



CREATIVITY, ART, & INNOVATION: LESSONS FOR ADVISING

#SAPROART COLORING BOOK (VOLUME 1)

<p><u>NACADA 2018 Conference</u> John Sauter, Ph.D. Ryan Scheckel, MA Soyla Santos, MFA, CAPP Sarah Maddox, Ph.D.</p>	<p><u>WNY Advising 2019 Conference</u> John Sauter, Ph.D. Chelsea O'Brien Janeen Wilder Evan Pierce</p>
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& Additional Contributors

Share your coloring pages & creative endeavors with the
#SAProArt hashtag

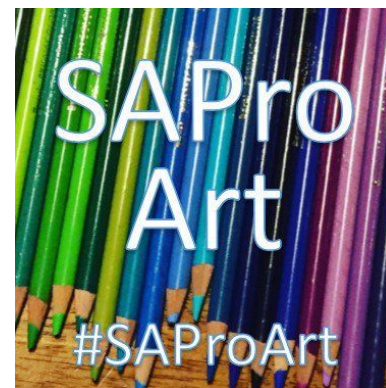
Slides -

NACADA 18 Slides - <http://bit.ly/saproart18>

WNY Advising 19 Slides - <http://bit.ly/saproart19WNY>

Coloring Book - <http://bit.ly/saproartcoloringbook1>

The SAPRO Art group was formed for student affairs professionals, faculty, & other higher education professionals who want to connect over a shared love of creating or appreciating art in many forms. Whether creating art is something you do at work or at home, something you share with your students, or something that you use for stress relief or mindfulness let us know how the artistic process helps you. Feel free to use the #saproart hashtag for your art. Everyone has different skills, abilities, & interests so don't feel that your art is not professional enough to post here.



- **SAPro Art Facebook Group**
<https://www.facebook.com/groups/SAProArt/>
- **#SAProArt Hashtag (Twitter)**
<https://twitter.com/search?f=tweets&vertical=default&q=%23saproart&src=typd>
- **SAPro Art Website**
<http://saproart.weebly.com/>

Creativity in Advising <ul style="list-style-type: none"> • What does it mean to be creative in the workplace? • Modeling Creativity & Engaging Students • How does creativity enhance our practices? 	Advisors may explore the benefits of creativity in the workplace as well as how modeling, supporting and exploring students' creativity can help them to better engage and understand their students.
Art, Self Care & Advising <ul style="list-style-type: none"> • Tools for Self-Care & Mindfulness • Visual Concepts & Connections • Art Appreciation 	Advisors can employ artistic mindfulness, or being in the moment, to enhance their focus and engage critically with their practices. In "Teaching mindfulness for the self-care and well-being of student affairs professionals", Burke, Dye & Hughey (2016) noted that mindfulness can foster better self-care, improved service outcomes for students, and affect change in various aspects of student affairs professionals' lives.
Innovation <ul style="list-style-type: none"> • Rethink how to get things done? • What are the resources at hand? • Support creative innovation! 	Innovation is the application of creativity to professional practice in ways that think outside of the box, and rethink the professional paradigms that may limit our potential to enhance the student experience.

Follow the #SAProArt & #AcAdv hashtags for inspiration, community, & prof. development.



Source: John P. Sauter

NACADA '18 Panelists:

