



NAVIGATING  
*the Peaks and Valleys*  
OF ACADEMIC SUCCESS

---

Utah Advising Association 2017

---

MAY 24-25, 2017      LOGAN, UTAH

••*Riverwoods Conference Center*••

## ***Welcome to UAA 2017 @ The Riverwoods Conference Center***

Dear Conference Attendees:

On behalf of the Utah Advising Association (UAA) Executive Committee and Governing Board, I would like to welcome you to the 18<sup>th</sup> annual UAA conference! This year, the UAA welcomed many new committee members. We have infused the conference with new ideas while maintaining the traditions our predecessors created. Our board members, representing the 12 major colleges and universities in the state, are excited that so many of you are participating in this conference in Logan, UT.

The committee was inspired by the beautiful scenery of Logan, and created this year's theme, "Navigating the Peaks and Valleys of Academic Success." We witness students face challenges and achieve their goals every day as academic advisors. We hope this conference will help you develop new tools and skills, and will provide you with networking opportunities that you may not be able to gain at your home institution.

We would like to thank those who submitted presentation proposals. We had a record number of proposal submissions this year. Due to limitation of space and time we have during the conference, we had to turn down many great proposals. It was very difficult, but we are confident all of the presentations as well as this year's keynote speakers will benefit you in many ways.

It is our hope that you will enjoy this year's conference and the beautiful city of Logan.

*Mayumi Kasai*

University of Utah  
2016-2017 Utah Advising Association President



## UAA 2017 Conference Program

Letter from the 2016-17 UAA President ..... 1

History of the Utah Advising Association .....3

UAA Mission Statement.....3

Past and Present Presidents of UAA.....3

UAA 2016-17 Governing Board..... 4

UAA 2017 Conference at a Glance .....5

Program Schedule

    Day 1 Keynote Speaker Biography (Matthew Sanders).....10

        Breakout Session 1 ..... 11

        Breakout Session 2 ..... 12

        Breakout Session 3 ..... 12

        Breakout Session 4 ..... 13

        Breakout Session 5 ..... 14

    Day 2 Keynote Speaker Biography (Caren Frost)..... 18

        Breakout Session 1 ..... 19

        Breakout Session 2 ..... 20

        Breakout Session 3 ..... 21

Notes ..... 23

Venue Map ..... Back Cover

## ***History of the Utah Advising Association***

The Utah Advising Association traces its origin back more than 30 years to what was known as the Utah Advising Conference. In the beginning, there were several advising administrators throughout the state that thought it would be nice to gather the advisors together from their institutions for a conference to discuss advising-related issues and network with each other.

Over time, this informal conference grew to include new student orientation and became a great tradition among Utah advising and orientation professionals who looked forward to gathering each year in Park City at the Yarrow Hotel. As the number of advisors grew throughout Utah and as nearly all of the original conference organizers had moved on, it became clear that something must be done to maintain this great tradition.

On September 30, 1999, those serving on the conference committee voted to officially organize the Utah Advising and Orientation Association (UAOA) and a set of bylaws were adopted that would ensure that the opportunities for advisors in Utah would continue. Due to evolving structures among the majority of Utah higher education institutions, the UAOA governing committee voted on September 27, 2013, to remove Orientation from the name of the organization to more accurately reflect those who participate. Advising in Utah has never been stronger, and it is through the strength and organization of the Utah Advising Association (UAA) that Utah has not only maintained a valuable advising tradition, but has also hosted acclaimed regional and national conferences for the National Academic Advising Association.

The key to success for the UAA has always been in the wonderful advisors located at the Colleges and Universities throughout the state. The knowledge and experience shared among these colleagues has truly been amazing and is sure to continue indefinitely as we gather together each year.

## ***Mission***

The mission of the Utah Advising Association (UAA) is to provide professional development opportunities for college and university personnel who serve as a part of the academic advising community. The UAA also serves as a vehicle to promote collaboration between representatives of institutions throughout the state of Utah.

## ***Past & Present Presidents of the UAA***

2016-2017	Mayumi Kasai, University of Utah
2015-2016	Camille Gooch, Weber State University
2014-2015	Katya Konkle, Southern Utah University
2013-2014	Gale Larson, Brigham Young University
2012-2013	Vicky Larsen, Utah State University
2011-2012	Jennifer Wright, Weber State University
2010-2011	Clint Moser, Utah Valley University
2009-2010	Shanny Wilson, College of Eastern Utah
2008-2009	Tyler Morgan, LDS Business College
2007-2008	NACADA Region 10 Conference - Noelani Porter, Chair, Brigham Young University
2006-2007	Blaine Edwards, Southern Utah University
2005-2006	Lee Hinckley, Utah Valley University
2004-2005	Sandy McLelland, University of Utah
2003-2004	NACADA Region 10 Conference - Debra Bryant, Chair, Dixie State College
2002-2003	NACADA National Conference - John Mortensen, Chair, Utah State University
2001-2002	Sharon Aiken-Wisniewski, Weber State University
2000-2001	John Mortensen, Utah State University
1999-2000	Wade Oliver, Salt Lake Community College

## UAA 2016-2017 Governing Board

### President

Mayumi Kasai                                      University of Utah                                      mkasai@advising.utah.edu  
Director of Preprofessional Advising

---

### Past President

Camille Gooch                                      Weber State University                                      camillegooch@weber.edu  
Assistant Director, Student Success Center

---

### Secretary (non-voting)

Juliana Espinosa                                      University of Utah                                      jespinosa@advising.utah.edu  
Coordinator for Advisor Development and Collaboration

---

### UVU Administrative Representative (non-voting)

Clint Moser                                      Utah Valley University                                      clint.moser@uvu.edu  
Advisement Technology Coordinator

---

### Board Members

Cara Wiley                                      Brigham Young University                                      cara\_wiley@byu.edu  
Supervisor, Nursing Advisement Center

