



Energizing your Work through Appreciative Advising

**Featuring: Mónica Martínez El Sheikh, Olivia Carr, Maygen Simm
December 3, 2024**



Graduate Teaching Assistant and Intern
Florida Atlantic University



WELCOME

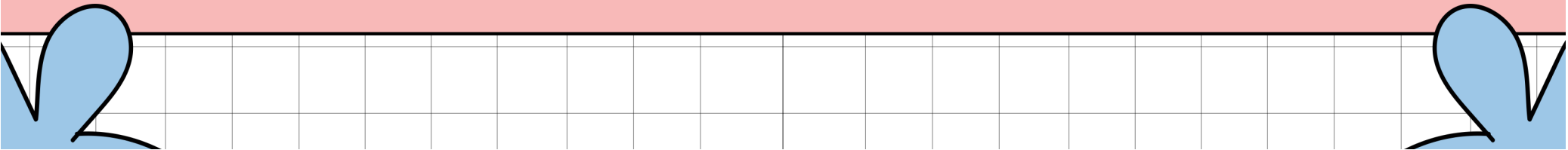


My name is
Bryan Hursh

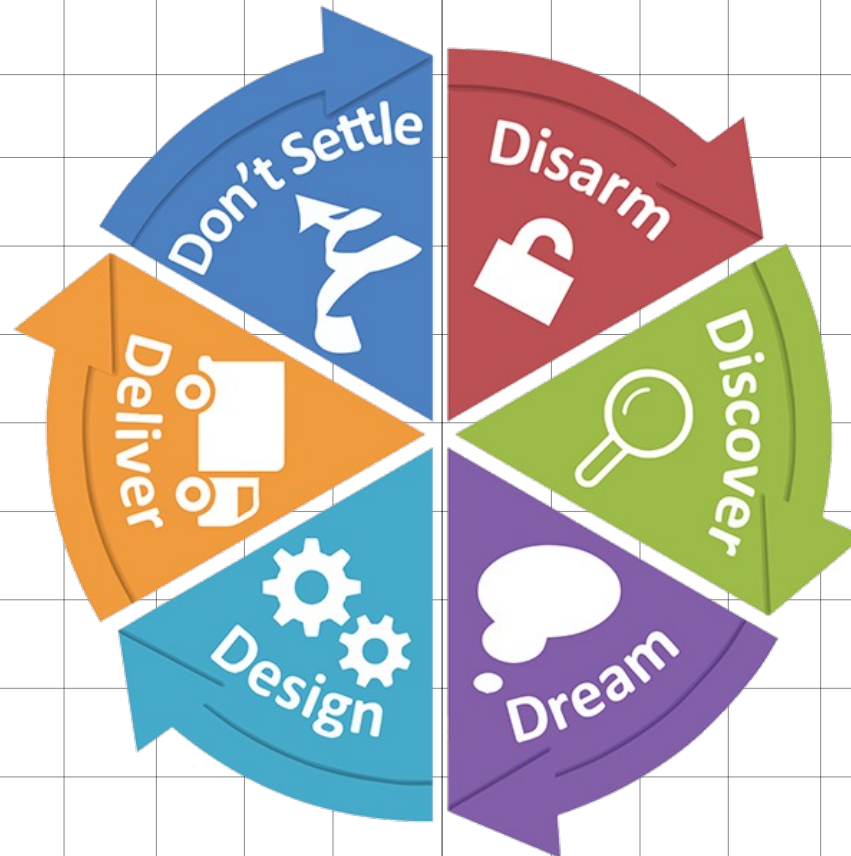




Webinar Layout

- **Overview of Appreciative Advising**
 - **Meet our Panelists**
 - **How they use Appreciative Advising to recharge themselves in their work**
 - **How they use Appreciative Advising to recharge the students they work with**
 - **Appreciative Tips and Strategies to reenergize their students**
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The Six Phases of Appreciative Advising



The Six Phases of Appreciative Advising



Disarm

Recognizing the importance of first impressions and creating a safe and welcoming environment for others.



