

Welcome, all!

Week 2

Today, you will...

- Go over importance & purpose of today
- Reflect/check-in on wellbeing
- Identify any ties between responsibilities and wellbeing
- Practice identifying equitable needs through a case study
- Set individual goals
- Reflect on today's learning

Today's class prepares you to...

- Understand that becoming a great LA means operating from an equity and wellbeing approach
- Set concrete & worthy goals that help move you from a good to a great LA

***Intros again :)**

Importance & Purpose of Today...



- In order to be great in this role, you will need the awareness of your personal and students' well-being from an equitable approach that we will discuss today
 - You are an LA for a reason
 - We trust your judgement
- Being a peer mentor is a big role! How can we show up for ourselves so that we can show up for others?...
 - Self-leadership
 - Engaging in your own potential and wellbeing so that you have the availability, energy, and desire to be a great LA and mentor

Talent x Investment = Strength

(A natural way of thinking, feeling or behavior)

x

(Time spent practicing, developing your skills and building your knowledge base)

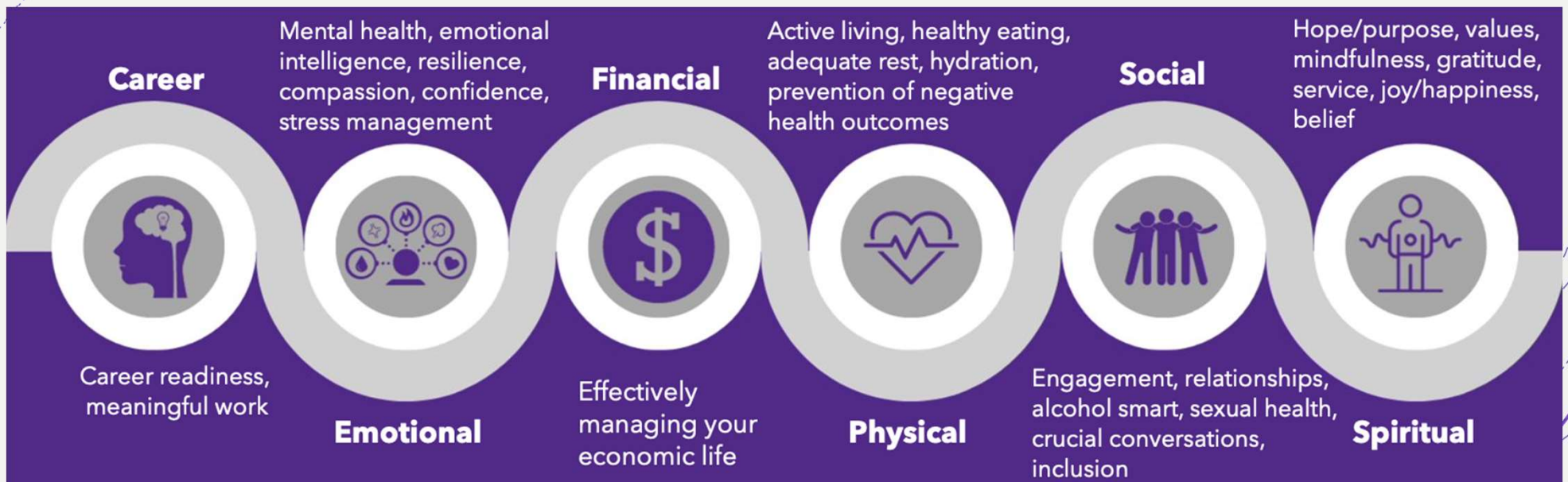
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(The ability to consistently provide near-perfect performance)



