

## Spring 2025 Professional Development Schedule

The Office of University Advising is pleased to announce the Spring 2025 Training and Development Schedule! We are excited to have you attend these sessions as your schedule allows. Sign-ups are through UVU Bridge. To register, click on the session within the calendar. Remember, with continuing certification requirements, you will need one session from each competency. Also, if you take more within each competency those will still work towards your total AEU requirement. Please contact Rachel Terry with any questions ([RachelT@uvu.edu](mailto:RachelT@uvu.edu)).

### Training & Development Sessions

In-person sessions are held at 8:30am or 3:30pm in LC306

Virtual sessions are held at 12:00pm on Teams

- [Jan 29<sup>th</sup> and Feb 3<sup>rd</sup>:](#)  
Ins and Outs of Wolverine Track: A Template Training – John-David Sorensen
- [Feb 3<sup>rd</sup> and Feb 12<sup>th</sup>:](#)  
The Advisor's Role in Technical College Articulations – Miki Brent
- [Feb 13<sup>th</sup> and Feb 21<sup>st</sup>:](#)  
PathwayU Career Assessment Part Two: Analyzing Results – Gayla Cannon
- [Feb 18<sup>th</sup> and Feb 24<sup>th</sup>:](#)  
Transfer Credit Fine Print – Mallory Wilsted
- [Feb 24<sup>th</sup> and Feb 25<sup>th</sup>:](#)  
'The Power of Conversations: Using Motivational Interviewing to Propel Academic Recovery' – Ashley Holt and Gian Pierotti
- [Feb 5<sup>th</sup> and Feb 10<sup>th</sup>:](#)  
Counseling Communication Strategies – Megan Stanley
- [Feb 4<sup>th</sup> and Feb 12<sup>th</sup>:](#)  
"How Language Shapes the Way We Think" Ted Talk Discussion Group – Dominique Nelson and Hannah Azar
- [Feb 21<sup>st</sup> and Feb 25<sup>th</sup>:](#)  
Supporting International Students: Strategies for Positive Cultural Adjustment in Higher Education – Sherie Kwok and Joanah Judd
- [Feb 6<sup>th</sup> and Feb 11<sup>th</sup>:](#)  
"HIP to Advise: Elevating Student Success with High Impact Practices!" – Justin Duckwitz, Kirsten Mast & Rachel Messenger
- **Cultural Competency Workshops**  
Any of the [Cultural Competency Workshops](#) will fulfill this competency.

# Advisor Competencies

- Advisors care about their students as individuals with varying backgrounds and experiences and employ a variety of advising methods to meet individual student needs as they plan their academic, personal, and professional goals.
- Advisors effectively operate necessary technologies and use data and assessment to guide and inform their work.
- Advisors provide information to their students using a variety of communication methods and soft skills.
- Advisors model professional behavior.
- Advisors thoroughly understand program requirements, resources, and services available at UVU.
- Advisors are inclusive in nature and care about the individual needs and circumstances of every student.