Discover

Utilize generative open-ended questions to draw out what others enjoy doing, their strengths, and their passions. Listen to each answer carefully before asking the next positive question.



Dream

Help others formulate a vision of what they might become, and then assist them in developing life and career goals.



Design

Help others devise concrete, incremental, and achievable goals.



Deliver

Understand how others follow through on their plans, be there for them when they stumble, believe in them every step of the way, and help them continue to update and refine their dreams as they go.



Don't Settle

Challenge yourself and others to proactively raise their internal bar of self-expectations.



Associate Director, Academic Coaching & Advising
Florida Atlantic University

INTRODUCTION

Hi! My name is
Mónica Martínez El Sheikh

- Academic Coach & Academic Advisor
- Work with first- and second-year students at a public four-year university.
- Work with students in Academic Recovery:
 - ACCESS Coaching Program
 - Students required to meet biweekly
 - 6-8 meetings per semester.
- Academic Skill-Building & Connecting to Campus Resources

Om

INTRODUCTION

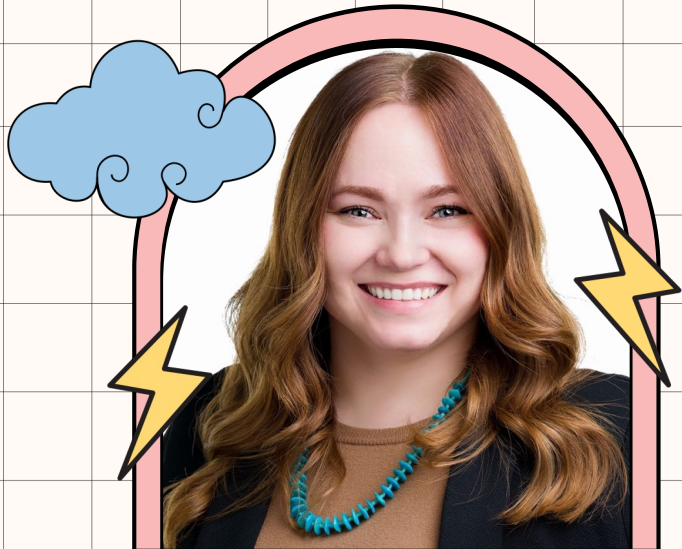
Hi! I'm Olivia Carr



Manager of Service & Systems
Colorado Mesa University

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**Academic Advisor & Ute Tribe Liaison
Utah State University**

INTRODUCTION

Hi! I'm Maygen Simm

- **Academic Advisor**
- **Advises**
 - **Exploratory/Undecided**
 - **Bridge**
- **Ute Indian Tribe partnership**

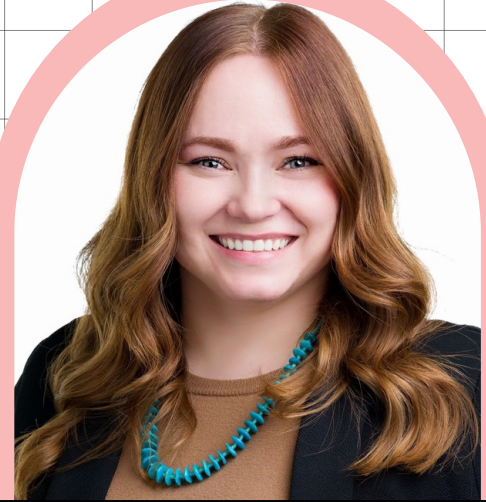
How does Appreciative Advising help us reenergize?



