



The Road Ahead

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Director Student Success
Initiatives

JOURNEY



*Let's reflect and prepare
our hearts for spring!*

FALL 2020



*In a word, how would you
describe your work this fall?*



*Fall 2020 New2BU
Student Experiences*

I belong at Baylor (strongly agree & agree).

78.3%/82% (Fall 2019) All new students

70.2% On-line only

I know how my costs for next semester will be covered (strongly agree & agree).

67.2%/69% (Fall 2019) All new students

59.6% On-line only

I think about going home much of the time.

18.9%/23% (Fall 2019) All new students

I would recommend Baylor as a great place to go to college.

89.1%/90% (Fall 2019) All new students

My current level of stress is impacting my ability to be successful as a student.

28.4%/30% (Fall 2019) All new students

SPRING 2021



*In a word, what are your hopes for our
students this spring semester?*



Retention & Spring 2021 Initiatives



Retention as of 1/10/2021	Fall 2019	Fall 2020
All undergrads	96.2%	95%
Freshman	96.6%	95.1%
Transfer	90.4%	89.4%

- Online-only student care
- Spring 2021 start students
- Expanded services for low-income students
- Fall 2020 cohort-high & moderate risk follow up

LET'S FOCUS ON YOU!

Work we love=not *really* working...leads to purpose-driven burnout.

Why?

Gallup Survey 7500 full-time employees.

- 23% reported feeling burned out at work very often or always.
- 63% said they experience burnout sometimes.



Moss, J. (2019). When Passion Leads to Burnout. Harvard Business Review.





Rebecca Anne

I am coming to learn self-care is the breaks I take for a walk, eating lunch away from my desk, a few deep breaths before a challenging conversation or meeting. These are just as strong resources as my exercise, meditation, and yoga habits. And are more "just when you need it" too.

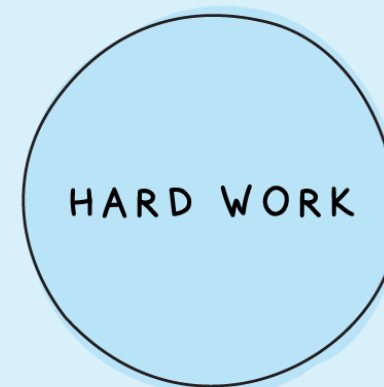
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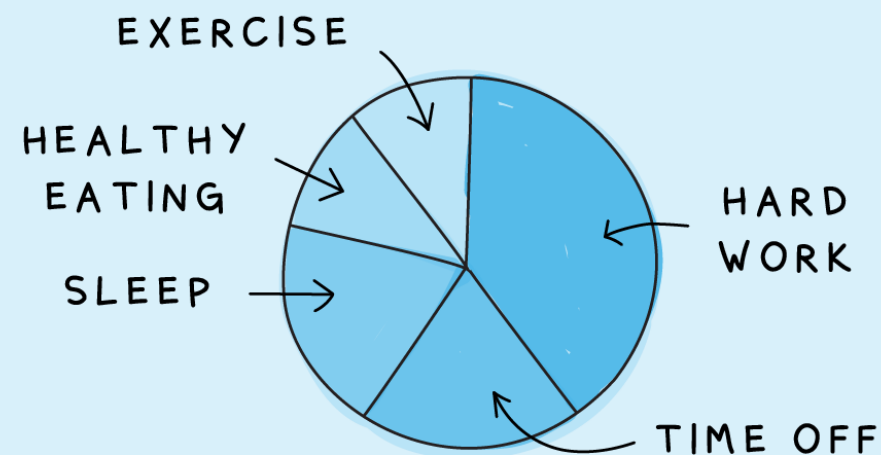
Self Care for me means....



WHAT I THOUGHT WOULD
MAKE ME PRODUCTIVE



WHAT ACTUALLY DOES



“

It takes
courage to
say yes to
rest and play
in a culture
where
exhaustion
is seen as a
status symbol

**BRENÉ
BROWN**

ENNEAGRAM SELF-CARE TIPS

TYPE ONE

- Create time limits for how long you can work on a project.
- Get really into doing rough drafts
- Pick up a new hobby or take yourself on a spontaneous adventure.
- Deal with that thing that is stressing you out so that you can be fully present.
- Practice brain dumps of all of the things taking up space in your thoughts.
- Read Present over Perfect.
- Call up your fav. 7 and do something a little reckless with them.
- Grow your inner cheerleader to counter-act your inner critic. Tell yourself what you did well each day.

brave one
there will be a day
when you look
back and you will
be so proud
of all the little steps
you took day after day
because eventually
those steps turned into miles
and you will have
accomplished marvelous things.

original words by rachel marie martin
findingjoy.net
the brave art of motherhood



**Care for yourself
so you can care for
others.**

SPRING 2021



*What is one thing that you could do
this week for self-care?*