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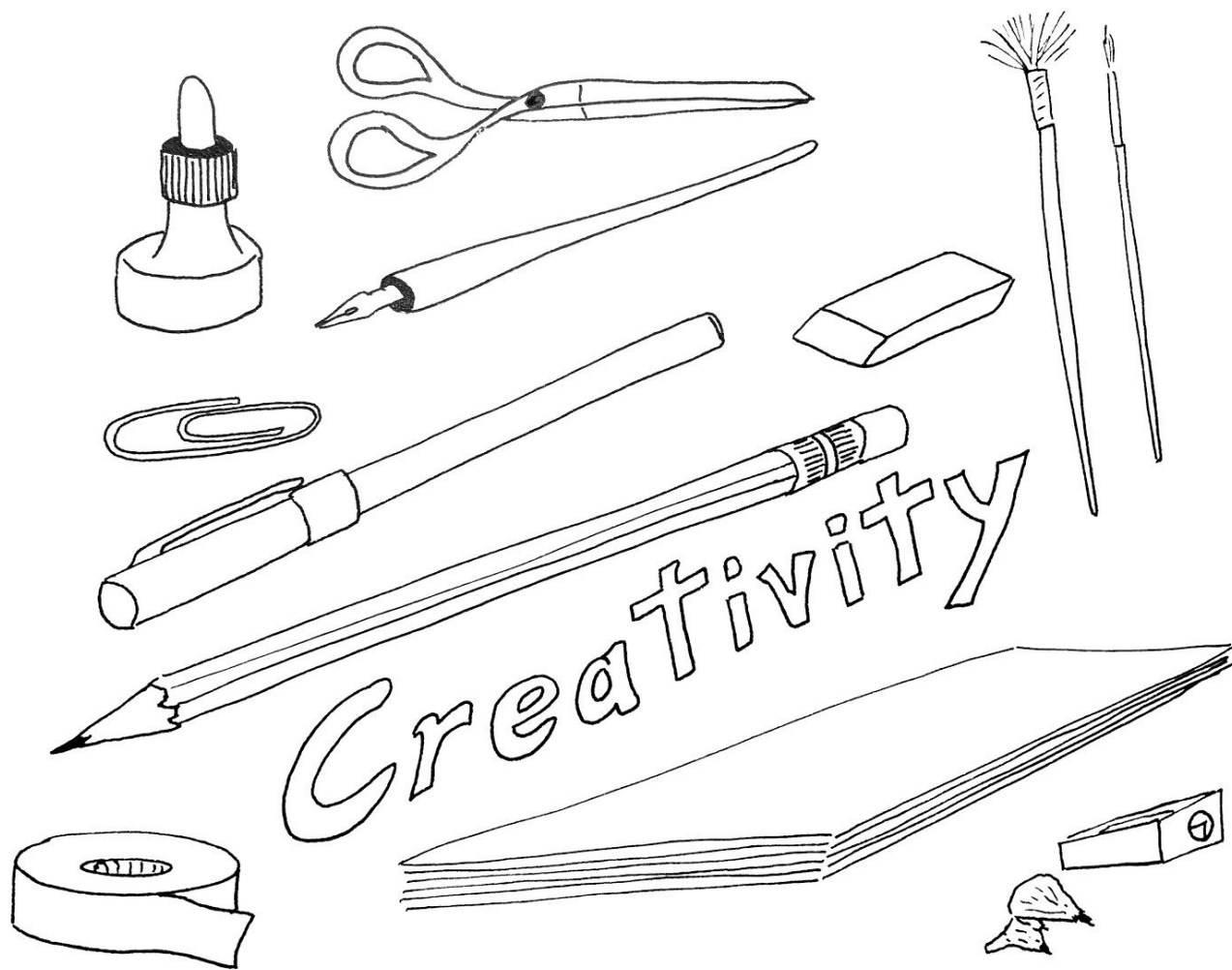
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What is your source of creativity or artistic appreciation? Creativity, Art, & Innovation take many forms, whether it be doodling, painting, drawing, photography, digital art, crafts, pen & ink, knitting, jewelry, paper snowflakes, bulletin boards, mind mapping, or calligraphy