Mónica Martínez El Sheikh

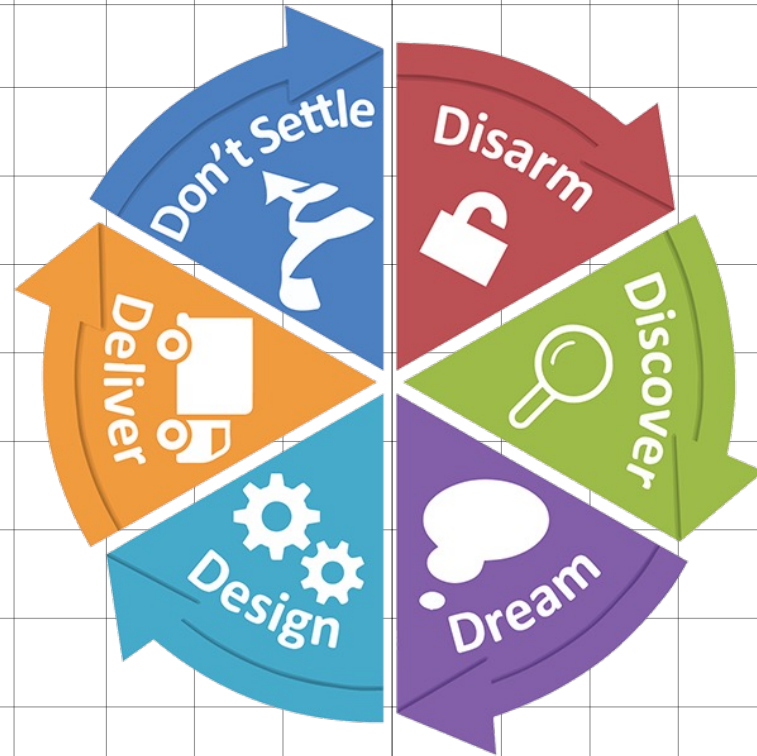


Olivia Carr



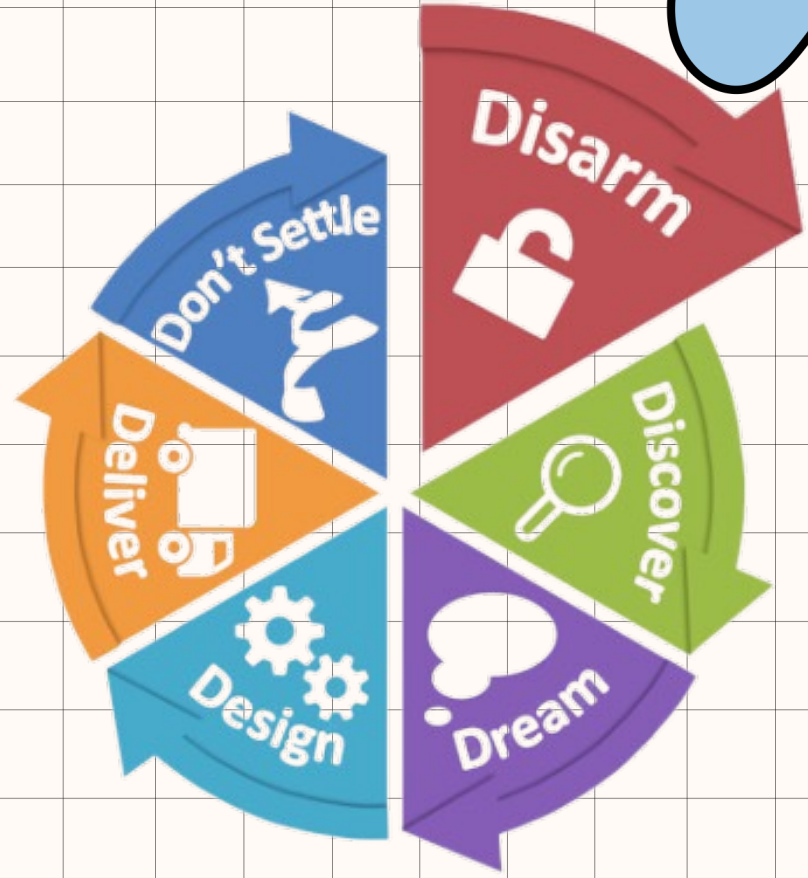
Maygen Simm

How does Appreciative Advising help us re-energize our students?



