

## 2017 FSU College Life Coaching Institute Agenda

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### WEDNESDAY, JUNE 7<sup>TH</sup>

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8:30am-9:30am	SSB 201/203
<b>Check-in &amp; Light Refreshments</b>	
9:30am-10:15am	SSB 201/203
<b>Welcome &amp; Keynote Address</b>	<i>Shae Roberts, Assistant Director, Advising First Dr. Asha Fields Brewer, Keynote Speaker</i>
10:30am-12:30pm	SSB 208
<b>Retention &amp; Program Specifics</b>	<i>Shae Roberts, Manager, Coaching Samuel Lloyd, Asst. Manager, Coaching</i>
12:30pm-1:30pm	Suwannee Dining Room
<b>Lunch</b>	
1:45pm-2:15pm	Johnston Building- Ground Floor
<b>Building Tour</b>	<i>Samuel Lloyd, Asst. Manager, Coaching</i>
Tour will include the working space of the Advising First Centers (College Life Coaching & Exploratory Students) and the Academic Center for Excellence (ACE) Learning Studio.	
<b>Team Builder/ Activity: Option 1</b>	SSB 203
<i>Sarah Crockett, FTIC Coach</i>	
<b>Team Builder/ Activity: Option 2</b>	SSB 208
<i>Shae Roberts, Manager, Coaching</i>	
2:30pm-4:30pm	SSB 208
<b>Program Outcomes &amp; Proposal Drafting</b>	<i>Shae Roberts, Manager, Coaching Samuel Lloyd, Asst. Manager, Coaching</i>

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### THURSDAY, JUNE 8<sup>TH</sup>

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8:30am-9:00am	SSB 201/203
<b>Light Refreshments</b>	
9:00am-11:00am	SSB 208
<b>Review &amp; Coaching Skills</b>	<i>Erica Cucinella, FTIC Senior Coach Samuel Lloyd, Asst. Manager, Coaching</i>
11:15m-12:15pm	SSB 203
<b>Breaking Up with Expectations: Coaching Students past Their Preconceived Notions About College</b>	
<i>Sarah Crockett, Florida State University</i>	
<u>Abstract:</u> Students come into college with various expectations, but what can happen if they fail to meet their expectations? What happens when a college fails to meet a student's expectations? As practitioners in higher education, we not only hear first-hand accounts of these expectations, but we	

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can also help students re-define how they expect college to play out, and re-define what they need to change to get the most out of their college experience. This presentation will review some similar expectations FTIC (first time in college) students have when they first arrive on campus, what happens when their experiences change their initial expectations, and what professionals can do to help them move on and effectively break up with their preconceived notions about college.

### **Appreciative Success Coaching: Inspiring Positive Changes**

SSB 208

*Sheila Fabius and Samantha Yorke, Nova Southeastern University*

Abstract: Appreciative Inquiry (AI) is a deliberate search for the best in people, organizations and situations. It provides a framework, which shifts problem-focused perspectives to possibility-focused orientations. AI invites students to reflect and expand on possibilities of success. Nova Southeastern University's Office of Undergraduate Student Success' academic success coaches have adapted the AI 4-D Cycle Model framework to support academically at-risk students discover, dream and design academic success plans. "Using a positive, strengths based operational approach to change, learning and development (Gordon, 2008), Success Coaches partner with students to foster critical thinking, decision making, goal setting and action planning, which empower students to become the responsible party for implementing these tools and hence, accountable for their own learning,"(Fabius, Gorelick & Grant, 2012). This workshop aims to illustrate AI 4-D Cycle Model as a useful technique for assisting academically at-risk students plan and execute actions towards a successful academic path.

### **More than Tissues: Advising, Mental Health, and Best Practices**

SSB 218

*Alicia Weaver, Delilah Thomas, and Kenneth Range, Florida State University*

Abstract: Mental health plays a critical element in students' success during their college years. Research shows that 25% of students will have a mental health issue, and 40% of this population do not seek counseling services. Given the prevalence of mental health issues in the college population, advisors must balance their role as a support network for the student while acknowledging that they are not mental health professionals. As their "person" on campus, students confide their concerns and fears, and we do our best to assist. Recognizing that advisors are not long-term mental health care providers, how do we support the student in their time of need while managing our roles as confidant and mandatory reporter?

12:30pm-1:30pm

Suwannee Dining Room

**Lunch**

1:45pm-3:45pm

SSB 208

**Coaching Skills & Model**

*Shae Roberts, Manager, Coaching  
Samuel Lloyd, Asst. Manager, Coaching*

4:00pm-4:30pm

**Continuation from the Keynote**

SSB 218

*Dr. Asha Fields Brewer, Florida State University*

Abstract: Dr. Brewer will extend her discussion on the themes outlined during her keynote address.

