

ADVISING ASSOCIATION OF SASKATCHEWAN 2019 CONFERENCE



OCTOBER 27-29

Elk Ridge Resort

Waskesiu & Area Wilderness Region

**SUPPORTING DIVERSITY & INCLUSION THROUGH
POST-SECONDARY STUDENT ADVISING**

AASK CONFERENCE 2019



WELCOME

Sunday, October 27th



REGISTRATION & WELCOME EVENT

6:30–8:00 p.m. at Walleye's

Join us for a complimentary welcome beverage and some appetizers as we kick off the conference! Walleye's is a cozy, natural setting right here at Elk Ridge Resort that serves locally inspired cuisine.

DAY 1

Monday, October 28



BREAKFAST

7:30–9:00 a.m. in Wapiti A&B

Breakfast will be served bright and early so that we can get a great start to the day! The conference registration table will also be available during this time.



INTRODUCTION

9:00–9:45 a.m. in Wapiti A&B

To kick-off the conference, we will introduce the AASK Steering & Conference Planning Committee and briefly discuss the topic of diversity & inclusion in academic advising.



KEYNOTE: JACK SADDLEBACK

9:45–11:00 a.m. in Wapiti A&B

Jack is a Cree, Two-Spirit Transgender gay man from the Samson Cree Nation in Maskwacis, Alberta. He is a spokesperson for both Mental Health Canada and Bell's Let's Talk Billboard Campaign, one of CBC's top 40 Under 40, and travels the country advocating for mental health, gender and sexual diversity, two-spirit issues, and HIV-AIDS. Jack will share his personal story of navigating University, and bring forward a message of self-awareness, identity and embracing our authentic self.



WELLNESS BREAK

11:00–11:30 a.m. in the Lobby between White Tail A & B

Light refreshments will be provided.

We encourage you to take this opportunity to network & enjoy Elk Ridge Resort!

SUPPORTING DIVERSITY & INCLUSION THROUGH POST-SECONDARY STUDENT ADVISING



SESSION 1

11:30 a.m. – 12:30 p.m. in Wapiti A&B

CRITICAL ADVISING: A FRAMEWORK FOR ANTI-OPPRESSIVE PRACTICE

Presented by: Amanda Noubarian & Dr. Amanda Gebhard, University of Regina

This workshop will present a critical pedagogical perspective on academic advising, and guide participants through practical applications to support anti-oppressive practice in their work with students. We draw from Paolo Freire's *Pedagogy of the Oppressed* and theories of critical social justice to conceptualize advising as a relationship in which both the advisor and student take on the roles of teacher and learner. Participants will be guided through foundational understandings of critical advising, including positionality, oppression, power and privilege. To enhance their understanding of how power relations operate in the advisor/student relationship, participants will reflect on their assumptions about dominant and non-dominant groups. Participants will apply critical advising in case studies, and have the opportunity to reflect on how to integrate the approach in their personal contexts and daily work.



LUNCH

12:30–1:45 p.m. in Wapiti A&B

A lovely lunch will be provided.

We encourage you to take this opportunity to network & enjoy Elk Ridge Resort!



BREAKOUT SESSION 2

1:45–2:45 P.M.

ACADEMIC TRANSITION PROGRAMS

Presented by: Angela Hounjet, University of Regina

Location: White Tail A

The Academic Transition Programs at the University of Regina recognize the diverse population of students they serve. It is for this reason that in 2020 the Student Success Centre was tasked with creating a remedial program to address students' needs. The Academic Transition Programs were developed with the aim of supporting students with unique values, experience and motivations while strengthening their academic skillsets and evaluating their educational, career and personal goals.

APPLYING PERSON-CENTERED COUNSELLING SKILLS IN AN ADVISING CONTEXT

Presented by: Jane Desplenter-Rose, University of Regina

Location: White Tail B

Person-Centered Counselling Skills, when used in an Academic Advising context, provides the advisor with versatile, inclusive, relationship building tools that can be used with any student, regardless of culture, age, academic status or current difficulty.

[Session description continues on next page]

AASK CONFERENCE 2019



[Applying Person-Centered Counselling Skills in an Advising Context continued...]
In this session we will review and practice the 3 core skills of Person-Centred Counselling: Empathetic Listening, Unconditional Positive Regard, and Authenticity, and demonstrate how they may be adapted for use in an Academic Advising session. We will practice and discuss how these skills contribute to development of an inclusive and positive 'safe space' for students, and how they can be used during some of the more difficult conversations that we may encounter in our day to day work with students.



WELLNESS BREAK

2:45–3:00 p.m. in the Lobby between White Tail A&B

Light refreshments will be provided.

We encourage you to take this opportunity to network & enjoy Elk Ridge Resort!



BREAKOUT SESSION 3

3:00–4:00 P.M.

USING A HARM-REDUCTION APPROACH TO STUDENT WELLNESS

Presented by: Shiney Choudhary, University of Saskatchewan

Location: White Tail A

As an advisor, you interact with students in their day-to-day struggles with mental health and their coping strategies. Through this session, I want to encourage the participants to use a harm-reduction approach in all their interactions with students and peers. Using a peer to peer approach, the University of Saskatchewan has been successful in delivering an evidence based mental health and harm reduction education to its students. During this session, we will be touching on evidence based best-practices for health education (of mainly mental health and substance use) for post-secondary advisors. With the recent cannabis legalisation, this session will equip you as an advisor to apprehend legalization, health effects and safer use. I want you to leave the session feeling supported in understanding what a harm reduction approach is and an opportunity to join forces with your campus to provide health supports and resources to the students to encourage healthy decision-making.