Mike Olson                                      Dixie State University                                      olson@dixie.edu  
Director, Academic Advisement

Tyler Morgan                                      LDS Business College                                      tmorgan@ldsbc.edu  
Dean of Instructional Support

Verl Long                                      Salt Lake Community College                                      verl.long@slcc.edu  
Assistant Director of Academic and Career Advising

Jeanne Tripp                                      Snow College                                      jeanne.tripp@snow.edu  
Academic Advisor

Madalyn Swanson                                      Southern Utah University                                      madalynfogg@suu.edu  
Student Success Advisor

Mykel Beorchia                                      Utah State University                                      mykel.beorchia@usu.edu  
Director of University Advising

Liz Prettyman                                      Utah State University Eastern                                      liz.prettyman@usu.edu  
Academic Advising Coordinator

Wendy Farnsworth                                      Utah Valley University                                      culinaryarts@uvu.edu  
Culinary Arts Institute Academic Advisor

### TUESDAY, MAY 23, 2017

7-9 PM: Registration & Check-In (Grand Reception Hall)

5:30-7:30 PM: Logan River Trail and Cobbler Evening Activity (RSVP Required)

### WEDNESDAY, MAY 24, 2017

7 AM-4 PM: Registration & Check-In (Grand Reception Hall)

7 AM-4 PM: Sponsor Exhibits (Poplar and Hallway)

7–8:15 AM: Breakfast Sponsored by BYU Romney Institute of Public Management (MPA)  
(Mahogany-Redwood)

8:20-8:30 AM : Welcome & Announcements: Mayumi Kasai, 2017 President (Mahogany-Redwood)

8:30-9:25 AM: Keynote Address: Matthew Sanders (Mahogany-Redwood)

#### BREAKOUT SESSION ONE (9:40-10:30 AM)

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Julie Hartley	USHE	Math Pathways Redesign	Willow
Garrett Nagaishi Tara Ivie	UVU	Back to Basics: Rethinking Strategies for First-Generation Student Support (B, T, M)	Cottonwood-Juniper
Katie Barnard	U of U	Getting out of the Valley: Proactive Advising Strategies for Under-performing Students (B, M, I)	Elm
Amy Soto Trevor Wilson Melanie Burton	BYU	Navigating the Peaks and Valleys of Creating and Maintaining a Campus-Wide Advisor Training Program (B, M)	Maple

#### BREAKOUT SESSION TWO (10:40-11:30 AM)

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Wade Oliver	UVU	Perspectives on the Future of Academic Advising (B, M)	Willow
Michael Purles Jill Hoffmann-Cox	SLCC	Why Won't My Student Change His Behavior? We Had a Plan! (M)	Cottonwood-Juniper
Shawna Webster Heidi Bates Madeline Marshall Torrie Foutz Danielle Keddington	U of U	Nobody Should Swim Alone - How to Create a Winning Team (B, P, I)	Elm
Patrice Carey	UVU	Ascending the Peak or Dropping into the Valley: Helping Students Manage Transition (T, P, M, I)	Maple

**BREAKOUT SESSION THREE (11: 40 AM-12:30 PM)**

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Kaylee Roholt Ruth Harrison	USU	Your future in Academic Advising: Change it how you want it! (B, I)	Willow
Daniel Jensen Amie Doepping	WSU	Awkward! Communications Strategies to Navigate Uncomfortable Student Appointments (B, T, P)	Cottonwood-Juniper
Derek Jack Monte Marshall Mike Ricks	BYU	Research, Religion, and Resumes: Giving data-driven Information to Students (B, P)	Elm
Kelly Brown Dee-Dee Darby-Duffin	U of U	"I want to help people!" How to guide students in choosing a therapy career. (B)	Maple

**LUNCH, ADVISOR OF THE YEAR AWARD, & DOOR PRIZES (12:30-2:00 PM) @ MAHOGANY-REDWOOD**

**BREAKOUT SESSION FOUR (2-2:50 PM)**

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Keith Proctor	BYU	Social Influences that Make or Break Student Success (T, P, M, I)	Willow
Ashley Glenn Liz Leckie	U of U	There Will Be Peaks in the Valley: Using "Don't Settle" to Combat Student Retention Myths (B, T, I)	Cottonwood-Juniper
Landon Peterson John Van Orman	Snow	How Concurrent Enrollment Advising is Affecting Students Entering the University (B, M)	Elm
Mykel Beorchia Kara Swenson	USU	Targeted Advising: Using Peer Advisors to Help Students Avoid Academic Crisis (B, M)	Maple

**BREAKOUT SESSION FIVE (3-3:50 PM)**

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Niki Weight Bryan Olsen	USU	Finding the Trail: Strategies to Help Students Get Back on Track to Academic Success (B)	Willow
W. Kerry Hammock Karen M. Evans Ronald K. Chapman Shay Lyons Bryan Bowerman	BYU	Time to Walk the Talk: Developing an Internship in Academic Advising (B)	Cottonwood-Juniper
Van Mangus	DSU	Vinyasa Yoga, Deep Stretch	Elm
BYU Independent Study	Sponsor	Informational Session about BYU Independent Study	Maple

**DINNER ON YOUR OWN OR WITH DINNER GROUP AT BULL'S HEAD GRILL (6:30 PM, RSVP REQUIRED)**

### THURSDAY, MAY 25, 2017

7 AM-12 PM: Registration & Check-In (Grand Reception Hall)  
7-11 AM: Sponsor Exhibits (Poplar and Hallway)

7-8:15 AM: Breakfast Sponsored by BYU Independent Study (Mahogany-Redwood)  
8:20-8:30 AM : Welcome & Announcements: Mayumi Kasai, 2017 President (Mahogany-Redwood)  
8:30-9:25 AM: Keynote: Caren Frost (Mahogany-Redwood)