**Coaching High-Achieving Students**

SSB 203

*Megan Gillman and Michaela Shenberger, Florida State University*

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**Abstract:** Explore the ways life coaching can supplement or replace traditional advising for high-achieving students. At FSU Honors, we use a coaching model when meeting with our students to help empower them to achieve more than a bachelor's degree. Coaching has helped our students to set priorities, visualize goals, and break those goals down into achievable steps. In this session we'll show coaching strategies that can be applied in various situations to help talented, driven students make the most of their time in college.

### **Hook, Line and Sink: Reeling Transfer Students to Success**

SSB 208

*Tracy Turner, Florida State University*

**Abstract:** The role of academic advising for transfer students is an essential resource for students to succeed transferring from one institution to another. Florida State University accepts around 3,000 transfer students a year, with most of the transfers coming from Florida community colleges. According to National Student Clearinghouse Research Center, 46 percent of all students who completed a four-year degree also attended a two-year institution at one time in their academic career. With more students beginning at a two-year community college the advising process of pre- and post-transfer students becomes crucial. The goal of this presentation is to address the challenges transfer students experience, discuss existing research on this topic, present research conducted by Florida State University advisors, and provide suggested practices moving forward.

4:30pm-until

### **Networking (suggested)**

Madison Social  
705 S. Woodward Ave #101  
Tallahassee, FL 32304

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## FRIDAY, JUNE 9<sup>TH</sup>

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8:30am-9:30am

SSB 201/203

### **Check-in & Light Refreshments**

9:00am-10:00am

SSB 208

### **Implementation**

*Shae Roberts, Manager, Coaching*  
*Samuel Lloyd, Asst. Manager, Coaching*

10:15am-11:30am

SSB 208

### **Panel Discussion**

*Shae Roberts, Manager, Coaching*  
*Samuel Lloyd, Asst. Manager, Coaching*  
*Karen Laughlin, Dean, Undergraduate Studies*  
*Nikki Raimondi, Asst. Dean, Undergraduate Studies*  
*Rose-May Frazier, Director, Advising First*  
*John Carter, Associate Director, Advising First*  
*Linda, Burns, Academic Advisor, Advising First*

11:30am-12:00pm

SSB 203

### **Next Steps: Integrating Coaching**

*Rose-May Frazier, Director, Advising First*  
*Shae Roberts, Manager, Coaching*

## College Life Coaching Institute Gold Track Panelists Profiles



**Karen Laughlin** currently serves as Dean of Undergraduate Studies at Florida State University, and also holds a tenured position as Associate Professor of English. She earned her M.A. and Ph.D. in Comparative Literature at the University of Toronto. Dr. Laughlin came to FSU in 1982 and held a joint appointment in English and Humanities for several years. Her teaching interests include modern and American drama, women's studies, film, and critical theory, and she has a particular interest in the plays of Samuel Beckett. She served as President of the FSU Faculty Senate from 2000- 2002 before accepting the position of Dean of Undergraduate Studies. Under her leadership, the University has significantly expanded

academic advising through the Advising First Program and launched the College Success Coaching Program. Other student success initiatives she helped to establish within the Division of Undergraduate Studies include the Office of National Fellowships and the Center for Undergraduate Research and Academic Engagement. As Dean, Dr. Laughlin is committed to ensuring that the University continues to give a high priority to undergraduate education and to providing all of FSU's undergraduate students with the richest possible educational experience.

**Nicole (“Nikki”) Raimondi** is a native of North Carolina who received her Bachelor’s degree in Psychology from Appalachian State University. She then went on to receive her Master’s (University of Kentucky) and Doctorate degrees (Florida State University) in Marriage and Family Therapy. She began her career in Higher Education at Florida State as an academic advisor in the College of Social Work in 2001. A few years later, she became the Associate Director, and then the Director, of Advising First. Nikki helped to launch the coaching program on campus in Spring of 2008, and currently, she serves as an Assistant Dean within the Division of Undergraduate Studies. In her role, she acts as the academic dean for lower division students, handles the day-to-day functions of the dean’s office and manages the staff and responsibilities of the Office of Undergraduate Studies. She also provides oversight for the advising and coaching services provided by the Division of Undergraduate Studies and serves on many campus-wide committees concerned with academic policy, student success and student retention.