## January & February 2025

To register, click on the session title

Monday	Tuesday	Wednesday	Thursday	Friday
January 27	January 28	January 29 12:00pm-1:00pm ● <a href="#">Ins and Outs of Wolverine Track: A Template Training</a> (Teams)	January 30	January 31
February 3 3:30pm-4:30pm ● <a href="#">Ins and Outs of Wolverine Track: A Template Training</a> (LC 306) 12:00pm-1:00pm ● <a href="#">The Advisor's Role in Technical College Articulations</a> (Teams)	February 4 8:30am-9:30am ● <a href="#">"How Language Shapes the Way We Think" Ted Talk Discussion Group</a> (LC 306)	February 5 8:30am-9:30am ● <a href="#">Counseling Communication Strategies</a> (LC 306)	February 6 3:30pm-4:30pm ● <a href="#">"HIP to Advise: Elevating Student Success with High Impact Practices!"</a> (LC 306)	February 7
February 10 12:00pm-1:00pm ● <a href="#">Counseling Communication Strategies</a> (Teams)	February 11 12:00pm-1:00pm ● <a href="#">"HIP to Advise: Elevating Student Success with High Impact Practices!"</a> (Teams)	February 12 8:30am-9:30am ● <a href="#">The Advisor's Role in Technical College Articulations</a> (LC 306) 12:00pm-1:00pm ● <a href="#">"How Language Shapes the Way We Think" Ted Talk Discussion Group</a> (Teams)	February 13 8:30am-9:30am ● <a href="#">PathwayU Career Assessment Part Two: Analyzing Results</a> (LC 306)	February 14
February 17	February 18 12:00pm-1:00pm ● <a href="#">Transfer Credit Fine Print</a> (Teams)	February 19	February 20	February 21 3:30pm-4:30pm ● <a href="#">Supporting International Students: Strategies for Positive Cultural</a> (LC 306) 12:00pm-1:00pm ● <a href="#">PathwayU Career Assessment Part Two: Analyzing Results</a> (Teams)
February 24 12:00pm-1:00pm ● <a href="#">'The Power of Conversations: Using Motivational Interviewing to Propel Academic Recovery'</a> (Teams) 8:30am-9:30am ● <a href="#">Transfer Credit Fine Print</a> (LC 306)	February 25 8:30am-9:30am ● <a href="#">'The Power of Conversations: Using Motivational Interviewing to Propel Academic Recovery'</a> (LC 306) 12:00pm-1:00pm ● <a href="#">Supporting International Students: Strategies for Positive Cultural Adjustment in Higher Education</a> (Teams)	February 26	February 27	February 28

# 2025 Spring Professional Development Session Abstracts by Competency

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● **Advisors thoroughly understand program requirements, and resources and services.** ●

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Feb 13<sup>th</sup> and Feb 21<sup>st</sup>:

**PathwayU Career Assessment Part Two: Analyzing Results** – Gayla Cannon

In our first PathwayU workshop, we learned how the Career & Internship Center uses this career assessment to help students better determine their major and career path. Based on the Holland Code, PathwayU evaluates an individual's Interests, Values, Personality, and Workplace Preferences. The assessment builds on this foundation by showing students how well they line up to 16 subject areas and nearly 1000 career matches.

In this workshop, we will be taking a deeper dive as we learn how UVU's career counselors use the results to help students. **Attendees are highly encouraged to take the assessment (for free) prior to attending the workshop and have their results available electronically (phone, laptop, iPad, etc.) during the class.** To take the assessment, please visit <https://www.uvu.edu/career-internship/faculty/pathwayu.html>. If you have difficulty taking the assessment, you may contact the presenter at [Gayla.Cannon@uvu.edu](mailto:Gayla.Cannon@uvu.edu)

Feb 18<sup>th</sup> and Feb 24<sup>th</sup>:

**Transfer Credit Fine Print** – Mallory Wilsted

We know that there is a lot of information when it comes to students transferring credit, and with that comes a lot of fine print. In this session, we'll go over some of those pesky transfer credit details and lessen some of that confusion. We'll be going over topics that have some of the most "fine print," including transferred degrees and GE waivers, military credit, tech colleges and their articulation agreements, the transfer articulation database, the new policy changes and more! Note: This session was also presented at the 2024 UVU Advising Conference.

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- **Advisors communicate the value of higher education and employ a variety of advising approaches and methods to impact the success of students.** ●
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[Feb 24<sup>th</sup> and Feb 25<sup>th</sup>:](#)

**'The Power of Conversations: Using Motivational Interviewing to Propel Academic Recovery'** –

Ashley Holt and Gian Pierotti

This workshop offers advisors a practical toolkit of Motivational Interviewing (MI) techniques designed to build rapport, empower students, and guide them in setting and achieving academic goals. These MI tools are particularly helpful for working with students on Academic Warning and Academic Notice, fostering their motivation and ownership over academic recovery. Through presentation, real-life scenarios, and interactive discussions, participants will learn and practice MI strategies that can be applied directly in advising sessions, improving outcomes and supporting students' paths to academic success.