#### BREAKOUT SESSION ONE (9:40-10:30 AM)

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Julie Preece Scott Hosford Ron Chapman Melanie Burton	BYU	Best Practices for Navigating the Peaks and Valleys of Academic Success for Students with Autism Spectrum Disorders (T, P)	Willow
Tillie Wilber Sadie Tsosie Seini Pahulu	SLCC	Focus on Online Advising and Online Coaching: What have we learned, what else do we need to know? (B, I)	Cottonwood-Juniper
Juliana Espinosa Ally Holian Jennifer McLaurin	U of U	Hooked on Assessment (B, I)	Elm
Olympus Test Prep	Sponsor	A Perfect Score on the GRE, a Perfect Score on the LSAT, 790 out of 800 on the GMAT: Come See How a Test-Taking Expert Demystifies Graduate Test Exams	Maple

#### BREAKOUT SESSION TWO (10:40-11:30 AM)

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Scott Hosford Julie Preece Ron Chapman	BYU	Going the Distance: Developing Resiliency and Thriving in Self and Others (P)	Willow
Jared Wilcken Katya Konkle	SUU	Our Advisors Are Total Slackers, How About Yours? (B)	Cottonwood-Juniper
Jaycie Miller	USU Eastern	Making the Play: Adapting to the Special Needs of the College Student-Athlete (B, M, I)	Elm
Kaplan Test Prep	Sponsor	Information about Kaplan Test Prep	Maple

#### BREAKOUT SESSION THREE (11:40 AM-12:30 PM)

PRESENTER(S)	SCHOOL	TITLE (CODES)	ROOM
Sidney McGuire Brown L. Michelle Tuitupou	SLCC	What's on the Menu? Helping students add career value to their college degrees (B, I)	Willow
London Judd Ryan Braeger	USU	Bridge the Gap: Surveying the Retention Program Terrain (B, P)	Cottonwood-Juniper
Melanee Wilson	UVU	Academic Advising Approaches Cliff Notes (B, T, M)	Elm
Hailey Nielson	U of U	Advising Internationally Sponsored Students (B, T, P, I)	Maple

**LUNCH, DOOR PRIZES, & CLOSING REMARKS (12:30-2:00 PM)  
@ MAHOGANY - REDWOOD**



# BYU | MPA

DIVERSE INTERESTS. COMMON GOAL. GLOBAL IMPACT.



## KYLAN BROWN

**HOMETOWN:** Bountiful, UT  
**INTERESTS:** Photography, rock climbing and solving social problems  
**PERSONAL HERO:** Thor  
**WHY A BYU MPA?** It is the perfect meld of social missions, strong business skills, and people who sacrifice their comforts for the betterment of others  
**CURRENT JOB:** Project Manager, Impact Assessment Team, Self-Reliance Services, LDS Church



## KULANI ELLIOTT

**HOMETOWN:** Albuquerque, NM  
**PROFESSIONAL ASPIRATIONS:** To work with organizations that support veterans and military families  
**INTERESTS:** Traveling, singing and dancing  
**WHY A BYU MPA?** Gain the skills I need to be the difference I want to see in the world  
**CURRENT JOB:** Sandia National Labs, Project Controller



## MATTHEW TAYLOR

**HOMETOWN:** Draper, UT  
**NICKNAME:** The Renaissance Man  
**INTERESTS:** Music, books and cheese  
**PROFESSIONAL INTERESTS:** I want to help socially focused organizations do their jobs better  
**WHY A BYU MPA?** It is a practical degree which will allow me to do good in the world  
**CURRENT JOB:** State of Utah, Office of the Legislative Auditor General, Auditor



A BYU Masters in Public Administration (MPA) is designed for individuals passionate about devoting their careers to service. Whether your goal is to become a city manager, work in state or federal government, lead a nonprofit organization, be a change agent in healthcare or educational institutions, or analyze and develop public policy, the MPA program will prepare you to improve the lives of people and communities. [mpa.byu.edu](http://mpa.byu.edu)

# ONLINE ACADEMIC ADVISING PROGRAMS



MASTER'S DEGREE  
GRADUATE CERTIFICATE



developed in  
consultation with **NACADA**

Winner of the Association for Continuing Higher Education's 2014 National Distinguished Credit Program Award, the online academic advising programs through Kansas State University Global Campus provide a flexible and convenient way to reach your academic goals and learn from knowledgeable faculty members.

**[global.k-state.edu/education/academic-advising](http://global.k-state.edu/education/academic-advising)**

**KANSAS STATE**  
UNIVERSITY

Global Campus

**Keynote Speaker: Dr. Matthew Sanders**



Matt Sanders is an Associate Professor of communication studies and an Associate Dean in the College of Humanities and Social Sciences at Utah State University. He holds a Ph.D. in communication from the University of Colorado at Boulder. Matt conducts research in the areas of student learning and empowerment as well as nonprofit organizations and social responsibility. He is the author of the book *Becoming a Learner: Realizing the Opportunity of Education* that is used in first-year experience courses at many colleges and universities. Awards recognizing Matt's work with students include being named Teacher of the Year for the College of Humanities and Social Sciences (2010) at Utah State University; Undergraduate Research Mentor of the Year for the College of Humanities and Social Sciences (2013) at Utah State University; Certificate of Merit – Outstanding New Faculty Advisor (2011) for the National Academic Advising Association; and the Graduate Teaching Impact Award for the Department of Communication (2008) at the University of Colorado at Boulder.

## Day One Welcome (Mayumi Kasai) and Keynote (Matthew Sanders) 8:20-9:25 AM

### Breakout Session One 9:40–10:30 AM

#### Math Pathways Redesign

*Julie Hartley*

*Utah System of Higher Education  
Willow*

Data from Utah’s public colleges and universities reveal that failure to successfully complete a math class is one of the top reasons for students dropping out of school before they can complete a certificate or degree. An over-reliance on College Algebra (the course with the highest failure rate) as the general education math course of choice was a major contributor to the problem. In response, several institutions have been redesigning Quantitative Literacy pathways to better align students’ general education math class with their majors and career goals. This presentation will highlight different efforts across the state to reexamine math pathways for specific majors, to look at courses requiring College Algebra as a prerequisite, and to use career pathways or meta-majors to advise students who have not yet settled on a major. It also discusses how the new emphasis on selecting College Algebra, Statistics, or Quantitative Reasoning based on potential career pathways is also being implemented with Concurrent Enrollment students and their advisors.

