

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>

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?

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>