

IDAHO STATE ADVISING SYMPOSIUM

AGENDA AND SESSION GUIDE:

You'll get to choose five sessions from **16 exciting options!**
Use the agenda and session guide to explore your choices and secure your top picks.

8:00 a.m. Check-In, Coffee, Breakfast

8:30 a.m. Welcome, Purpose, and Event Overview

9:00 a.m. Session A

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|---|--|--|
| 1 Self-Compassion Amidst Climate Anxiety | 4 Academic Playbook: Navigating NCAA Requirements | 6 From Peer to Pro: How to Create the Next Generation of Advisors |
| 2 Using Exercise for Stress Relief – Boxing 101 | 5 Positive Psychology Principles | 7 Best Practices & Emerging Challenges in Advising International Students |
| 3 Elevating the Exploratory Experience through Co-Curricular Programming | | |

10:00 a.m. Session B

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| 1 Self-Compassion Amidst Climate Anxiety | 7 Best Practices & Emerging Challenges in Advising International Students | 10 Supporting Neurodivergent Students |
| 5 Positive Psychology Principles | 9 Deliver: An Appreciative Approach to Getting Things Done One Small Step at a Time | |

11:00 a.m. Session C

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| 6 From Peer to Pro: How to Create the Next Generation of Advisors | 10 Supporting Neurodivergent Students | 12 Supporting Transfer Students |
| 8 Self-Care Movements for Work | 11 Emotional Agility | 13 All Advising is First-Gen Advising |

12:00 p.m. Lunch and Networking

1:00 p.m. Session D

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| 8 Self-Care Movements for Work | 10 Supporting Neurodivergent Students | 14 Best Practices and Current Trends in Advising Veteran and Military-Connected Students |
| 9 Deliver: An Appreciative Approach to Getting Things Done One Small Step at a Time | 13 All Advising is First-Gen Advising | 15 Advising/Supporting Athletes and Their Mental Health |

2:00 p.m. Session E

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|---|---|---|
| 2 Using Exercise for Stress Relief – Boxing 101 | 4 Academic Playbook: Navigating NCAA Requirements | 15 Advising/Supporting Athletes and Their Mental Health |
| 3 Elevating the Exploratory Experience through Co-Curricular Programming | 11 Emotional Agility | 16 Two Roads, One Goal: Guiding Students Through Parallel Academic Plans |
| | 14 Best Practices and Current Trends in Advising Veteran and Military-Connected Students | |

3:00 p.m. Raffle, Closing Remarks, and Thank You

SESSION DESCRIPTIONS

1

Self-Compassion Amidst Climate Anxiety

A

Rick Pongratz, PhD, LCPC

Director of Counseling & Mental Health Center

B

Kristin Stewart Yates, PhD, LCPC

Asst. Director of Counseling & Mental Health Center

Idaho State University

As climate change impacts intensify, so does emotional distress, especially among younger generations. This session explores the growing phenomenon of climate anxiety and how self-compassion can be a powerful tool for resilience. Attendees will learn practical ways to care for themselves while remaining engaged in healing both their inner lives and the environment.

2

Using Exercise for Stress Relief – Boxing 101

A

Jami Eborn

Athletic Academic Advisor

E

Idaho State University

This interactive session introduces the stress-relieving benefits of boxing. Participants will learn basic techniques and how boxing can help release tension and boost focus. No experience is necessary—just a willingness to move and explore how exercise can be a powerful tool for managing the demands of high-stress, emotionally taxing work environments.

3

Elevating the Exploratory Experience through Co-Curricular Programming

A

Pia Bergholtz

Academic Advisor Coordinator

E

Annette Petersen

Academic Advisor Coordinator

Utah State University

Helping exploratory students requires more than major-match tools—it takes programming that builds confidence and intentionality. This session shares co-curricular strategies that help students make meaningful connections between their interests, skills, and academic paths. Learn how to integrate exploration with micro-credentials, milestone tracking, and a resource-rich advising model.

4

Academic Playbook: Navigating NCAA Requirements

A

Lexi Stapleton

Academic Advisor

E

Rebekah Cervantes

Academic Advisor

Idaho State University

Advisors of student-athletes need to understand how eligibility, degree progress, and course planning intersect. This session breaks down NCAA requirements, including credit categories, percentage benchmarks, and major changes. Learn how academic advising impacts athletic eligibility, and why collaboration with athletics and the Registrar's Office is critical for student success.

5

Positive Psychology Principles

A

Olivia Gummersall

Peer Advisor

B

Idaho State University

This student-led session discusses how the PERMA model—Positivity, Engagement, Relationships, Meaning, and Accomplishment—can enhance academic advising. Attendees will explore how positive psychology strategies promote resilience, goal setting, and self-awareness. Practical techniques will be discussed to infuse coaching conversations with optimism and purpose, fostering greater student well-being and long-term academic success.