#### Back to Basics: Rethinking Strategies for First-Generation Student Support

*Garrett Nagaishi & Tara Ivie*

*Utah Valley University  
Cottonwood-Juniper*

The number of first-generation students (defined here as students whose parents have not completed a bachelor’s degree) attending Utah colleges is increasing. At UVU, one out of three students is first-gen. Yet despite the growing importance of a college education, research consistently demonstrates that first-gen students are less likely to continue on to their second year than their continuing-generation peers, and those who do are less likely to graduate within six years. As this population grows, so does the need for a more nuanced approach to advisement that reframes the language and expectations of higher education. By exploring both qualitative and quantitative research on the experiences of first-gen students at UVU, we will lay the groundwork for developing

new practices that resonate with the unique needs and interests of these students at their campuses. (Codes: B, T, M)

#### Getting out of the Valley: Proactive Advising Strategies for Under-performing Students

*Katie Barnard*

*University of Utah  
Elm*

Many students struggling in college can get back on track with the assistance of their academic advisor. This session will introduce Proactive Advising strategies by covering two new practices developed and implemented by an Engineering department at the U: Early Warning Grades and Departmental Probation Advising. This session will cover the development, implementation, and assessment plans of these two new policies and discuss advising strategies for under-performing students. The goal is for participants to leave with a specific plan of how to work with their student population and the session will wrap up with facilitated discussion and brainstorming. (Codes: B, M, I)

#### Navigating the Peaks and Valleys of Creating and Maintaining a Campus-Wide Advisor Training Program

*Amy Soto, Trevor Wilson, & Melanie Burton*

*Brigham Young University  
Maple*

Advisors are charged to help students navigate the university experience with its many rules, expectations, complexities, and stresses. This requires that advisors, no matter their college or department, share a unified purpose. How can advisors across campus best connect to learn about campus resources and professional development to most effectively help students? For 24 years, our institution has implemented and developed an advisor in-service training program that helps advisors professionalize and strengthen our academic advising culture. This session will provide specific steps used to create and maintain our campus-wide advisor in-service training model. We will highlight our campus profile, in-service objectives, monthly training meeting examples, communication outreach, and assessment. Attendees will brainstorm and share advisor training ideas and leave with handouts. (Codes: B, M)

## Breakout Session Two 10:40–11:30 AM

### **Perspectives on the Future of Academic Advising**

*Wade Oliver*  
*Utah Valley University*  
*Willow*

This session will bring together several different views regarding the future of academic advising as a profession, and the role and purpose of advising for students and institutions. The session will also include an overview of the current movement among higher education institutions to recognize the impactful role advisors can play to improve student success through the use of data analytics and proactive outreach. Content for this session will be drawn from chapters published by NACADA as well as other recent articles and reports regarding the role and impact of advisors.

(Codes: B, M)

### **Why Won't My Student Change His Behavior? We Had a Plan!**

*Michael Purlles & Jill Hoffmann-Cox*  
*Salt Lake Community College*  
*Cottonwood-Juniper*

Often an advisor's communication profile or model is missing the critical component of empowerment. Empowerment embraces the use of tools that include the different life and educational pathways available and the logical consequences of each. When student motivation is clearly understood, a plan can be developed to begin the process of goal achievement. Unfortunately, when advisors go from asking a few questions to preparing a plan, this crucial empowerment step is missed. That is the case with most coaching and communication models. Many advising sessions are only helpful if the student is already empowered. What about those that continually violate academic standards, that can't seem to get their act together? What do they need? Come and experience the model that will make the difference. (Code: M)

### **Nobody Should Swim Alone - How to Create a Winning Team**

*Shawna Webster, Heidi Bates, Madeline Marshall, Torrie Foutz, & Danielle Keddington*  
*University of Utah*  
*Elm*

Working in a Student Affairs office always provides ample opportunities to interact with a diverse group of people and personalities. Whether you are a lone

advisor swimming as hard as you can to keep your head afloat, or you are an anchor on a large relay team of managers and advisors, we have ideas to share to strengthen office relationships, renew yourself, and develop your professional resources. Transforming the culture of an office to one where everyone feels safe to express creative solutions and may be tough, but it is worth it! (Codes: B, P, I)

### **Ascending the Peak or Dropping into the Valley: Helping Students Manage Transition**

*Patrice Carey*  
*Utah Valley University*  
*Maple*

Students face many transitions during their college experience. These include academic transitions like coming to college or choosing a major as well as personal transitions such as getting married or being diagnosed with a mental disorder. They also include non-events, like getting denied from a limited enrollment major. Advisors stand at many of these junctures, positioned to help . . . but do we know how to do so effectively? This presentation explores both Bridges and Schlossberg's transition theories and will employ active participation, personal reflection, and group discussion to apply them to advising situations. By attending this presentation, you will learn how to use transition theory to help students navigate the peaks and valleys of change. (Codes: T, P, M, I)

## Breakout Session Three 11:40 AM-12:30 PM

### **Your future in Academic Advising: Change it how you want it!**

*Kaylee Roholt & Ruth Harrison*  
*Utah State University*  
*Willow*

It's often said that change is the only constant. So then, let's prepare for it! In this session you'll learn about three change management models. You will discover the steps to take to set into motion changes that you want to see happen around you. What is it then: a change to advising practices, policies, procedures? See how advisors at Utah State University set into motion a change in the new student advising and registration process. Learn how to apply a model of change with your students, in your office, with your staff, or to your administration. Come prepare for your future in advising. (Codes: B, I)

