The Office of University Advising is pleased to announce our Spring 2016 Training and Development Schedule! We are excited to have you join us for these sessions as your schedule allows. All sessions will be held in the Advisor Training Lab (LC 306). Refreshments will be available at each session. Please register for the sessions you would like to attend by logging into the Advisor Certification System using the link on the OUA website (http://www.uvu.edu/advisortraining) or by using this direct link: http://webapp.uvu.edu/advisortraining/acs/.

**Training & Development Sessions**

**Wednesday, January 20** 10:00 am-11:00 am  Preparing to Present at Professional Conferences

**Tuesday, January 26** 3:00 pm-4:00 pm  iAdvising: Effective Use of iPads in Working with Students

**Wednesday, January 27** 3:00 pm-4:00 pm  Serving the One and Inspiring the Many: Advising with an Attitude of Service

**Thursday, January 28** 10:00 am-11:30 am  Mental Health Series: Intro & Working with Students with Depression/Anxiety

**Tuesday, February 2** 3:00 pm-4:00 pm  Group Advising

**Wednesday, February 3** 10:00 am-11:00 am  Mental Health Series: Working with Students on the Autism Spectrum

**Thursday, February 4** 3:00 pm-4:00 pm  Advanced Advisor Dashboard Training

**Tuesday, February 9** 3:00 pm-4:00 pm  An Introduction to Student Development Theory

**Wednesday, February 10** 10:00 am-12:00 pm  QPR Suicide Prevention Training

**Thursday, February 11** 3:00 pm-4:00 pm  Making the Most of NACADA and Other Professional Organizations

**Thursday, February 18** 3:00 pm-4:00 pm  Mental Health Series: Working with Students in Crisis

**Wednesday, February 24** 3:00 pm-4:00 pm  Listening and Empathy in Advising

**Tuesday, March 8** 10:00 am-12:00 pm  Your Type is Showing: Using the MBTI for Professional and Personal Growth

**Upcoming Conferences and Events**

**Wednesday, May 18-Thursday, May 19** Utah Advising Association Conference in Layton at the Davis Convention Center

**Friday, June 3rd (tentative date)** UVU Advising Conference

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**January/February/March 2016**

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<td>27 3:00 – Serving the One and Inspiring the Many</td>
<td>28 10:00 – Mental Health Series: Intro and Working w/ Students w/ Depression or Anxiety</td>
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Session Descriptions

Title: Advanced Advisor Dashboard Training (1 AEU)
Presenter: Clint Moser, Advising Technology Coordinator
Description: The Advisor Dashboard can be a tool to help advisors to better prepare for appointments and access student information easily. Additionally, the dashboard reporting features can let you know how students have responded to their advising experience and give you a lot of information about why and when students are visiting you. This training will explain the various functions of the Advising Dashboard and talk about how to make the most of the dashboard information.

Title: An Introduction to Student Development Theory (1 AEU)
Presenter: Tom Liljegren, Advisement Training Coordinator
Description: Having an understanding of the normal developmental issues facing college students can help us empathize with students more and understand the different factors that can impact their behavior and performance. Arthur Chickering’s Student Development Theory is one of the most researched and utilized developmental theories. This training will introduce Chickering’s Student Development Theory and will present how putting it to use can improve advising practice.

Title: Group Advising (1 AEU)
Presenter: Tom Liljegren, Advisement Training Coordinator
Description: Group advising is being increasingly used by many advisors as a method to meet with many students in a shared situation. This training will discuss different strategies for doing group advising, when it can be effective, and how you can turn student’s relationships with each other in the group into a strength.

Title: Advising: Effective Use of iPads in Working with Students (1 AEU)
Presenter: Clint Moser, Advising Technology Coordinator
Description: More and more advisors and students have iPads, iPhones, and other mobile devices. This training will discuss different apps and capabilities of the iPad that can help in advising and discuss practical ways that your iPad can be of use in working with students.

Title: Inclusiveness with International Students (1 AEU)
Presenter: Tom Liljegren, Advisement Training Coordinator
Description: International students often experience a number of challenges with adjusting to studying at UVU—from adjusting to cultural differences and homesickness to learning the procedures needed to continue as an international student. This training will discuss how to work effectively with international students.

