deep & engaging learning experiences
  - Long-term projects
  - Deep involvement in extracurricular
Meaning

- 95% of four-year college graduates considered a sense of purpose in work at least moderately important (Gallup)
- Physicians who spent 20% of their time doing meaningful work are at lower risk for burnout (Mayo Clinic)
- *Always* the number one driver of college student well-being is a student’s strong agreement with the statement, “At <my school>, I have the opportunity to do what I do best every day.” (Gallup)
Finding Meaning: Personal Mission Statement

MY MISSION STATEMENT

I am driven by a passionate belief in __________, __________, & __________.
(Insert answers from Question #1.)

I plan on living these values by/through __________ & __________ ...
(Insert answers from Question #2.)

... to achieve ______________...
(Insert answer from Question #3.)

... that impacts ______________.
(Insert answer from Question #4.)
Engaging Meaning: Strengths

- Broadly: the best parts of ourselves
  - myStrengths
  - Viacharacter.org
  - 3 things you like about yourself
- Engage in positive emotions
  - Broaden & Build
- Increases happiness, quality of life, productivity
  - More likely to see work as a calling
Engaging Meaning: Flow

- “A physical state that accompanies highly engaging activities” - Mihaly Csikszentmihalyi
  - Lose track of time & self-awareness
  - Sense of satisfaction and productivity
- Can be contagious– watching a live musician
- High skill and high challenge
Continuing the Wellness Journey

- What does wellness look like in your specific population?
- What are unit/department/college/university actions that can support well-being?
- How do we create an environment that encourages people to thrive, especially students at the margins?
- “Shouting ‘self care’ at people who actually need ‘community care’ is how we fail people”– Nakita Valerio

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Questions?
Thank you!

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Positive Emotions

- Examine Beliefs: ABC(D)
  - Adverse Event → Beliefs → Consequence
    - How we perceive the event determines our response
  - Dispute: Is this really what’s happening?
    - Worst Case, Best Case
    - Fact or Opinion?/ Always True?
    - Self Talk into Other Talk: Would I say this to someone I respect?

ADVERSE EVENT  BELIEFS  CONSEQUENCE