### **Awkward! Communications Strategies to Navigate Uncomfortable Student Appointments**

*Daniel Jensen & Amie Doepking  
Weber State University  
Cottonwood-Juniper*

Have you ever been in an advising appointment where the advisee does not engage in the conversation? Have you been stuck, or not sure what to say when advisees disclose too much personal information? This presentation will cover helpful communication strategies that will help facilitate a healthy conversation! We will demonstrate and utilize concepts and theories from researched counseling approaches. Although advisors are not counselors, there is a wealth of research information that can help advisors utilize effective communication strategies to their advantage. Real life advising scenarios will be used to demonstrate how these research-based strategies can help academic advisors navigate the awkwardness. (Codes: B, T, P)

### **Research, Religion, and Resumes: Giving Data-driven Information to Students**

*Derek Jack, Monte Marshall, & Mike Ricks  
Brigham Young University  
Elm*

This session will address the growing importance of research in the realm of student services. Using a case study of our own research, we'll explain the why, what, and how of performing research as career advisement professionals. (Codes: B, P)

### **"I want to help people!" How to guide students in choosing a therapy career.**

*Kelly Brown & Dee-Dee Darby-Duffin  
University of Utah  
Maple*

There are many ways to help people, especially within healthcare, that go beyond the obvious medical doctor or nurse. Students may choose from a whole host of therapy careers within healthcare. The purpose of this presentation is to explain the difference between occupational therapy, physical therapy and recreational therapy so that advisors can properly guide students to the profession that best suits their interests and goals. We will talk about the fundamental differences between these three therapy areas including scope of practice and nature of the profession. We will also provide an overview of admissions and degree requirements for each profession. Students come to these professional decisions from a myriad of majors so this

presentation is for anyone who works with students about major and career decisions. (Code: B)

### **Lunch, Advisor of the Year Award, Door Prizes, & Break 12:30-1:50 PM**

### **Breakout Session Four 2:00-2:50 PM**

### **Social Influences that Make or Break Student Success**

*Keith Proctor  
Brigham Young University  
Willow*

College students fail to accomplish their learning goals for a variety of reasons. However, a student's social interactions with peers, parents, TA's, professors, and advisors play a significant role in how the student experiences and resolves their failures. This session explores these social interactions using a research-based Social Influences (SI) framework that was developed through interviews and research with struggling students. The key attributes of this framework are Roles, Context, and Phases. Each attribute and its relationship to these failure experiences will be discussed together with advisement strategies for exploring and assisting students to resolve their learning failures. Whether novice or veteran, this interactive session will provide participants with a powerful tool for helping students understand their experiences in ways that help them overcome their failures and accomplish their personal learning goals. (Codes: T, P, M, I)

### **There Will Be Peaks in the Valley: Using "Don't Settle" to Combat Student Retention Myths**

*Ashley Glenn & Liz Leckie  
University of Utah  
Cottonwood-Juniper*

Student retention is becoming an increasingly important commitment on campuses, and academic advisors have become more involved in these conversations (Nutt, 2003). Research shows that there are common student retention myths, which are widely accepted. As academic advisors, committed to student success, it is important that we challenge student retention myths. By believing these myths, academic advisors may be focusing their efforts, both financial and time, on ineffective practices. In this session, we will briefly discuss

some of the prevailing myths in higher education and provide research countering those myths. However, we will focus most of our time on discussing ways advisors can integrate the “don’t settle” phase of appreciative advising into their advising practice, as an effective way to show commitment to student success (Bloom et al, 2008) (Tinto, 1993). (Codes: B, T, I)

### **How Concurrent Enrollment Advising is Affecting Students Entering the University**

*Landon Peterson & John Van Orman  
Snow College  
Elm*

Concurrent Enrollment is a growing program nationwide, and Utah has consistently been a leader in CE. This growing trend not only affects students while in high school, but greatly impacts them as they enter the university. This presentation aims to outline ways in which concurrent enrollment is shaping how students move through the university and how we can best service this group of students. Concurrent Enrollment advising is key in minimizing unnecessary credit, maintaining continuity in their education plan, and ensuring a smooth transition to on-campus life. (Codes: B, M)

### **Targeted Advising: Using Peer Advisors to Help Students Avoid Academic Crisis**

*Mykel Beorchia & Kara Swenson  
Utah State University  
Maple*

Students who are not making progress in required courses may not be brought to the attention of an advisor unless they fall in to poor academic standing. This is especially true in STEM majors where not taking required prerequisites their freshman year could result in delaying graduation 2-4 semesters. Using peer advisors to analyze student data and reach out to students approaching academic crisis can be an effective and efficient way to impact student success. Creative ways to use the Disarm phase of Appreciative Advising will be discussed. Participants will leave the session with a template for creating and carrying out targeted advising projects. (Codes: B, M)

### **Breakout Session Five 3:00-3:50 PM**

### **Finding the Trail: Strategies to Help Students Get Back on Track to Academic Success**

*Niki Weight & Bryan Olsen  
Utah State University  
Willow*

Students in higher education are surrounded by multiple challenges and struggle to overcome them because of low resiliency, inability to ask for help, lacking long term goals and motivation, and struggling to develop networks of support. At particularly high risk are students in less than good standing, underprepared for college level coursework, and undecided students. In an effort to assist these student populations in learning to overcome obstacles, Exploratory Advising at Utah State University has developed and implemented a Growth, Resilience, Initiative, and Tenacity (GRIT) Workshop. This presentation will discuss in depth the factors listed above and demonstrate how components of the GRIT workshop teach students skills to overcome obstacles. Data on the outcomes of the workshop will be shown. Attendees are encouraged to participate by sharing their own strategies in addressing these issues. (Code: B)

### **Time to Walk the Talk: Developing an Internship in Academic Advising**

*W. Kerry Hammock, Karen M. Evans, Ronald K. Chapman, Shay Lyons, & Bryan Bowerman  
Brigham Young University  
Cottonwood-Juniper*