Source: John P. Sauter

SCRIBBLE SOME IDEAS BELOW



Yarn & Knitting Needles
Source: Chelsea O'Brien



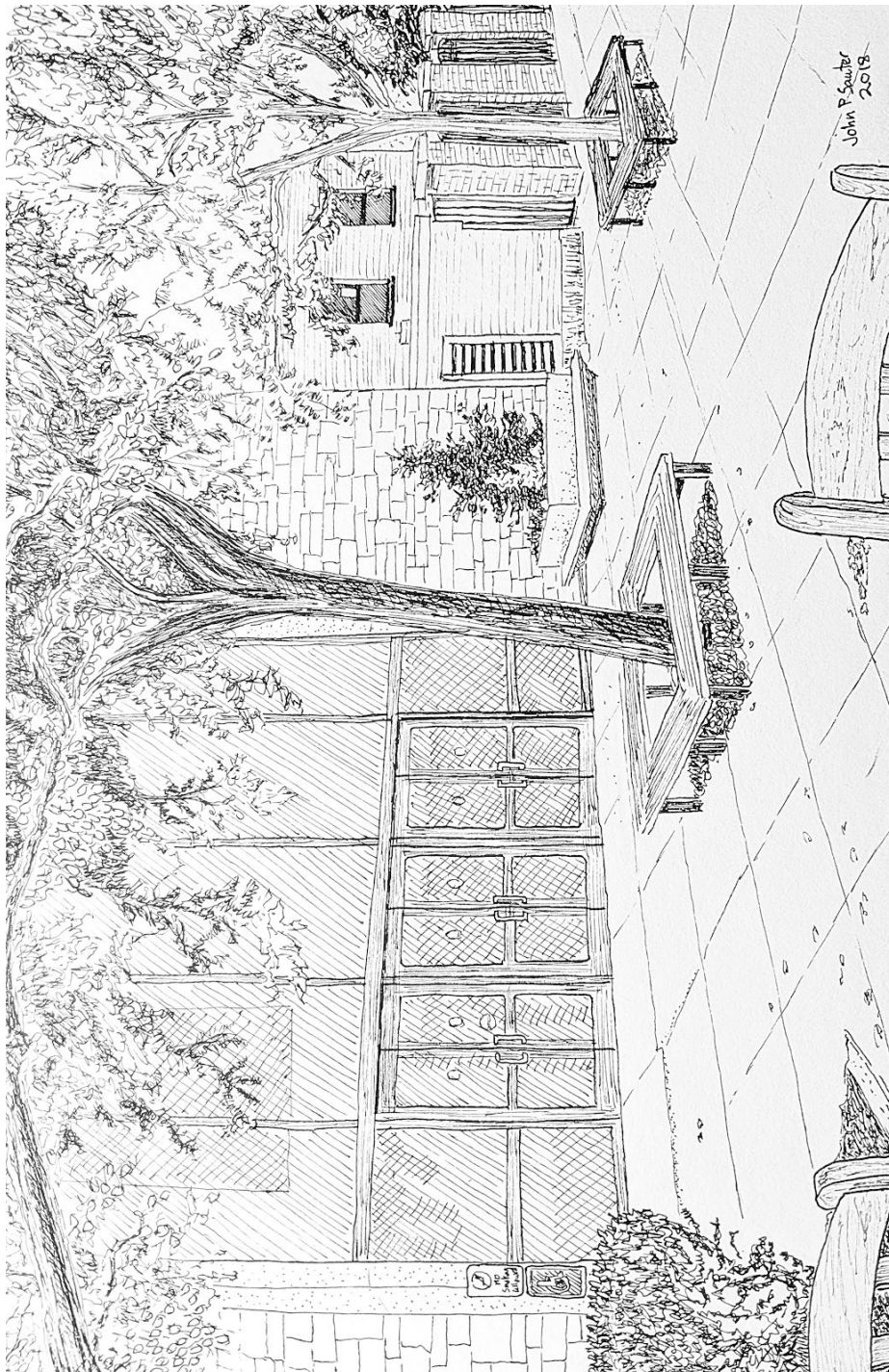
Zentangle Inspired Art (Meditative Patterns)

Source: John P. Sauter

Creativity, Art, & Innovation: Lessons for Advising - #SAProArt Coloring Book

Sauter, J.; Scheckel, R.; Santos, S.; Maddox, S., Oct. 1, 2018, NACADA Annual Conference, Phoenix, AZ.

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Sketch your campus: Urban sketching on location creates a shared story of the world.

Gallagher Center Entrance, Niagara University - Source: John P. Sauter

"Urban sketching is purely for fun--a chance to step away... and just draw for the sheer joy of it, without deadlines or objectives. It has the power to turn a moment of boredom into a creative pastime. In a sense, urban sketching can be more about the experience than the result" (Campanario, 2012, 18)

