Mindfulness, Buckets, and Strengths, Oh my!

Advising in the Land of Oz

Welcome!

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Wizard Of Oz

Objectives

• Introduce philosophies and strategies
  • Mindfulness
  • How Full is Your Bucket?
  • Strengths
  • Vulnerability and Resilience
  • Love and Logic
• Relate these to your advising practice
• Participate in role play scenarios and discussion
• Identify at least one strategy to implement at your campus
Meet your Neighbors

• Say hi to the people sitting around you:
  • Name
  • Role and place of work
  • Experience with these topics

Scarecrow & Mindfulness

Mindfulness: paying attention, on purpose, to the present moment

• Cultivates and results:
  • Wisdom/ seeing the actuality of things
  • Openness, kindness
  • Access to other dimensions of our lives
  • Eliminating negative patterns of thought
Scarecrow & Mindfulness

Resolve health/wellness issues
• Chronic pain
• Heart disease
• Anxiety/stress
• Psoriasis
• Sleep problems
• Depression
• Unhealthy eating habits
• Understand the results of words/actions
• Overcome self-centeredness

Mindfulness How-To

• Find clutter-free space, with little distractions
• Set time to stop (5-10 min.)
• Sit in a stable spot
• Cross legs/kneeling/lotus or
• Seated with feet flat on floor
Mindfulness Activity

• Feel breath, follow it in and out
• Catch wandering mind, bringing attention back to breath
• Don't judge your thoughts

Mindfulness

• Recognize thoughts and let them go
• Share with advisees
• Be in the present moment and have clarity
Cowardly Lion & Vulnerability

- Brené Brown, Ph.D., LMSW
- Vulnerability

- Museum of Epic Failure
  - How have you been vulnerable?
  - How can you be vulnerable?
  - Do you see the need for vulnerability in your workplace?
  - How can we help our students with vulnerability and resilience?

- Share any take-aways with the entire group
Dorothy & How Full is your Bucket

• Each person has an invisible bucket, which is continuously ‘being filled or emptied, depending on what others say and do to us.

Dorothy & How Full is your Bucket

Benefits from this strategy include increased:
• Confidence
• Calmness
• Patience
• Friendliness
• Health
• Kindness, courtesy, and respect from others
Create a Drop Activity

• Identify people who fill your bucket.
  • How do they feel about you?
  • How did they fill your bucket?
  • What did that do to your day?

• Identify an advisee or coworker for whom you can fill a bucket.
• Compose a real, personal, and from the heart thing to say to them.
• How will you create a culture of bucket-filling on campus?

Glinda & Strengths

• StrengthsQuest
  • Donald Clifton
  • StrengthsFinder
  • Other free tools
Glinda & Strengths

• Role Play
  • Situation: A student comes to your office and expresses disappointment in failing the first test in her major. She is now convinced she is not going to major in that field and can't do anything right.
  • What do you do?
• Additional Questions:
  • How as an advisor do you employ your strengths?
  • What are you really good at? Take note of this and give yourself a high 5!

Tin Man & Love and Logic

• Original philosophy
  • Love allows children to grow through their mistakes
  • Logic allows children to live with the consequences of their choices
  • Places a heavy emphasis on respect and dignity for children
Tin Man & Love and Logic

• How do we use this in advising?
  • Encourage respect in advising conversations
  • Allow students to own their decisions, including consequences of those decisions
  • “Love” your advisees through their learning experiences

Tin Man & Love and Logic

• Think, pair, share
  • A student missed their registration time and did not get into a needed class for their major, one that is offered every two semesters. He’s panicking. How do you respond?
Review Objectives

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  - Mindfulness
  - How Full is Your Bucket?
  - Strengths
  - Vulnerability and Resilience
  - Love and Logic
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Q&A
Handout

This handout is available for download on the Interactive Scheduler

Vulnerability

How To Fill Your Bucket
• Fill a bucket link: e-drops, sign in required: http://strengths.gallup.com/216275/drops.aspx

Strengths
• StrengthsFinder website: www.strengthsandtalents.com
• Gallup Strengths Center: https://www.gallupstrengthscenter.com/

Love and Logic
• Love and Logic Educator FAQ: https://www.loveandlogic.com/educators/faq

NACADA Core Values
Advise for themselves and their professional practices.

Mindfulness