K-State's Six Pillars of Wellbeing

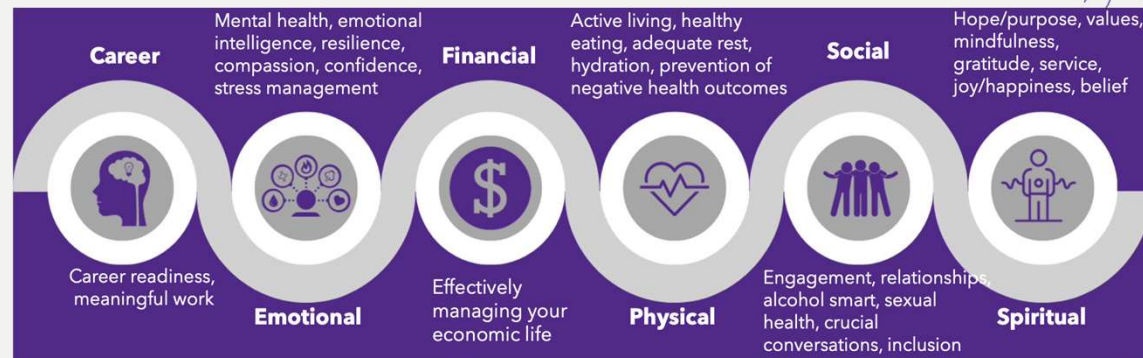
How is wellbeing defined at K-State?





Check-in & Reflection

- What ways might incoming college students struggle with their six pillars?
- How does understanding wellbeing allow you to reach your students equitably?
- How has where you're at in your pillars changed since your first year of college? How were you supported?
- Share as little or as much as you want!



Wellbeing & Responsibilities

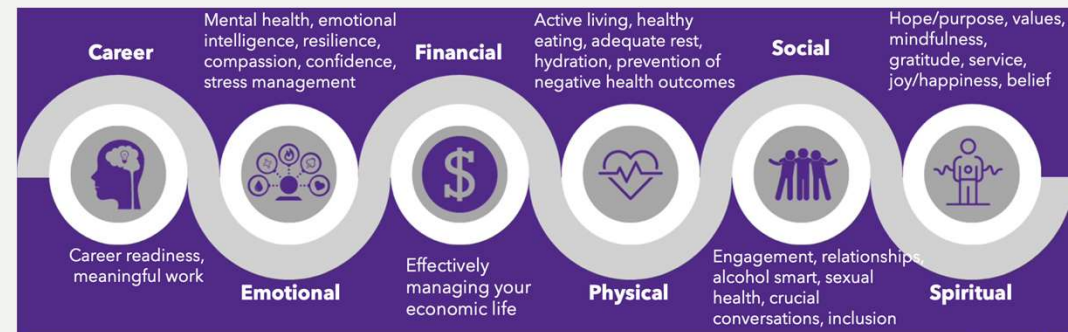


- What are some examples of...
 - Rocks
 - Pebbles
 - Sand
- How are your responsibilities and wellbeing intertwined?
 - How does it allow you to show up?

Let's practice... Case Study

As your fall course begins, you have not had any issues with attendance. At week 3, one of your students, who works at a local coffee shop as well as Hale Library begins to have quite a few absences. This student is often late turning in homework or if 'completed' it does not reach expectation. The student comes to you expressing how stressed they are with their grades.

- What pillar(s) of well-being could your student be struggling in?
 - Identify the need (pillar), rather than jumping to the support (campus resource).
- What unique challenges might someone face who has differing identities than you?



Individual and Cluster Goals

- What we learned into action...
- Create an individual semester goal to grow within the idea of self-directed leadership, equitability, and or wellbeing.
- Once you have set your goal, check in with your cluster. How will you keep one another accountable to their individual goals? Option to exchange contact information [HERE](#) (include those in your cluster who are not present)
 - Example goals:
 - Spend time informing self on the six pillars of wellbeing
 - Invest time in a pillar you are struggling with
 - Create a future routine of checking in on your students' wellbeing & meeting them where they are at
 - Weekly wellbeing check in with your cluster
- What is worthy of your time? How can this goal be beneficial to your growth from good to great?

Reflect on today's learning

Instructions

- Navigate to Canvas and open the Week 2 Reflection.
- Today's reflection tasks are:
 - Explain your individual goal, how it will be implemented, and how it will be maintained with/without your cluster support.
 - If needed, provide us with an update on if your K-State First course fits into your Fall 2024 schedule
- Submit your K-State First course preview video by **March 29 at 5:00 pm.**

See you all next week!