

2017 FSU College Life Coaching Institute Agenda

WEDNESDAY, JUNE 7TH

8:30am-9:30am	SSB 201/203
Check-in & Light Refreshments	
9:30am-10:15am	SSB 201/203
Welcome & Keynote Address	<i>Shae Roberts, Assistant Director, Advising First Dr. Asha Fields Brewer, Keynote Speaker</i>
10:30am-12:30pm	SSB 203
Program Overview & Coaching Skills	<i>Erica Cucinella, FTIC Senior Coach Hannah Byrd, CARE Senior Coach</i>
12:30pm-1:30pm	Suwannee Dining Room
Lunch	
1:45pm-2:15pm	Johnston Building- Ground Floor
Building Tour	<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.	
Team Builder/ Activity: Option 1	SSB 203
<i>Sarah Crockett, FTIC Coach</i>	
Team Builder/ Activity: Option 2	SSB 208/218
<i>Shae Roberts, Manager, Coaching</i>	
2:30pm-4:30pm	SSB 203
Coaching Skills	<i>Rolando Torres, FTIC Senior Coach Ivan Myers, FTIC Coach</i>

THURSDAY, JUNE 8TH

8:30am-9:00am	SSB 201/203
Light Refreshments	
9:00am-11:00am	SSB 203
Coaching Skills	<i>Shae Roberts, Manager, Coaching Rolando Torres, FTIC Senior Coach</i>
11:15m-12:15pm	SSB 203
Breaking Up with Expectations: Coaching Students past Their Preconceived Notions About College	
<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 203

Coaching Skills

*Emily Manning, FTIC Coach
Jorge Bustamante, FTIC Coach*

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

FRIDAY, JUNE 9TH

8:30am-9:30am

SSB 201/203

Check-in & Light Refreshments

9:00am-10:00am

SSB 203

Coaching Model

Rolando Torres, FTIC Senior Coach
Erica Cucinella, FTIC Senior Coach

10:15am-11:30am

SSB 203

Guided Group Forum

Hannah Byrd, CARE Senior Coach
Sarah Crockett, FTIC Coach

11:30am-12:00pm

SSB 203

Next Steps: Integrating Coaching

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