DISARM

- **First Impression**
- **Decrease Tension**
 - **Not your typical meeting!**
- **Engage**
 - **Get student excited to meet with me!**
 - **Asking open-ended questions.**
 - **Keep it light.**
- **Humor (humour if you're fancy)**





DISARM

**Meeting the student where they are (literally & figuratively).
Recognizing that this is a stressful time!**

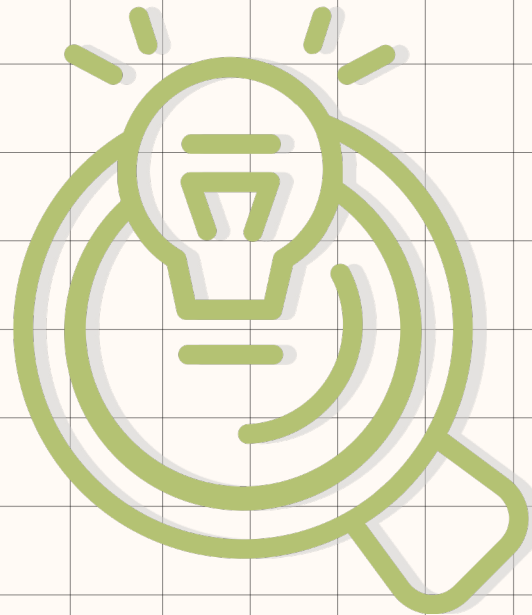
**Students are more than just students.
They all have other things happening in their lives.**

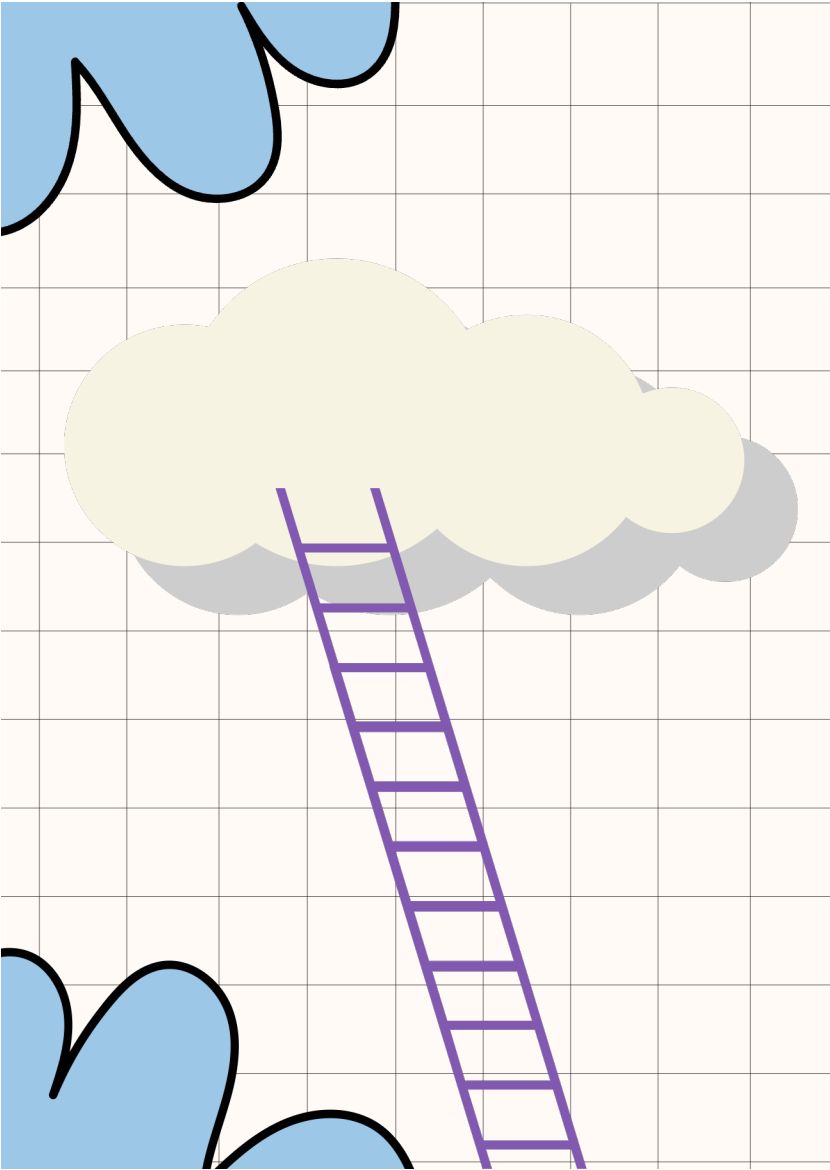
**What role are you going to play in their academic journey?
What role does the student WANT you to play?**



