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: [https://asccc.org/guided-pathways](https://asccc.org/guided-pathways)
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?
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/courses/2634
• ASCCC Request for GP Resource Team Campus Visits:
  https://asccc.org/guided-pathways-resource-teams
• ASCCC Faculty Resources for COVID-19
  https://www.asccc.org/covid-19-faculty-resources