acadvchat.wordpress.com



Source: Laura Pasquini



**Ready to become
socks at NACADA!**

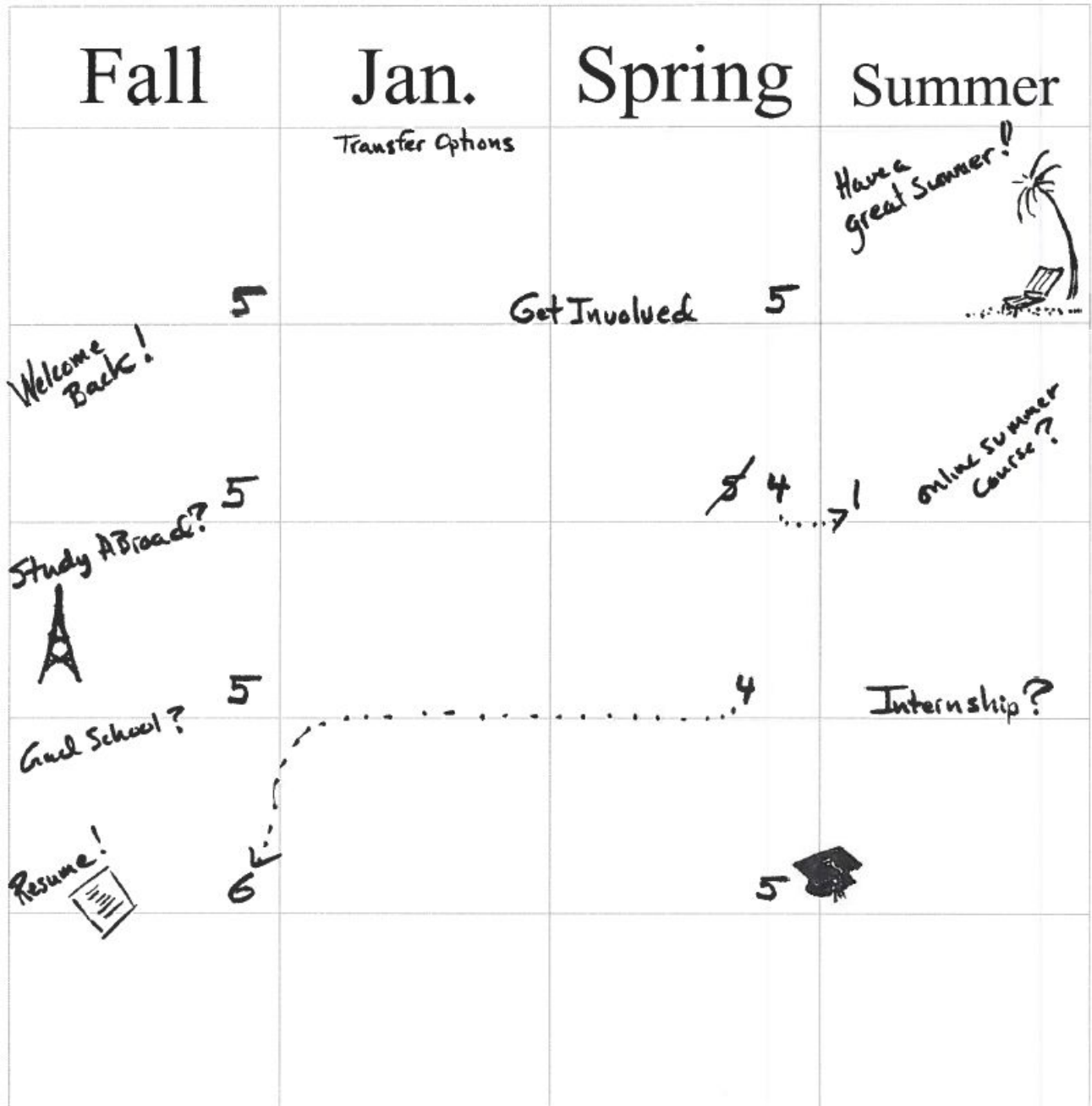
Knitting can be used as a source of focus
Source: Sarah Maddox

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VISUAL ADVISEMENT



How do you visualize a student's progress toward graduation? Visually represented progress can help students better understand abstract advising concepts and policies.

Source: John P. Sauter



Inspiration can come from many sources. What inspires you?