STEPPING UP, STEPPING IN: UNDERSTANDING STUDENT NEEDS IN DISTANCE EDUCATION

Presented by: Brandi Bell (Northlands College) & Dr. Tobias Sperlich (University of Regina)

Location: White Tail B

Students in distance education, particularly in remote areas such as northern Saskatchewan, face specific and often unusual sets of challenges. In this round table conversation, we will discuss some of these unique difficulties and how they may be recognized and mitigated by both academic advisors and instructors.

[Session description continues on next page]

SUPPORTING DIVERSITY & INCLUSION THROUGH POST-SECONDARY STUDENT ADVISING



[*Stepping Up, Stepping In continued...*] We will compare our experiences from the vantage points of an academic advisor at Northlands College (La Ronge) and university instructor at the University of Regina, and invite participants to share similar experiences. The aim of this round table is to identify strategies that will support students in these contexts and, where possible, pre-empt some of the obstacles these students face.



RELAX & ENJOY THE LOCATION

4:00–6:00 p.m.

Free time! Please take this time to network, and enjoy this beautiful setting. We will reconvene for our dinner event in two hours.



DINNER & RECEPTION

6:00–9:00 p.m. in Wapiti A&B

6:00 p.m. Cocktails

6:30 p.m. Dinner

7:30 p.m. Reception

Join us this evening for a fabulous dining event. During the reception after dinner, we will continue to network, as we relax by the bonfire with s'mores and a selection of warm signature drinks. Don't forget to bring your jacket! There will be a cash bar available at this event. For those who prefer to remain indoors, the dining room is right off the patio so we can all stay connected. There will be the chance to win a fantastic prize for those in attendance.

DAY 2

Tuesday, October 29



BREAKFAST

7:30–8:45 a.m. in Wapiti A&B

We hope it wasn't too difficult waking up this morning after last night's dinner event! Breakfast will be served bright and early so that we can get a great start to the day!



DAY 2 KICKOFF

8:45–9:15 a.m. in Wapiti A&B

We'll kick off day 2 with a recap from day 1. During this time we'll reveal our Diversity & Inclusion 'word cloud' and showcase some of our favourite photos from day 1. Remember to share your photos using #AASK2019. We'll follow this session with a 15 minute transition before our breakout sessions begin!

AASK CONFERENCE 2019



BREAKOUT SESSION 4

9:30–10:30 A.M.

ADVISING WITH STYLE: RECOGNIZING & ADAPTING TO DIVERSE LEARNING & COMMUNICATION STYLES

Presented by: Richard Medernach, St. Thomas More College

Location: White Tail A

We know people are different but does our advising practice respond to those differences? As a teaching and learning process, advising should make use of research and theory on learning styles. The challenge for advisors – as with any teachers/instructors – is that our personally preferred advising/teaching methods might not match our students' preferred learning and communication methods. This workshop will include some foundational theory, illustrative exercises, and an opportunity to examine your advising practice. My goal is for you to leave the workshop with some ideas and plans to evolve your advising to be responsive to diverse student learning and communication styles.

THANKFUL INSPIRATION: USING GRATITUDE & BREATHING PRACTICES TO HELP MANAGE EVERYDAY STRESS

Presented by: Cherise Chrispen, Northlands College

Location: White Tail B

Throughout this session, Cherise will walk participants through a description of what stress is, and how the body perceives it. She will examine the differences between Distress and Eustress, and how those affect our anxiety levels on our body, mind, emotions and behaviours. Using this information, Cherise will introduce participants to techniques to control these affects using the practice of gratitude.



WELLNESS BREAK

10:30–11:00 a.m. in the Lobby between White Tail A&B

Light refreshments will be provided.

We encourage you to take this opportunity to network & enjoy Elk Ridge Resort!



SESSION 5

12:30–1:45 p.m. in Wapiti A&B

THE FUTURE OF AASK

Facilitated by: AASK Steering Committee

During this session, we will discuss the AASK Organization and the future of AASK, including your ideas for our 2020 event (non-conference year). We will also highlight the nomination process for joining the AASK Committee. Nominations will be held during the AGM at lunch.

SUPPORTING DIVERSITY & INCLUSION THROUGH POST-SECONDARY STUDENT ADVISING



LUNCH

12:30-1:45 p.m. in Wapiti A&B

This is our final meal together at the AASK 2019 Conference!

We encourage you to take this opportunity to network & enjoy Elk Ridge Resort! At this time we will host our Annual General Meeting, during which nominations for Steering Committee position vacancies will be made. When you submit your name tag, we will use it to draw names for 3 awesome prizes!

THE END

THANK YOU FOR ATTENDING!



AASK 2019 STEERING COMMITTEE

Amanda Noubarian, University of Regina – President

Andrew Hartman, University of Saskatchewan – Treasurer

Richard Medernach, St. Thomas More College – Communications Director

Brandi Bell, Northlands College – Member at Large

Bev Digout, University of Saskatchewan – Member at Large

Nicole Glas, University of Regina – Member at Large

Gina MacPherson, University of Regina – Member at Large

Blair Pisio, University of Saskatchewan – Member at Large



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