As the purpose and competency of academic advisors continue to develop on Utah’s College campuses there will be increasing interest in a career in academic advising. Many advisors may have been asked about how they became advisors or how students could decide if advising is a viable career option to consider. Over 10 years ago the University Advisement Center at Brigham Young University developed an internship program for students interested in Academic Advising as a career. Over 25 students have participated in the program and over half have entered some area of college student affairs work and several are advisors today! This program will discuss the philosophy and steps in developing an internship program. Past participants will talk about the valuable experiences shared in the program and give suggestions as campuses work to help develop Academic Advising as a destination career for students! (Code: B)

### **Vinyasa Yoga, Deep Stretch**

*Van Mangus  
Dixie State University  
Elm*

This introduction to deep stretch session is an introduction to yoga positions that incorporates breathing and mediation techniques. The routine will utilize yoga practices as a means to increase strength, tone, endurance, flexibility, and balance. The primary focus will be on increasing mental clarity and body awareness. Please wear comfortable clothing and be prepared to stretch. Bringing a mat is encouraged but not required.

### **Informational Session about BYU**

#### **Independent Study**

*BYU Independent Study  
Sponsor  
Maple*

Come and see a video presentation about how BYU Independent Study can help your students. BYU Independent Study offers over 200 fully accredited and transferable online courses. Enrollment is open to anyone, anytime, anywhere. Students have the freedom to begin and finish at their own pace, with a full year to complete most courses.

**Dinner on Your Own OR  
with a Dinner Group  
(Bull's Head Grill @ 6:30 PM,  
RSVP Required)**





Office of the Associate Vice President for  
Health Equity & Inclusion  
at the University of Utah  
is proud to sponsor  
2017 Utah Advising Association Conference.

Visit our table to find more about health professional  
programs offered at the University of Utah.

<http://healthsciences.utah.edu/inclusion/>





# advisestream

holistic advising: empowered students



Academics



Pre-Health



Fellowships



Careers

## For Students

Empowers students to take control of their academic and career paths.

AdviseStream is a cloud-based software platform that builds community, encourages collaboration, and streamlines processes for student success.

## For Advisors

Equips advisors with tools to manage their entire advising world in one place.

AdviseStream connects students and advisors and facilitates deeper, more focused student/advisor communication.

## For Institutions

Encourages collaboration and streamlines processes for student success.

Find out how AdviseStream helps students become successful through holistic, sustained advising.

Justin Crowley, Ph.D.  
justinc@advisestream.com  
412-952-5185

[www.advisestream.com](http://www.advisestream.com)

2010-2016 AdviseStream, Inc. A Kaplan Company. All rights reserved

**KAPLAN** PARTNER  
SOLUTIONS

[www.kaptest.com](http://www.kaptest.com)

Are your students...

PREPARING FOR

GRAD SCHOOL

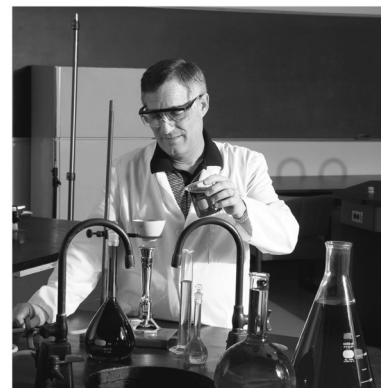
AND NEED TO FULFILL PREREQUISITES?

LOOKING FOR A CLASS OR TWO TO FINISH THEIR

BACHELOR'S DEGREE

OR TRYING TO BALANCE

SCHEDULING CONFLICTS?



BYU Independent Study offers over 200 fully accredited and transferable online courses. Enrollment is open to anyone, anytime, anywhere. Students

have the freedom to begin and finish at their own pace, with a full year to complete most courses. **Visit [byu.is](http://byu.is) to see a full listing of all our courses.**

**BYU Independent Study**  
ONLINE COURSES

***Keynote Speaker: Dr. Caren Frost***



Caren J. Frost, PhD, MPH (Research Professor, College of Social Work) is the Director of the Center for Migration & Refugee Integration at the University of Utah. Her research and teaching center on improving health and overcoming barriers to health care, especially for women, refugees, and underserved international populations. She chairs the state's Refugee Women's Committee and co-chairs the University of Utah's Institutional Review Board. Dr. Frost earned her master's degree in public health from Columbia University, and her PhD in anthropology from the University of Utah.

## Day Two Welcome (Mayumi Kasai) and Keynote (Caren Frost) 8:20-9:25 AM

### Breakout Session One 9:40-10:30 AM

#### **Best Practices for Navigating the Peaks and Valleys of Academic Success for Students with Autism Spectrum Disorders**

*Julie Preece, Scott Hosford, Ron Chapman, & Melanie Burton*  
Brigham Young University  
Willow

During the past 10 years there has been a remarkable increase in the number of students being diagnosed with Autism Spectrum Disorders (ASD). Some of these students will pursue a college education and will find their way to their academic advisor. As advisors can we recognize when a student may express symptoms of these disorders? Do we know how to advise these students, what issues to take into account? How can we assist students in navigating the peaks and valleys of college? In this session, we will engage with the audience in a dialogue with data, case histories, and mock video sessions on best practices and strategies for advisors when working with students with an autism spectrum disorder. (Codes: T, P)

#### **Focus on Online Advising and Online Coaching: What have we learned, what else do we need to know?**

*Tillie Wilber, Sadie Tsosie, & Seini Pahulu*  
Salt Lake Community College  
Cottonwood-Juniper

At Salt Lake Community College we deliver online advising differently than online coaching, both with the objective of satisfying the needs of online learners. Professional advisors are responsible for both systems; each system has its opportunities and its challenges. Online Advising is performed using email and chat through dedicated lines that only designated online advisors can access. Online coaching, with a selective number of students, employs a variety of technologies to communicate with students such as Cisco Jabber, Starfish, Webex, and Canvas.