Honey Bee at the Cincinnati Zoo

Source: John P. Sauter

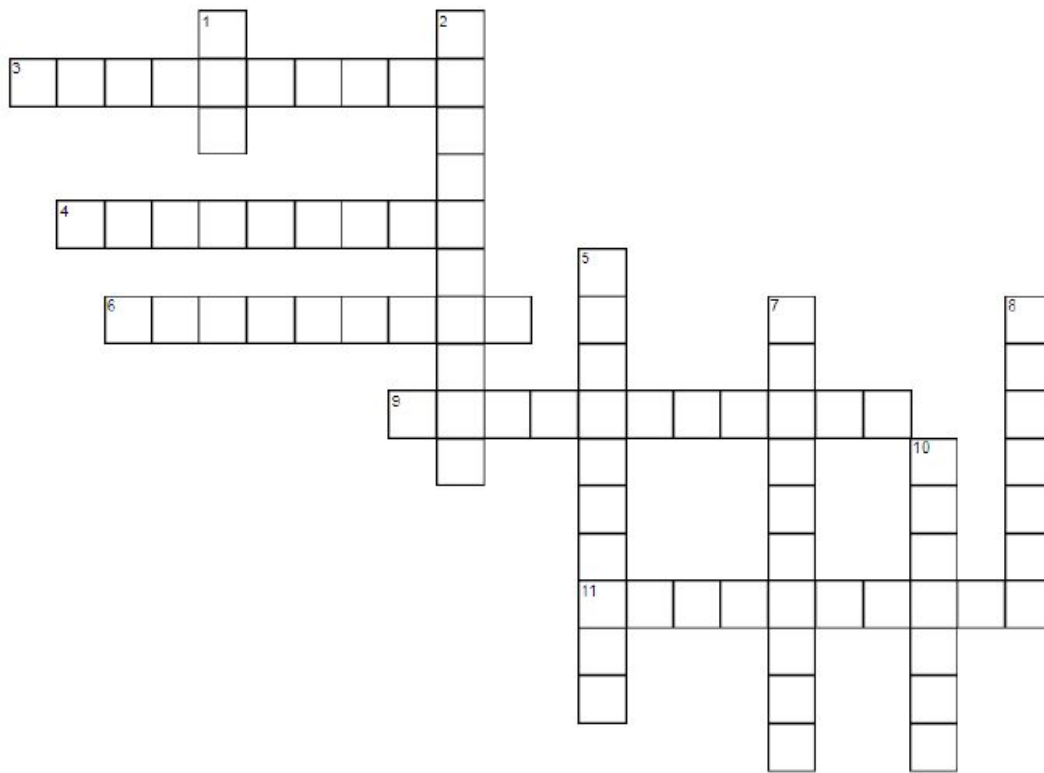
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Creativity, Art & Innovation: Lessons in Advising

Crossword Puzzle



ACROSS

- 3 - The knowledge or mastery of an event or subject gained through involvement in or exposure to it.
- 4 - The quality of being thankful.
- 6 - A state of well-being that encompasses living a good life—that is, with a sense of meaning and deep satisfaction.
- 9 - The psychological process of bringing one's attention to experiences occurring in the present moment.
- 11 - The application of creativity to professional practice in ways that think outside of the box.

DOWN

- 1 - A diverse range of human activities in creating visual, auditory or performing artifacts, expressing the author's imaginative, conceptual idea, or technical skill, intended to be appreciated for their beauty or emotional power.
- 2 - Providing direction, implementing plans, and motivating people.
- 5 - A paid occupation, especially one that involves prolonged training and a formal qualification.
- 7 - The use of the imagination or original ideas and adapting.
- 8 - Any conscious experience characterized by intense mental activity and a certain degree of pleasure or displeasure.
- 10 - Offers suggestions about the best course of action to students.

Source: Soyla Santos (Answer Key on Last Page)



Source: Chelsea O'Brien

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Creativity & art can engage with community needs, social justice & multicultural Issues.

