

[View this email in your browser](#)

ANNOUNCEMENTS

Staffing Updates

PCE Advising Update:

Ben Siebert has departed the PCE Advising team. PCE Advising is excited to welcome James Fricke-Waters! James joined the Padnos College of Engineering Advising Center in March of 2026. James earned his Bachelor's degree in Music from Oakland University in 2018 and his Master's degree in Higher Education & Student Affairs from Indiana University Bloomington in 2020. Previously, James has served as an academic advisor in GVSU's College of Liberal Arts & Sciences and in the College of Engineering at University of Illinois, Chicago.

SBC Advising

We're excited to announce the hiring of Maddie Quintanilla as a full-time member of our team!

Maddie previously served as a College Advisor through AmeriCorps at Perry High School and most recently worked in our office as a graduate assistant. She is also a proud MSU graduate.

UPCOMING EVENTS

- Happy Hour at Roasted on Tuesday, April 14th from 3-5pm, to celebrate the end of the school year. <https://roastedsportsbar.com/>
- May 5 & 6 training dates for NSOR (advisors need to attend one of the two dates)

We look forward to seeing you at one of our upcoming events!



HEALTH PROGRAM FAIR

March 28th & April 11th | 1 - 3 PM

Your health career starts here. Whether you want to meet faculty, chat with an advisor, or see our facilities in action, it begins when you register.



 **COLLEGE OF HEALTH PROFESSIONS**
GRAND VALLEY STATE UNIVERSITY

www.gvsu.edu/shp/
[@gvsu_chp](https://twitter.com/gvsu_chp)

Well-Being & Belonging Newsletter

April 2026

A Note from Our Committee

Registration season is upon us! Remember to take a moment for yourself. Prioritize what you need, set small boundaries where you can, & make space in your day for something that recharges you. Even a few intentional minutes can make a difference.

Check-In

Take a minute to reflect:

“What’s one thing I need this week?”

“What do I need most today—focus, rest, or connection?”

Feeling stuck?

Try to incorporate 1–2 actions from below:

Call a friend

Listen to music

Take a shower

Read

Take a nap

Eat a nutritious meal

Hydrate

A Moment to Reconnect (Earth Day – April 22)

Take a moment to reconnect with your environment. Notice natural light through a window, tend to a plant, or pause to observe your surroundings. Small moments of connection to nature can help reduce stress and restore focus.

Upcoming Events!

- 4/9: Laker Outlet Pop-Up Shops
- 4/14: Happy Hour at Roasted (3pm–5pm)
- 4/20–4/24: ExtravaGRANDza



Student Scholars Day

A SHOWCASE OF STUDENT RESEARCH AND CREATIVITY

April 8, 2026

KEYNOTE SPEAKER: KEIVAN G. STASSUN, PH.D.
APRIL 7

STUDENT PRESENTATIONS
APRIL 8

EXHIBITIONS OF ART
ARTIST RECEPTION: APRIL 9



**GRAND VALLEY
STATE UNIVERSITY**
OFFICE OF UNDERGRADUATE
RESEARCH AND SCHOLARSHIP

COMMITTEE UPDATES

Training and Development

Thank you to everyone who joined the LAAN Training and Development Committee and Jayne Fraley-Burgett, the Director of Student Accessibility Resources (SAR), for an

informative professional development opportunity! Past session can be found here-
<https://www.gvsu.edu/laan/professional-development-14.htm>

Orientation Committee

The NSOR Committee is continuing to design advisor training for May 5th and May 6th. Advisors participating in NSOR will be required to attend one of the dates. Advisors who are new to GVSU and have not participated in NSOR will be invited to an additional virtual training in late April. More details on that training to come!

TSOR committee, we met with an Admissions representative to talk through any potential TSOR challenges and changes that will need to be taken into consideration when Workday Student starts.

Tech Committee

Tech Tip of the Month:

The Technology Committee is working through updating the entire LAAN website into CMS5.

Tech Tip:

GRCC's Summer classes are now viewable on their website and registration opened for the classes on February 16th! Please use the link below to view the GRCC courses and feel free to send it to students!

https://courses.grcc.edu/psc/crs/SELFSERVE/SA/c/SSR_STUDENT_FL.SSR_CLSRC_H_MAIN_FL.GBL?Page=SSR_CLSRCH_MAIN_FL?&

Well-Being and Belonging

There will be a Happy Hour at Roasted on Tuesday, April 14th from 3-5pm, to celebrate the end of the school year. <https://roastedsportsbar.com/>

LAKER ACADEMIC ADVISING NETWORK

The Laker Academic Advising Network (LAAN) serves as a catalyst for promoting a culture of supportive and resourceful academic advising that engages the GVSU academic advising community, builds collaborative relationships across advising centers, and promotes evidence-based practices that enhance and streamline GVSU's dynamic academic advising services.

[LAAN Website](#)

1 Campus Drive

Allendale, MI 49401

[Unsubscribe from future emails](#)