Title: Listening and Empathy in Advising (1 AEU)
Presenters: Tom Liljegren, Advisement Training Coordinator
Description: Effective listening and developing empathy for students are two of the most effective tools for developing a strong advising relationship with students. This training will discuss the importance of these traits and present strategies to develop and communicate effective listening and empathy when working with students.

Title: Making the Most of NACADA and Other Professional Organizations (1 AEU)
Presenters: erin donahoe-rankin, Philosophy/Humanities Advisor; Kim Wright, Business Advisor, and Clint Moser, Advising Technology Coordinator
Description: Becoming involved in NACADA and other professional organizations can be a great way to develop yourself professionally and expand your knowledge of best practices in advising. This training session will feature several advisors who have had success in getting involved with professional organizations and will discuss different ways to: 1) get involved, and 2) use professional organizations to expand yourself professionally.

Title: Mental Health Series: Intro & Working with Students on the Autism Spectrum (1 AEU)
Presenter: Teresa Cardon and Laurie Bowen from the Autism Center at UVU
Description: Autism spectrum disorder is a complex developmental disorder which can affect all areas of a person’s life. And, with as many as 1 in every 68 children being diagnosed with autism, it is likely that we will be advising increasingly more students on the autism spectrum. This training will be an introduction to what autism is and what it may look like in college students. Also, we will discuss how we can most effectively work with students on the autism spectrum.

Title: Mental Health Series: Working with Students in Crisis (1 AEU)
Presenters: Bill Erb, Director of Student Health Services, and Ashley Larsen, Director of Student Conduct and Conflict Resolution
Description: It’s not unusual for advisors to be on the front lines working with students in crisis. This training will help advisors to know 1) recognize the signs of a student in crisis, 2) help to deescalate the situation with the students, and 3) connect the student to the Student Response Team or other campus resources. The training will discuss the role of different campus resources in helping students in crisis.

Title: Preparing to Present at a Professional Conference (1 AEU)
Facilitators: Adam Black, Director of the Academic Counseling Center; Sue Stephenson, Career Development Center Counselor; and Tom Liljegren, Advisement Training Coordinator
Description: It can be overwhelming to consider presenting at a professional conference; however, it can also be very rewarding and an opportunity to share your expertise with others. This session is a workshop for those who are interested in developing presentations for upcoming conferences. We will work on: the process of determining a topic, choosing a presentation method, and preparing to present.

Title: QPR Suicide Prevention Gatekeeper Training (2 AEUs)
Presenter: J.C. Graham, Student Health Services Suicide Awareness & Prevention Program Coordinator
Abstract: Suicide is an epidemic that, unfortunately, impacts all of us here at UVU. Every eighteen minutes another life is lost to suicide. Suicide is the second leading cause of death among college students. More teenagers and young adults die from suicide than all medical illnesses combined. There are an estimated eight to twenty-five attempted suicides for each suicide death. One suicide is one too many. This 90 minute training will change your life. QPR Suicide Prevention training is a research based suicide prevention model that has saved lives. Please attend this training that will give you tools you can implement in your professional and personal lives. Suicide is the most preventable form of death.

Title: Serving the One and Inspiring the Many: Advising with an Attitude of Service (1 AEU)
Presenter: Wade Oliver, Director of the Office of University Advising
Description: While the nature of the work of academic advisors is inherently prosocial, meaning that it is for the benefit of other people. The impact advisors might have on the success of students can be greatly enhanced by how they approach the prosocial nature of it. Through the application of research regarding prosocial behavior, both generally and in terms of employment settings, this workshop will discuss in a fun and informative way the potentially powerful impact that advisors and other higher education professionals can have in the success of students.

Title: Your Type is Showing: Using the MBTI for Professional and Personal Growth (2 AEUs)
Presenter: Wade Oliver, Director of the Office of University Advising
Description: The Myers Briggs Type Indicator (MBTI) is the most well-known personality assessment in the world. This session will cover how the MBTI can be helpful in our personal and professional development as we work with others and seek to understand ourselves. Participants are encouraged to bring their MBTI type information with them to the session, but it is not required. If you have not taken the MBTI and/or would like to complete the MBTI again in preparation for this session, please contact Wade Oliver (wade.oliver@uvu.edu x8480) no less than two days prior to the session, and he will get you set up to take it free.