6

From Peer to Pro: How to Create the Next Generation of Advisors

A

Dylan Koenig

Academic Advisor

C

Janelle Fowler

Academic Advisor

Idaho State University

Peer advising can be more than a support strategy—it can be a pipeline. This session explores how a for-credit peer advising course offers students structured training and career development, while benefiting advising offices and university-wide goals. Learn how to build and sustain a program that nurtures tomorrow's professional advisors from today's students.

7

Best Practices & Emerging Challenges in Advising International Students

A

Shawn Bascom

Associate Director of Admissions

Khalil Azizi

International Advisor

Renata Schoen

International Advisor

Idaho State University

International students face a complex mix of academic, cultural, and regulatory challenges that require informed, proactive advising. This session shares best practices for supporting them through unique barriers such as strict enrollment rules tied to immigration, differences in classroom expectations, and evolving visa policies. Attendees will explore strategies to foster belonging, promote academic success, and advocate for international students as they pursue their education far from home.

8

Self-Care Movements for Work

C

Jesse Call-Feit

Graduate Student

D

E-RYT® 200

Idaho State University

Feeling stiff, tired, or burned out during the workday? This session offers easy self-care movements that can be done anywhere—sitting, standing, or walking. You'll leave with tools to add short movement breaks into your day, reduce physical tension, and enhance mental clarity. No special clothing or fitness background required—just bring yourself!

9

Deliver: An Appreciative Approach to Getting Things Done One Small Step at a Time

B

D

Shelly Kotynek

*Executive Director of University
& Exploratory Advising*

Utah State University

Explore the “Deliver” phase of Appreciative Advising by connecting values, readiness, and behavior change. This interactive session blends Brené Brown’s values work, Rogers’ innovation theory, and habit-building from Atomic Habits. Learn how to help students take small, intentional steps toward growth, with strategies you can also apply to your own development.

10

Supporting Neurodivergent Students

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Joules Emerson

Graduate Student

Julia Duran

Graduate Student

Idaho State University

This student-led session is an excellent opportunity to learn about best practices for guiding and advising neurodivergent students, such as those with ADHD, autism spectrum disorder, and learning disorders. We will briefly cover the common characteristics of these disorders and will spend the majority of the session on providing suggestions for language and communication with these students, as well as sharing possible resources that you can give to them.

11

Emotional Agility

C

E

Cherisse Brown

Title IX Investigator

Idaho State University

Emotional agility refers to our ability to understand and use our emotions as information rather than drivers of our behavior. Being emotionally agile means utilizing the space between an emotional stimulus and your response to align with your values and goals before interacting with others or making decisions.

12

Supporting Transfer Students

C

Noah Mendenhall

Transfer Coordinator

Sarah Mead

Associate Registrar

Christy Lantz

Director, University Programs Twin Falls

Idaho State University

Transfer students arrive with diverse backgrounds and needs that require targeted support. This session explores the academic, social, and emotional challenges transfer students face and how institutions can respond. Through discussion and case studies, attendees will gain actionable strategies to improve transitions, build community, and foster student belonging.

13

All Advising is First-Gen Advising

C

Reinalyn Echon
TRiO SSS Advisor

D

Aley Salas
Academic Advisor

Idaho State University

First-generation students often face hidden barriers in navigating college systems. This interactive session challenges the notion that only some students need targeted support. Learn to identify common first-gen challenges, share strategies, and explore partnerships that can support all students as they develop college knowledge, confidence, and a sense of belonging.

14

Best Practices & Current Trends in Advising Veteran & Military-Connected Students

D

E

Todd Johnson
Director
Veteran Student Services Center

Idaho State University

Veteran and military-connected students often face unique challenges that require specialized advising approaches. This session explores current best practices for providing holistic, flexible, and empathetic support to this population. Attendees will gain insight into how to build trust, support transitions, and empower these students in both their academic and personal lives.

15

Advising/Supporting Athletes and Their Mental Health

D

E

Braun Inslee
Mental Health and
Performance Therapist

Idaho State University

Student-athletes live under unique pressures—both academically and athletically. This session explores the mental health challenges they commonly face and how advisors can offer meaningful support. Learn how early identification and culturally aware strategies can improve athletes' well-being, enhance performance, and support their overall development beyond the world of sports.

16

Two Roads, One Goal: Guiding Students Through Parallel Academic Plans

E

Katy Hopkins
Academic Advisor

Idaho State University

Explore how parallel academic plans help nursing students prepare for multiple pathways in healthcare. This session highlights a student-centered advising initiative aimed at maintaining momentum even when students face competitive program barriers. Presenter will share implementation strategies, early takeaways, and ways to support persistence without derailing students' long-term career aspirations.