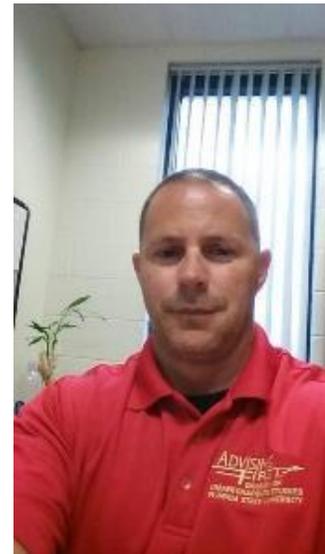
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**Rose-May Frazier** serves as the director of Advising First in the Division of Undergraduate Studies. Throughout the past 12 years Rose-May has developed a deep understanding and appreciation for the organizational process of helping students achieve their goals. A significant part of this expertise was developed while working as an advisor for two years, and as a College Life Coach for an additional two years. The Director of Advising First is responsible for the effective day-to-day functioning, oversight, and interfacing of Advising First academic advising and coaching units in the Division, as well as selection and supervision of academic advisors and

coaches. Rose-May collaborates across various departments and campus-wide committees developing policies to better meet the advising/coaching needs of students. She is also a liaison to academic deans' offices and departments to coordinate academic advising and coaching, assisting in developing policies and procedures for the purpose of maximizing successful student outcomes. Rose-May and her teams have shared their works at NACADA, NASPA and other professional organizations. Her work also includes receipt of the NACADA Commission-Sponsored Conference Presentation by the Multicultural Concerns Commission. Rose-May is from Miami Gardens, Florida by way of New York City, earning her bachelor and master's degrees from Florida State University, while currently a PhD candidate at Florida A&M University. Rose-May believes that College Life Coaching impacts her current role daily with students and colleagues. Not only have these skills been beneficial with students, but she finds herself utilizing these skills outside of the university as well. Rose-May remains thankful for the continued training that has supported her in becoming a more effective leader.

**John Carter** is a Tallahassee native by birth. John received his Bachelor's degree from Florida State University and has since stayed to work at Florida State for twenty-two years. His very first job was at the Florida State Registrar's Office. John has been the Associate Director of Advising First for 10 years and has had the privilege of seeing it transform over time. In his role, John is responsible for not only the logistical operations of the Advising First department but also plays a key role in leadership decisions with regards to the direction of Advising First. John believes that coaching has created an effective way to reach and engage students, connecting them with campus resources and opportunities that can positively influence their time at Florida State.



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**LaShae (“Shae”) Roberts** was born and raised in Fort Lauderdale, Florida, and attended Florida State University. She earned her B.S. in Criminology and Sociology, and a M.S. in Criminology. She is currently enrolled in courses seeking a Master’s in Clinical Social Work. Shae is the Assistant Director of Advising First and manages the College Life Coaching Program. She has presented about the program at FLACADA, NACADA and NCLCA regional and national conferences. She has worked with Advising First for seven years as a Coach, Senior Coach, Assistant Program Manager and Program Manager of the Coaching Center. As the Program Manager, she handles a lot of the day-to-day tasks of the center while supervising a staff of 16 coaches. Shae enjoys building relationships with campus partners, managing data, creating reports, analyzing performance, mentoring the coaching leadership team, and serving the Advising First department. As a first generation college student, she wishes she had a coach. Shae believes that coaching does not tell the student what to do, instead, coaches collaborate with and encourage students to be proactive and involved in their own success. This concept has transformed her approach as a professional and leader.

**Samuel Lloyd** serves as the Assistant Program Manager of the Advising First Center for College Life Coaching at Florida State University as well as a co-instructor for Bryan Hall Living Learning Community. Samuel received all of his degrees from Florida State University (B.A. in English, 2009, M.S. in Education, 2014, and M.S. in Instructional Systems, 2017). Samuel has worked for the CCLC since 2013 and has been essential in revising and implementing several initiatives, including training for staff and campus partners, student programming, hiring and onboarding of staff, staff development, project management and event marketing. Additionally, he has presented on various trends and issues related to coaching and higher education at NACADA and NCLCA conferences.



**Linda Burns** received her BS in Nursing from Florida State University in 1977, but has spent most of her professional life in the field of education. She was part of the Advising First Success Coaching pilot program in 2008 and enjoyed two years as a full-time success coach, the 2<sup>nd</sup> year as the first senior coach in the program. Linda transitioned to the Center for Exploratory Students, serving as the Program Manager and later as Assistant Director of Advising First. She has recently returned to the College of Nursing where her educational journey started and is working with freshmen and sophomores applying to the program. She is active in NACADA and has presented at the state, regional, and national level on coaching and advising issues. Linda states, “I use my background in coaching every day as I advise students. How do you advise a student toward a goal? Coaching! How do you help a student develop insight into their situation? Coaching! How do you truly make a difference in a student’s life? Coaching!”