



The Advisor Advocate

Streamline Work with *IUP Advise*

Advising for Fall 2021 registration is just around the corner. Now is a great time to utilize [IUP Advise](#) as part of your advising [best practices](#). As a one-stop-shop, IUP Advise allows users to quickly review relevant information in one place and streamline advisee communications:



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|-------------------------|--|
| → Banner ID | → Review Student Advising Profile notes |
| → Midterm Grades | → Individual/bulk email advisee communications |
| → Transcript | → Record public and private notes |
| → Alternate Pin | → Raise/monitor student alerts |
| → Current Success Score | |

IUP Academic Advising Website

Check out the updated website!

- archived Advisor Advocate Bulletins
- quick links to campus and advising resources
- advising best practices
- IUP Advise training materials



Mentally Preparing for the Second Half of the Semester

Without a traditional spring break week it's especially important to allow yourself time to relax and catch your breath. Days off often mean catching up on work, but they should also include activities that provide rest, relaxation, and rejuvenation. Schedule times to do fun activities: watch TV, cook, read for *fun*, indulge in a hobby, or spend time outside. All great ways to de-stress. Zoom game nights, watch parties, and chatting with friends can help reduce some of the social isolation we are feeling. (Check out this [NPR story](#) about the importance for men to maintain close friendships.) **Faculty** keep that in mind that students also need a mental break and time to catch up on work.

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