At our workshop, learn the ups and downs of each of our online systems. We will address FERPA issues, use of technology, demographic information, student satisfaction and much more. Time will be taken for questions and to share experiences so that perhaps we all can improve our online services. (Codes: B, I)

#### **Hooked on Assessment**

*Juliana Espinosa, Ally Holian, & Jennifer McLaurin*  
University of Utah  
Elm

Have you been asked to collect data on your academic programs or student populations? Join us to learn the basics of assessment. In this session, you will be introduced to The Kasai Four Reasons for Assessment Phobia. We will explore what assessment is and why it is important for academic advisors. Finally, we will provide an overview of various assessment methods and sampling techniques. Assessment can be fun and easy! You can do it. We can help. (Codes: B, I)

#### **A Perfect Score on the GRE, a Perfect Score on the LSAT, 790 out 800 on the GMAT: Come and See How a Test-Taking Expert Demystifies Graduate Test Exams**

*Olympus Test Prep*  
Sponsor  
Maple

Join us for our IMPROVED presentation on the GMAT and GRE. We've taken your suggestions from last year and created a presentation that will help advisors guide students in preparing for these tests.

In this presentation, test-taking expert Phil Hatch will provide a comprehensive overview of the GMAT and GRE, teach students how to prepare these tests, and demonstrate test-taking strategy.

Phil Hatch has taught thousands of students over the span of 17 years and loves helping students achieve their graduate school dreams.

## Breakout Session Two 10:40-11:30 AM

### **Going the Distance: Developing Resiliency and Thriving in Self and Others**

*Scott Hosford, Julie Preece, & Ron Chapman  
Brigham Young University  
Willow*

Academic advising is both an extremely rewarding and challenging profession. It offers great interpersonal and professional rewards but can also place stressful demands on the advisor. As the instruments of their profession, advisors must care for their own well-being to be as effective as possible in helping others. Without appropriate care, advisors can suffer personally and professionally as the result of taxing professional demands. Fortunately, there are a number of research supported skills (e.g., mindful acceptance, principles of stress hardiness, gratitude, etc.) individuals can learn to facilitate their own well-being and develop resiliency and thriving in times of stress. In this session advisors will develop an understanding of these resilience and thriving strategies and receive “hands-on” guidance to begin applying them today. (Code: P)

### **Our Advisors Are Total Slackers, How About Yours?**

*Jared Wilcken & Katya Konkle  
Southern Utah University  
Cottonwood-Juniper*

Are you buried in email? Stacks of handouts piling up on your desk that you never read again? What if there was another, easier way to manage all your communication and information—and better yet, it could be done for little to no cost? Attend our session to learn about how the SUU Advising Team implemented two technology tools, Slack and OneNote, to manage communication and information sharing, and how it’s helped us tackle three big problems on our campus: lack of a sense of community among advisors, staying on top of constantly changing information, and disseminating that information in a timely manner. We will demonstrate these two tools live during our presentation so you can see all the fun and useful features! (Code: B)

### **Making the Play: Adapting to the Special Needs of the College Student-Athlete**

*Jaycie Miller  
Utah State University Eastern  
Elm*

Making the Play: Adapting to the Special Needs of the College Student-Athlete will discuss methods to understand and work with student-athletes. We will discuss not only the basics of the student-athlete world but also how advisors who are not familiar with athletics can still be effective leaders and mentors for this special population. Outside of designated athlete services, many advisors do not realize the distinct challenges athletes face while attending school. These include schedules outside of their control, conflicts between goals, pressure from coaches and athletic staff, and imbedded issues within their socio-cultural backgrounds. Student-athletes are often minorities recruited both nationally and internationally which can bring along difficulties not faced by local, domestic students. Because of this, these students often require a different type of advisor-student relationship compared to other students we may see. (Codes: B, M, I)

### **Information about Kaplan Test Prep**

*Kaplan Test Prep  
Sponsor  
Maple*

Kaplan Test Prep ([www.kaptest.com](http://www.kaptest.com)) is a premier provider of educational and career services for individuals, schools and businesses. Established in 1938, Kaplan is the world leader in the test prep industry. With a comprehensive menu of online offerings as well as a complete array of print books and digital products, Kaplan offers preparation for more than 90 standardized tests, including entrance exams for secondary school, college and graduate school, as well as professional licensing exams for attorneys, physicians and nurses. Kaplan also provides private tutoring and graduate admissions consulting services. Additionally, Kaplan offers new economy skills training (NEST) programs and resources designed to provide training in skills that are in high demand in today’s job market and prepare participants for hire. This session will cover Kaplan’s history, courses offered, resources, prices and how Kaplan interacts with university communities.

## Breakout Session Three 11:40AM-12:30 PM

### What's on the Menu? Helping students add career value to their college degrees

*Sidney McGuire Brown & L. Michelle Tuitupou  
Salt Lake Community College  
Willow*

Have you ever encouraged a mass media student to seek internships in radio, television, or newspaper? Or helped a student try to bridge Nursing and Computer Science? Or suggested a Sociology student minor in Earth Sciences so she can complete a field study in Hilo, Hawaii studying communities living near live volcanoes? If you have students asking about double majors, minors, or certificates, how do you advise them? In this session we will discuss what employers really want from new employees and how we can help students build strategic programs of study to become more marketable after they graduate with a degree. From the Supersize menu to the super-secret Animal Style menu come listen, learn, and share. (Codes: B, I)

### Bridge the Gap: Surveying the Retention Program Terrain

*London Judd & Ryan Braeger  
Utah State University  
Cottonwood-Juniper*

Nobody understands the value of a second opportunity like someone in need of one. Unfortunately, there is a high percentage of students who have failed courses, been suspended, and no longer attend a college or university. An increasing number of these students desire a second chance to finish their education. Retention programs, like the Exploratory Advising Bridge Program at USU, are crucial resources because they allow returning students to resume their educational pursuits, and provide opportunities for assistance. Session attendees will discover how Utah State “bridges the gap” for returning students by: (1) Readmitting students into the University as exploratory majors, (2) helping students achieve academic success as defined by student goals, (3) improving students’ individual and university awareness, and (4) by strengthening students’ support network. (Codes: B, P)

