



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
- ▶ (Source: American College Health Association, 2018)
- ▶ 24% of Purdue students reported **stopping** an activity because they felt sad or hopeless
- ▶ (Source: Indiana College Substance Use Survey)



My Context

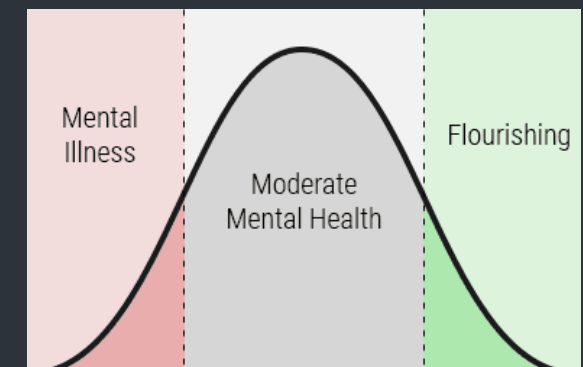
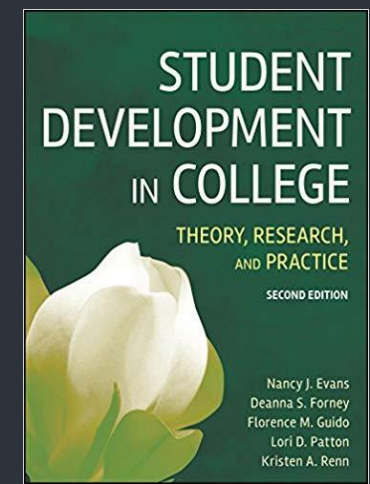
- Honors Advisor
 - Supplementary Advisor
 - 30-minute appointments
 - Student Life Unit
 - First-year Honors students
- Previously: Residence Life
 - Seeing students at all moments
 - First-line support for variety of contexts

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
- Baxter Magolda: Self-Authorship (2001; 2008)
 - Internal Foundation: peace, contentment, inner strength
- Engagement, Retention, Belongingness (Astin, Tinto, Strayhorn)
 - Co-curricular engagement matters

NACADA Core Values



CARING



COMMITMENT



EMPOWERMENT



INCLUSIVITY



INTEGRITY



PROFESSIONALISM

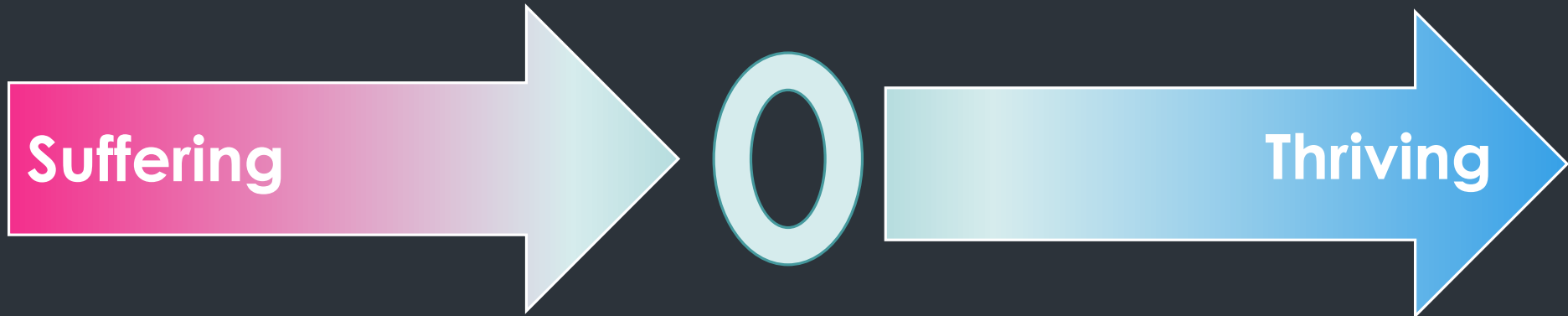


RESPECT

- 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?





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.)

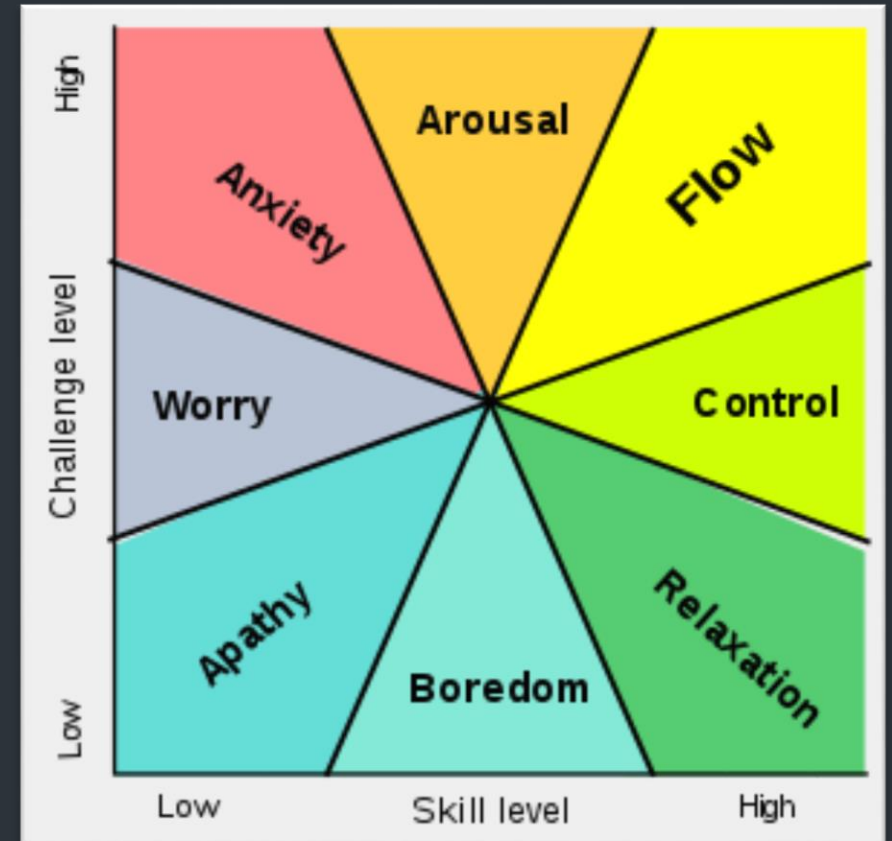
Engaging Meaning: Strengths



- 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” -Mihailay 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



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?