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- **Advisors provide information to their students using a variety of communication and soft skills** ●
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[Feb 5<sup>th</sup> and Feb 10<sup>th</sup>:](#)

**Counseling Communication Strategies** – Megan Stanley

Have you ever been caught off guard by something a student has shared? Has a student talked about a mental health struggle they've faced, a traumatic experience they've had, or anything else that's typical outside of regular advisor protocol? While advisors are not mental health professionals, we are often the first person a student talks to when faced with a personal challenge. In these situations, it's important we make the student feel seen, heard, and safe. In this session, we'll dive into basic counseling skills that can help all advisors be effective listeners, show empathy, and help direct the conversation forward. We will discuss specific tools and phrases, show videos, and do some paired role playing to practice!

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● **Advisors model professional behavior** ●

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Feb 4<sup>th</sup> and Feb 12<sup>th</sup>:

**“How Language Shapes the Way We Think” Ted Talk Discussion Group –**

Dominique Nelson and Hannah Azar

Join us for a discussion group on the Ted Talk [“How Language Shapes the Way We Think.”](#) There are about 7,000 languages spoken around the world -- and they all have different sounds, vocabularies and structures. But do they shape the way we think? Cognitive scientist Lera Boroditsky shares examples of language -- from an Aboriginal community in Australia that uses cardinal directions instead of left and right to the multiple words for blue in Russian -- that suggest the answer is a resounding yes. "The beauty of linguistic diversity is that it reveals to us just how ingenious and how flexible the human mind is," Boroditsky says. "Human minds have invented not one cognitive universe, but 7,000."

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● **Advisors effectively operate necessary technologies, and use data and assessment to guide and inform their work.** ●

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Jan 29<sup>th</sup> and Feb 3<sup>rd</sup>:

**Ins and Outs of Wolverine Track: A Template Training –** John-David Sorensen

When you go into Wolverine Track and build a plan for a student and click ‘new plan’ --have you ever wondered what ‘select template’ is? This session will answer that question and more! We will go over how to build templates, maintain them, and why they are useful when you meet with a student. In addition, we will cover how it can benefit you as the advisor, the student, and the First-Year Advising Center. Register for this session to find out these and many other tips and tricks! Please come with a laptop as this will be a hands-on session. We also encourage you to ask questions while in this session.

Feb 3<sup>rd</sup> and Feb 12<sup>th</sup>:

**The Advisor’s Role in Technical College Articulations –** Miki Brent

This training will focus on the process of articulating tech college programs to UVV and the advisor’s role in that process. We’ll briefly discuss the differences between tech colleges and degree granting institutions and some of the challenges with articulating between the two institutions. I’ll be sharing resources and will leave ample time for questions and feedback.

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● **Advisors are inclusive in nature and care about the individual needs** ●  
**and circumstances of every student**

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[Feb 21<sup>st</sup> and Feb 25<sup>th</sup>:](#)

**Supporting International Students: Strategies for Positive Cultural Adjustment in Higher Education –**

Sherie Kwok and Joanah Judd

As the international student population in U.S. higher education continues to rise, it is crucial for university staff, instructors, and service professionals to understand the challenges these students face and the factors influencing their cultural adjustment. This session explores our research on cultural adjustment issues specific to international students and highlights current findings on what aids or hinders their adjustment. We will also delve into practical solutions that can be implemented at both the university and advising levels to support these students in overcoming challenges and achieving their academic and career goals. Attendees will gain a deeper understanding of the characteristics, needs, and experiences of this unique student population, along with knowledge of campus and community resources that contribute to student success.

[Feb 6<sup>th</sup> and Feb 11<sup>th</sup>:](#)

**“HIP to Advise: Elevating Student Success with High Impact Practices!” –**

Justin Duckwitz, Kirsten Mast & Rachel Messenger

This training course aims to equip advisors with knowledge about classes that incorporate High Impact Practices (HIPs) at UVU. We will explore data demonstrating the positive correlation between HIPs and increased student engagement and success. The session will delve into the reasons behind this correlation and provide a comprehensive overview of UVU courses that utilize HIPs. Advisors will collaborate to identify strategies for guiding more students towards these impactful courses and determine which classes best align with the majors they advise.

**Cultural Competency Workshops**

Any of the [Cultural Competency Workshops](#) will fulfill this competency.