### Academic Advising Approaches Cliff Notes

*Melanee Wilson  
Utah Valley University  
Elm*

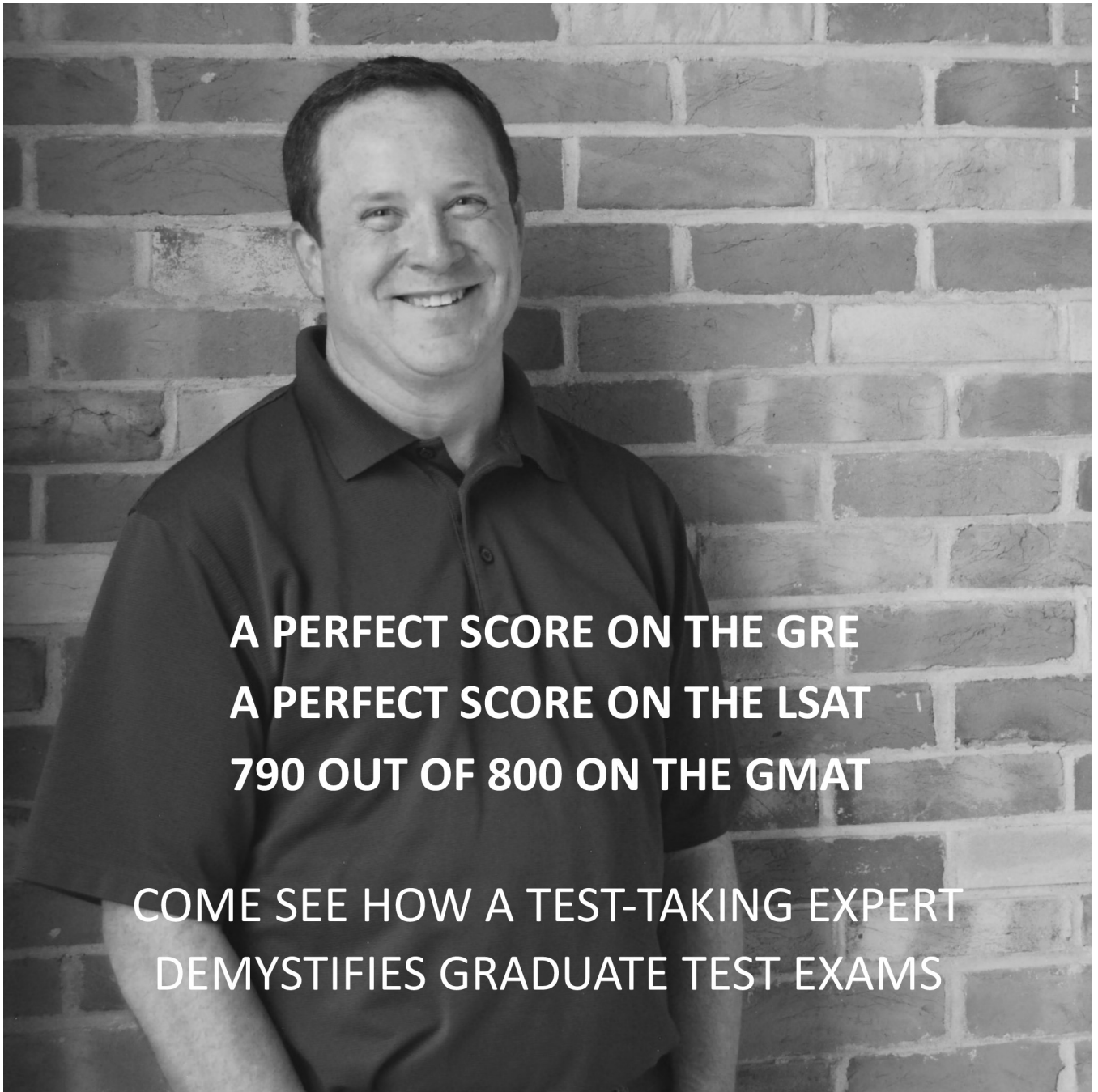
NACADA's recent text, *Academic Advising Approaches* (<http://bit.ly/2kamKz1>), is an informative book that explains 12 different methods of advising students. The book covers classic advising approaches and also shows other ways that advisors can help their students. While we all have good intentions to read this type of text, advisors are busy! This presentation will be a fast-paced look through all these approaches and will help participants understand the basic components for each style. We will also discuss ways in which you may already be incorporating aspects from each approach. The goal of this presentation is that you learn a little about each of the approaches and can identify your interests and strengths as an advisor— from there you decide where you can further research and explore other methods of advising. (Codes: B, T, M)

### Advising Internationally Sponsored Students

*Hailey Nielson  
University of Utah  
Maple*

Learn what it feels like to be a sponsored student through a presenter led activity. After which, cultural communication issues regarding perceived threats during advising this population will be addressed. Lastly, letters previously approved by sponsors will be shared. (Codes: B, T, P, I)

**Lunch, Door Prizes, & Closing Remarks**  
**12:30-2:00 PM**



**A PERFECT SCORE ON THE GRE  
A PERFECT SCORE ON THE LSAT  
790 OUT OF 800 ON THE GMAT**

**COME SEE HOW A TEST-TAKING EXPERT  
DEMYSTIFIES GRADUATE TEST EXAMS**



**Visit us at our IMPROVED BREAKOUT SESSION or BOOTH and be entered  
to win a FREE 8-week GMAT or GRE course.**

**Name: \_\_\_\_\_ Email: \_\_\_\_\_**











THE RIVERWOODS  
CONFERENCE CENTER

