

PACADA NEWS

Fall 2022

Happy First-Generation Celebration Week! Nov 7-11, 2022

[Best Wishes](#) from PACADA Steering Committee to share with your First Gen advisees.

[First-Gen Celebration Week Events](#)

In this issue:

- Happy First-Generation Week!
- NACADA Global Awards
- PACADA 2023 Award Nomination forms
- Hooray! PACADA Celebrations
- Feature Article by Jasmine Corean Pruitt
- Committee links



Congratulations to our very own NACADA award recipients!

Ashely York, Outstanding Advising Award, Primary Advising

Shane Hawkins Wilding, Outstanding Advising Award, Administration

Miranda Jack, Outstanding New Advisor, Primary Advising

Since 1983, NACADA has honored individuals and institutions making significant contributions to the improvement of academic advising. The goal of NACADA is to promote quality academic advising and professional development of its members to enhance the educational development of students.

PACADA Membership Committee is currently accepting nominations for PACADA Outstanding Advisor and Outstanding New Professional Awards.

Each year, Purdue Academic Advising Association (PACADA) honors its membership by presenting the **Outstanding Academic Advisor** and **Outstanding New Professional** awards to two deserving recipients at the PACADA Annual Business Meeting, which will be held early in the spring 2023 semester. Please help PACADA continue this fine tradition by nominating an outstanding advisor for one of the 2022-2023 awards. You will find the required nomination forms attached. All nominations are due to Brenda Schroeder (brendaschroeder@purdue.edu) by Friday, December 16, 2022, at 5:00 pm.

Thank you for your help in identifying and appreciating truly OUTSTANDING advising here at Purdue!

Have questions about the awards or the nomination process? Contact me at brendaschroeder@purdue.edu. Happy to help!

[Nomination Statement](#)

[Outstanding Academic Advisor](#)

[Outstanding New Professional](#)



Awards!



Holly Mueller, Academic Advisor in Nuclear Engineering, has a National Award-winning cat with the Cat Fanciers Association (CFA). Holly showed “Caffery”, a Havana Brown, every weekend for the year and spread awareness about the breed. She is one of twelve breeders in the world who coordinates and preserves the breed. Caffery joined student zoom calls during COVID, draped himself across Holly’s shoulders, and has been known as a “nuclear kitty advisor!”



Travels

Annie Jarrard, Senior Academic Advisor in First Year Engineering, caught her second largest fish on a two-week fishing trip to Nestor Falls, Canada!



Onyx Uzomah, Honors Advisor, went on vacation to Zanzibar for the 40th birthday celebration of her best friend from middle school, Dee. They met when they were 11 years old and last saw each other in

Weddings

Dani Parson, Honors Advisor, married Nymeria on July 22, 2022 at the Tippecanoe Courthouse, right in front of a bust of John Purdue. Dani and Mymeria met six years ago at Purdue in the LGBTQ Center. A very Boilermaker love story!

Miranda Baer (now Furrer), Academic Advisor Upper-Division Biology, was married on September 25, 2022 in Custer State Park, South Dakota.





How to Form Social Connections After Years of Talking to a Computer Screen

Feature Article by Jasmine Corean Pruitt

If the pandemic taught us anything, it's that humans crave social connection, and we will do anything to talk to our loved ones and friends. During the pandemic, we lived on teams, zoom and gaming systems. We made group chats named "Not Fast, Just Furious" and "The Pretty Committee." We baked banana bread and burned banana bread. We adopted pets to cure the feeling that something was missing. That something? Human connection.

Now that we are back "in person" and the world is slowly lifting their masks and feel safe to give hugs, it may feel confusing to remember how to talk to people or worse, even have the desire to do so.

I lead book club for the growing unit of advisors in the Honors college and the first book we read was called *The Happiness Advantage* by Shawn Achor. His book is all about how to be happier at your job and more importantly your life. He writes that one of the key principles to happiness is your social investment because the more we feel part of the pack, the more fulfilled we fill.

Several studies and writings have been done on happiness and what makes us truly happy and healthy, and the number one factor that always comes up is the people we keep in our lives. "That's because when we have a community of people, we can count on... we multiply our emotional, intellectual, and physical resources. We bounce back from setbacks faster, accomplish more, and feel a greater sense of purpose."

Being back in the workplace, it can feel almost automatic to isolate when you're tasked with a heavy assignment or deadline but those moments when you think you'd be better off alone, is the exact moment you should be reaching out to your support systems. In my first year as an advisor, I took it upon myself to apply to a region conference. I had no idea why I wanted to do this so badly, but I like writing so why not give myself more to do? Nonetheless, I told my supervisor about this, and not only did she offer her support but pointed me to other individuals in our unit who could help proofread. Because of that, I won best poster at my first conference. Achor said it best, "Because individuals who invest in their social support systems are simply better equipped to thrive in even the most difficult circumstances, while those who withdraw from the people around them effectively cut off every line of protection, they have available, at the very moment they need them most."

When our growing advising unit got separated into another building blocks away from the Honors College, we decided we needed more opportunities to interact throughout the day, so we incorporated coffee hours in the morning so that we could start the day with one positive interaction. On top of that, every month we have a social, another opportunity for connection after a long week. We play card games, get boba together or even just vent. "When we make a positive social connection, the pleasure inducing hormone oxytocin is released into our bloodstreams, immediately reducing anxiety and improving concentration and focus (177)." With one positive interaction!

Other tips Achor mentioned in his book to help (re) develop social connection:

- If you're a manager or leader, introduce new hires to people in different departments.
- Introduce yourself as more than just your title. What are your hobbies, where are you from, schooling, etc?
- Don't force bonding to happen, it will unravel on its own if the environment feels comfortable and welcoming
- Give people your undivided attention, limit distractions when you have moments of conversation with coworkers.
- "Get out from behind your desk"

Achor, Shawn. *The Happiness Advantage: How a Positive Brain Fuels Success in Work and*

Life. Currency, 2018.



Steering Committee

Chair: Tiffany Stergar-Health and Human Sciences

Vice Chair/Historian: Megan Bergman – Krannert School of Management

Secretary: Chantalle Brown-Biomedical Engineering

Treasurer: Gloribel Rosales-Burdin – Horticulture & Landscape Architecture

Professional Development:

Tyson McFall-Wankat– College of Engineering

Rachel Kelly-Veterinary Medicine

Membership:

Brenda Schroeder-Agricultural and Biological Engineering

Lauren Lucas-Purdue Polytechnic

Communications:

Lisa Wildman Jones-First Year Engineering

Campus Affairs:

Ashley Versprille-Health and Human Sciences

Prudie Miller– First Year Engineering

Research: Jacqueline Thomas-Miller-College of Education

Melody Carducci-Purdue Polytechnic