DISCOVER

- **The WHY**
- **Strengths & connect to them**
- **Ute Beadwork**

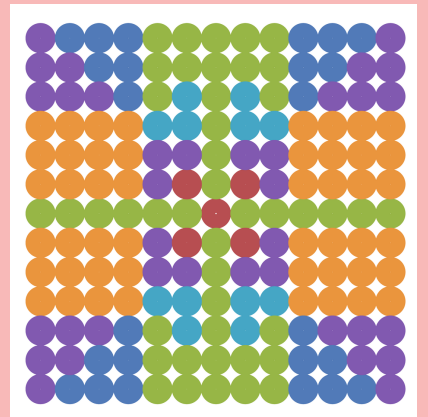




DREAM

Reconnect to their dreams – to envision the future

- **Vision Boards**
- **Goal Visualization Exercises**
- **Ute Beadwork**



DESIGN

Dreams to Reality



Co-Create a Plan



You are not alone.



DELIVER



- **Student takes action on their plan.**
- **Encourage & Support**
- **Problem solve together.**

DELIVER

- Delivering for **YOURSELF** so that you have the bandwidth to deliver for your students.
 - How can you take care of yourself at work?
- Delivering for students during a busy time.
 - Find a system that works for you.



Bloom, J. L., & Vance, T. (2013, November/December). The overflowing cup: Taking good care of ourselves so you can better serve others. *Campus Activities Programming*, 46(5), 48-50.

DON'T SETTLE

Encourage your students to keep pushing!
“The only way is through.” - Robert Frost

Don't Settle + Perfectionists
Is it ever okay to “settle”?

Words of Affirmation/Encouragement
Words AND Action

DON'T SETTLE

- Identify triggers or cues that remind them to strive for excellence



- Reflect & Identify further areas of growth



Home

Professional
Development

Journal of
Appreciative Education

Resources

Meet Our
Team

Our Story

Bookmark our homepage to stay up to date on all things Appreciative Education

FAU.EDU/OAE

OFFICE OF APPRECIATIVE EDUCATION

How do we create educational spaces in which everyone truly loves to learn, work, and thrive?

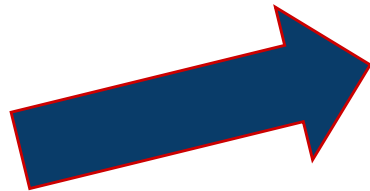


Appreciative Education is a research-based, generative, and intentional theory-to-practice framework for creating educational spaces in which people love to learn, work, and thrive. We provide award-winning, engaging, and affordable professional development opportunities to anyone who is boldly committed to creating such spaces.

We Invite You to Explore Our Offerings:

Virtual Appreciative Education Conference - January 10, 2025

Appreciative Education in Action Free Webinars	Live! Virtual Appreciative Advising Institute	Appreciative Advising Online Course	Appreciative Administration Online Course	Appreciative Advising Academy	Certified Appreciative Adviser
Level 1 Introductory	Level 2 Foundational		Level 3 Advanced		



Your Feedback Matters

Please take a few minutes to fill out this feedback form to let us know about your webinar experience today.

Use the QR Code or the link placed in the chat
<https://forms.gle/GX4zFFQ6huMamaqb8>



Virtual Appreciative Education Conference II

January 10, 2025



Who Should Attend This Conference?

Anyone who works with people in educational settings! Professional and faculty advisors, coaches, mentors, student affairs professionals, PreK-12 educators, and administrators will leave the conference invigorated and inspired with new ideas to implement in their offices, teams, schools, classrooms, and campuses.

Last Call Registration Deadline
December 10, 2024

\$150

Registration is Open

Questions?



Mónica Martínez El Sheikh



Olivia Carr



Maygen Simm