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# UPCOMING EVENTS

- Mentor/Mentee Event is on February 10th from 3-5pm in the University Club in DEV.
- Thank you for everyone who came to the February 2nd training

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

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# ANNOUNCEMENTS

GRAND VALLEY STATE UNIVERSITY



## DISABILITY STUDIES MINOR

### Overview

The Disability Studies minor offers students an interdisciplinary perspective on disability within society, while challenging traditional medical and societal viewpoints. Upon completion of the minor, students will be equipped with knowledge and skills to assess and promote more inclusive, accessible, and equitable standards for the communities they serve. This minor is ideal for students going into healthcare, education, public health or policy, psychology, and social work.

### Coursework

- **Required Course: 9 credits**
  - RTX 200
  - HPE 302 or RTX 304
  - RTX 420
- **Elective Courses: 12 Credits. Students select course combinations from the following list:**
  - AHS 352, ANT 335, ART 231, ASL 201, ASL 421, CSD 100, EDS 317, FIT 180, MOV 345, HST 370, PSY 303, PSY 304, PSY 326, PSY 366, RTX 313, RTX 315, RTX 316, RTX 317, SOC 286, SW 322, SW 355
- Customize this minor to **streamline major, minor, and general education requirements** while creating potentials for the **Undergraduate Health & Humanities certificate!**



### Connect with us!

Let's Explore Your  
Disability Studies Minor  
Options Together!

Please contact Dawn DeVries at  
[devridaw@gvsu.edu](mailto:devridaw@gvsu.edu) with questions  
about the minor

 <https://www.gvsu.edu/catalog/program/disability-studies-minor.htm>

# FEBRUARY NEWSLETTER

FEBRUARY IS OFTEN ASSOCIATED WITH LOVE, BUT NOT ALL LOVE IS ROMANTIC. THIS MONTH, WE'RE FOCUSING ON SELF-LOVE AS CARE, BOUNDARIES, REST, AND CONNECTION, ESPECIALLY IN THE HEART OF WINTER! YOU SHOW UP FOR STUDENTS EVERY DAY. THIS IS YOUR REMINDER THAT YOU DESERVE CARE TOO!



## Connection & Belonging

Self-love also means not doing this work alone.

Ways to Connect:

- Invite a coworker to coffee or a walk
  - Attend one campus event just for fun
- Some GVSU events this month include:
- 2/6 @4:30pm February TGIF at Long Road Distillers (must RSVP)
  - 2/13 6-8PM CAB Valentine's Party & Hypnotist featuring David Hall

## Burnout & Boundaries

Advising is meaningful and emotionally demanding. Boundaries are an act of self-respect.

- No emails after a set time
- Blocking time between appointments
- Eating lunch away from your desk

Check-In:

Feeling exhausted, disconnected, or more cynical than usual? Consider reaching out to a supervisor, trusted colleague, or wellbeing resources.

## Mental & Emotional Wellbeing

2-Minute Reset (Between Appointments):

- Take 5 slow breaths
- Drop your shoulders & unclench your jaw
- Step away from your screen

Self-Compassion Prompt:

- If I spoke to myself the way I speak to students, what would change?

Permission Slips:

- Take a real lunch break
- Ask for help or backup
- Log off when the workday ends

## Physical Wellbeing (Low-Pressure)

Movement That Counts:

- Standing during emails
- Stretching between appointments
- Taking the long route to the printer

Winter Care Reminders:

- Stay hydrated
- Get natural light when possible ☀️
- Moisturize hands (campus air is no joke)

# 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



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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! This session covered best practices for accessibility, types of accommodations for students, assisting students with advocating for their accommodations

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## Orientation Committee

The NSOR Committee has been spending this semester reviewing the 2025 NSOR Advisor Survey Data. We plan to meet in the Winter to plan advisor training for NSOR 2026!!

For the TSOR side of our Orientation committee, we are discussing ideas for future projects. One idea that we are excited to begin exploring is how the TSOR process could potentially change or be updated when we begin using Workday. Some of our committee members have also shadowed TSORs from other offices to learn from each other and ensure we are using best practices to help our Transfer Students!

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## Tech Committee

Tech Tip of the Month:

Here is a sharable link with a detailed video about how to create a Plan Ahead for students-

[Plan Ahead Instructions- Click here!](#)

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## Well-Being and Belonging

The Winter Semester's Mentor/Mentee Event is on February 10th from 3-5pm in the University Club in DEV. We will be collecting donations for Replenish's City Campus location.

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# 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

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