



# Webinar Registration Form

## Avoiding Academic Advisor Burnout: How To Mitigate The Stress & Anxiety Precipitated By The Pandemic

Wednesday, February 17 ~ 1:00-2:30pm (Eastern)

Once the live date has passed, this training will be available on demand.

## Overview

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"The COVID-19 pandemic has likely brought many changes to how you live your life, and with it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, whether you'll lose your job, and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do. During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen." ~ Mayo Clinic

Academic advisors play a crucial role in most colleges and universities. They are the ones who are primarily responsible for keeping the students who attend the institution on track toward graduation, and, as we all know, retention is critical, especially during the pandemic (this is a lot of responsibility and causes a great deal of stress). If academic advisors do not practice self-care and maintain a healthy work/life balance, they can experience burnout. When this happens, the quality of their work can suffer, and everyone loses; the institution, the faculty and staff who work there, and, most importantly, the students. In this evidence-based webinar, we will discuss best practices related to identifying when academic advisors may be at risk of job burnout or other forms of fatigue. More importantly, we will discuss intervention strategies and techniques for keeping academic advisors at the top of their game – and responsive to their students' needs during this critical time.

### Objectives:

- Explore the impact COVID-19 has had on the delivery of effective academic advising services
- Consider how COVID-19 has increased the workload for many academic advisors
- Learn what burnout is and how academic advisors are particularly susceptible to its overwhelming effects
- Investigate how stress and anxiety can lead to a diminished performance by academic advisors
- Discuss the impact increased stress and anxiety can have on the health of academic advisors
- Examine evidence-based best practices for mitigating the stress and anxiety precipitated by the pandemic
- Discover how to use concrete strategies and techniques academic advisors can use to overcome the harmful effects stress has on their performance and health
- Critique examples from the proverbial real-world regarding effective as well as ineffective ways of dealing with the stress and anxiety academic advisors experience daily

## Who Should Attend?

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- Academic Advising & Retention
- Academic Affairs/Advising Faculty
- Orientation & Advising
- Admissions & Recruitment
- Enrollment Management
- Alumni Affairs/Placement Services
- Student Services/Affairs
- Information technology
- Registrar
- Student Financial Assistance
- Any educator interested in learning more about avoiding advisor burnout



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### Speaker(s)

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**Dr. Aaron W. Hughey / Professor in the Department of Counseling and Student Affairs**  
*Western Kentucky University*

"The detrimental effects of increased stress on the job performance and overall health of academic advisors should never be underestimated. These key players in the ongoing effort to keep students enrolled and on track to graduate have always experienced heightened anxiety; Covid 19 has only accentuated the situation. This webinar will equip these dedicated professionals with the weapons they need to successfully deal with the stress and anxiety they are currently experiencing – and better prepare them for the "new normal" that will inevitably emerge when we get more of a handle on the pandemic."

Dr. Aaron W. Hughey is a Professor in the Department of Counseling and Student Affairs at Western Kentucky University, where he oversees the graduate degree program in Student Affairs in Higher Education. Before joining the faculty in 1991, he spent 10 years in progressive administrative positions, including five years as the Associate Director of University Housing at WKU. He was also head of the department of Counseling and Student Affairs for five years before returning to the faculty full-time in 2008. Dr. Hughey has degrees from the University of Tennessee at Martin, the University of Tennessee at Knoxville, Western Kentucky University, and Northern Illinois University. He has authored (or co-authored) over 60 refereed publications on a wide range of issues including leadership and student development, standardized testing, diversity, legal issues (including compliance), technology, and educational administration. He regularly presents at national and international conferences and consults extensively with companies and schools. He also provides training and professional development programs on a variety of topics centered on student success; academic advising is one of his specialties.

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### Newsletter



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## Registration Information .....

Print Name		Job Title	
Institution/Organization			
Address			
City	State/Province	Zip/Postal Code	Country
Telephone	Fax	Email	
Innovative Educators Password (Choose a password for our records and future registrations)		Assistant's email (For registration confirmations & pre-conference communication)	
How did you hear about this event? (email, listserv, colleague, conference, other) _____			

## Payment Method .....

You can call us at 303.955.0415 or fax the completed form to 1.866.508.0860. If you would like to mail in the registration form and/or check, please send it to: Innovative Educators, 3277 Carbon Place, Boulder, CO 80301.

Paying by: (select one)    Credit Card    Check    Purchase Order (if applicable) P.O.#: \_\_\_\_\_  
 (If you select PO as your payment method, a PO number is required.)

### Credit Card



Name on card		Account Number	
Billing Address	Billing City	Billing State	Billing Zip/Postal Code
Exp. Date	Security Code (last 3 digits on the back of Visa and MC)		

## Packages & Pricing

### Select your webinar package:

\$425 - 1 webinar (Unlimited connections at your institution and recording for one year)  
 \$900 - 3 webinars (Save \$375)

\$1500 - 6 webinars (Save \$1050)  
 \$4995 - Purchase Go2Knowledge to receive unlimited access to webinars & recordings for one year (Best Deal!)



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## Login Directions .....

The login directions provide the following information:

- A link and a password for the event.
- A link to test webinar access. Please test your computer prior to the event.
- The date and time of the webinar. Please be sure to reference the time zone converter on the login directions to confirm your event time.
- Audio instructions: You can stream the audio over your computer speakers, but you may want to have a phone available for backup purposes.

You will receive the login directions twice via email. The process is as follows:

- 1 week prior to the live event: You will receive login instructions.
- 1-2 days prior to the event: You will receive a link to the presentation and any additional handouts. Copies can be made for attendees if desired.
- The day of the event: Participants can log in to the IE Webinar 30 minutes prior to the start time. Once logged in, participants can see the PowerPoint slides, ask questions, and make comments via the chat feature.
- Participants are encouraged to save and print the login directions to refer to on the day of the webinar.

You will receive the login directions twice via email. The process is as follows:

- If you registered for a **live webinar**, you will receive a separate email with the login instructions closer to the date.
- If you registered for an **on-demand webinar**, you will receive a separate email with the access instructions typically within 2 business days.
- If you did not receive a separate email with login/access details, **please check your junk/spam email or your promotions folder.**

## Recording Information .....

The Monday following the live event you will receive a link to the recording, it can be forwarded to all faculty and staff for viewing anytime, anywhere.

**Recording Benefits:**

- Share the presentation with other staff members
- Pause presentation for convenient viewing
- Review the presentation after the live event
- Train new hires throughout the year
- Show during an in-service training

## Technical Details .....

Innovative Educators uses Zoom as its web conferencing provider. If you have not previously attended a Zoom event, please click [here](#) to make sure your computer is compatible with Zoom. Be sure to [complete a test](#) prior to the live conference. See system requirements in the login email for more information.

## What equipment is required? .....

An Internet connection, computer speakers, and LCD projector are required if a large group is viewing the presentation. Participants can call in via phone if they are having trouble retrieving the audio over the computer. Please be sure to reserve a meeting room prior to the live event that can accommodate these requirements as well as your attendees. You should reserve the room 30 minutes prior to the webinar start time and allow at least 15-30 minutes after the webinar for discussion.

## Cancellation Policy .....

- 30 days prior: Full refund
- 14 days prior: \$100 processing fee
- Less than 14 days: Credit towards another IE event

## Satisfaction Guaranteed .....

We want you to be satisfied with your purchase. For questions, concerns, or problems, please email [support@ieinfo.org](mailto:support@ieinfo.org) or call 303.955.0415.