

STUDENT CENTERED • FACULTY DRIVEN

### Coffee, Tea, and GP: Sustaining Our Work and Ourselves

ASCCC Guided Pathways Taskforce



# **Upcoming Pathways Events**

#### Webinars:

- Staying on the Path: Guided Pathways and Scheduling for Student Completion: April 21, 2021 | 11:00 am 12:00 pm
- All Four Pillars: English, English as a Second Language, and Mathematics Placement, Access, Enrollment, Support, and Success: May 5, 2021 | 1:30 pm – 2:30 pm

Register Here: <u>https://asccc.org/guided-pathways</u>



#### Session Description

Pathways work is rewarding but can also be challenging, and this year has exaggerated and exacerbated those challenges in ways that wear on us all. Join us for a conversation about how we can renew ourselves and our resources in a time of strain.



## On "Self-Care"

- Set clear boundaries and learn to say no.
- Learn to accept your limits.
- Be mindful of how your own work habits may impact others (e.g. email).
- Deadlines and time to meet them are both important! Give yourself space and permission to take breaks.
- Consider priorities what is truly urgent, what can wait, and what can you let go?
- Build communities of support adopt habits of care.



#### Reflection

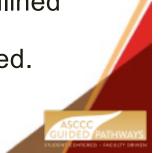
- Reflect on your own self-care.
- Is this an issue for you?
- Do you have a favorite self-care practice to share?



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## **Systems of Care**

- Burnout is systemic we need systemic solutions! Self-care alone is not enough.
- Make *systematic* space to celebrate accomplishments perhaps through standing agenda items or reports.
- Build space for breaks consider equity (family and other needs) in your meeting design.
- Build relationships, then delegate. Make sure both the work and the acknowledgement of success is shared.
- Review college planning, governance, and other structures. What is missing? Where is there overlap? How can work be streamlined and shared?
- Advocate for equity, and for resources where these are needed.



## **Guided Pathways**

- Use pathways as a clarifying tool.
- Focus on the college mission student success, equity goals
- Authentic care for students should extend to our colleagues and ourselves
- Make sure re-design includes re-allocation; sustainable work is changed, not necessarily increased.



## **Questions for Discussion**

- What resources exist at your college for faculty support? Do PT faculty have access? Do staff?
- How can pathways work be integrated into systems at your college so that it is both shared and sustained?
- What accomplishments can you celebrate this year? Share them with us!
- What can ASCCC do to support your work?



### Resources

- For questions: info@asccc.org
- Jeffrey Hernandez, East Los Angeles College:

#### hernanj@elac.edu

 Sarah Harris, College of the Sequoias:

#### sarahha@cos.edu

Erik Shearer, Napa Valley College

Erik.Shearer@napavalley.edu

 ASCCC Guided Pathways Resources:

#### https://asccc.org/guided-pathways

ASCCC Canvas Handbook for GP

https://ccconlineed.instructure.com/cou rses/2634

 ASCCC Request for GP Resource Team Campus Visits:

https://asccc.org/guided-pathwaysresource-teams

 ASCCC Faculty Resources for COVID-19

https://www.asccc.org/covid-19-facultyresources

