

UCAA Session: Trauma-Informed Advising

Thursday, February 16th, 2023

10:30am-12:00pm

Campus Center West - Board Room

Uptown Campus

Please join us for this upcoming UCAA (UAlbany Community of Academic Advisors) Session where the discussion will focus on trauma informed advising. The session will be facilitated by Christina Hess, Staff Social Worker, Mobile Crisis Team, Albany County Department of Mental Health. During her time as an undergraduate student at UAlbany, Christina also served as a Peer Advisor in our Academic Support Center and worked closely with many of the advisors in supporting students and their success.

This session will cover topic areas such as where trauma can stem from, what does trauma look like, and who can experience trauma. Through this facilitated discussion, we will begin to understand the complexities of trauma and how we can help someone with existing trauma or going through a traumatic event. Additionally, the information presented in this session will help inform some of our advising practices in working with students who are experiencing or have experienced trauma.

We hope you can join us for this informational and discussion-based session.

Best,

UCAA Steering Committee