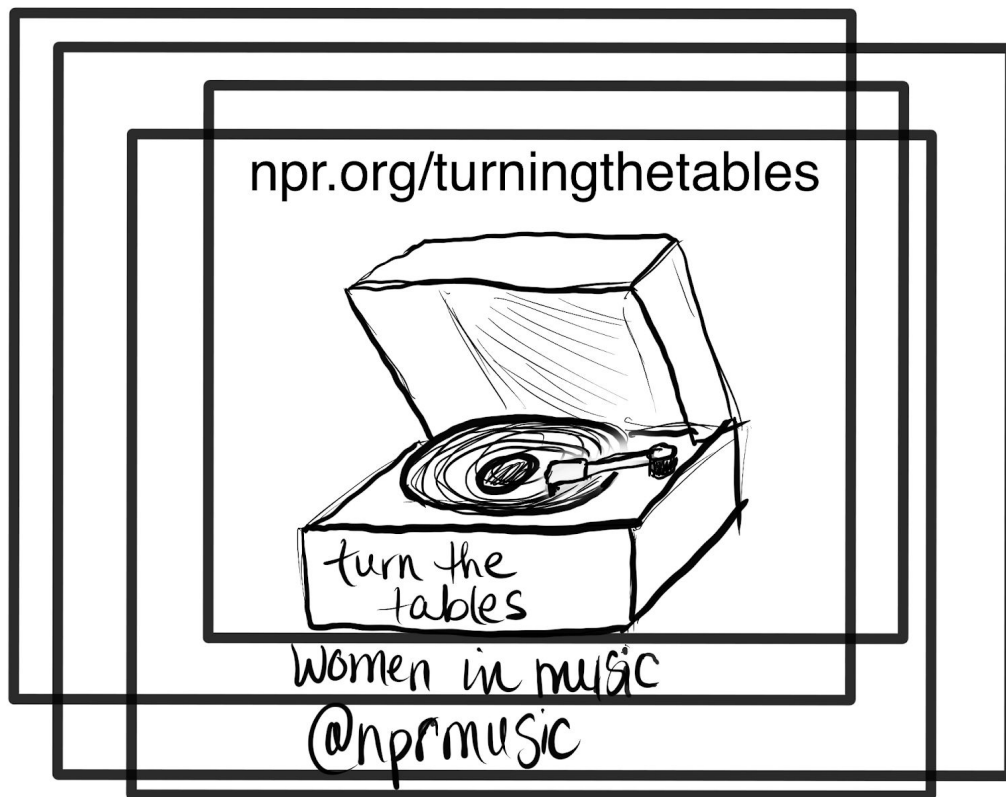
Niagara Falls Underground Railroad Heritage Center

Source: John P. Sauter

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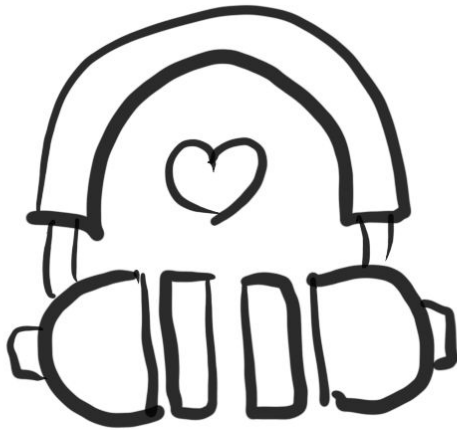
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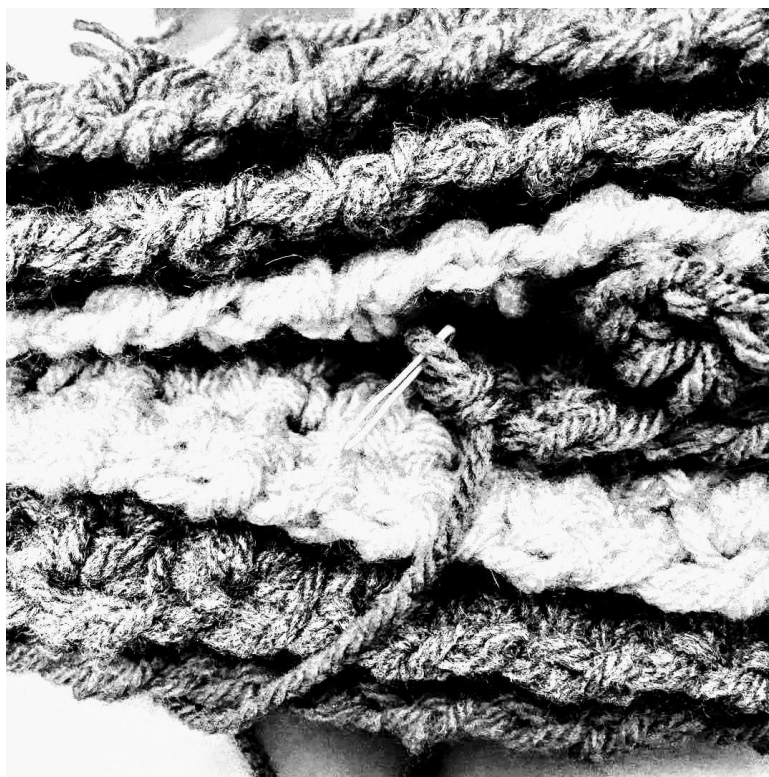


Source: Laura Pasquini

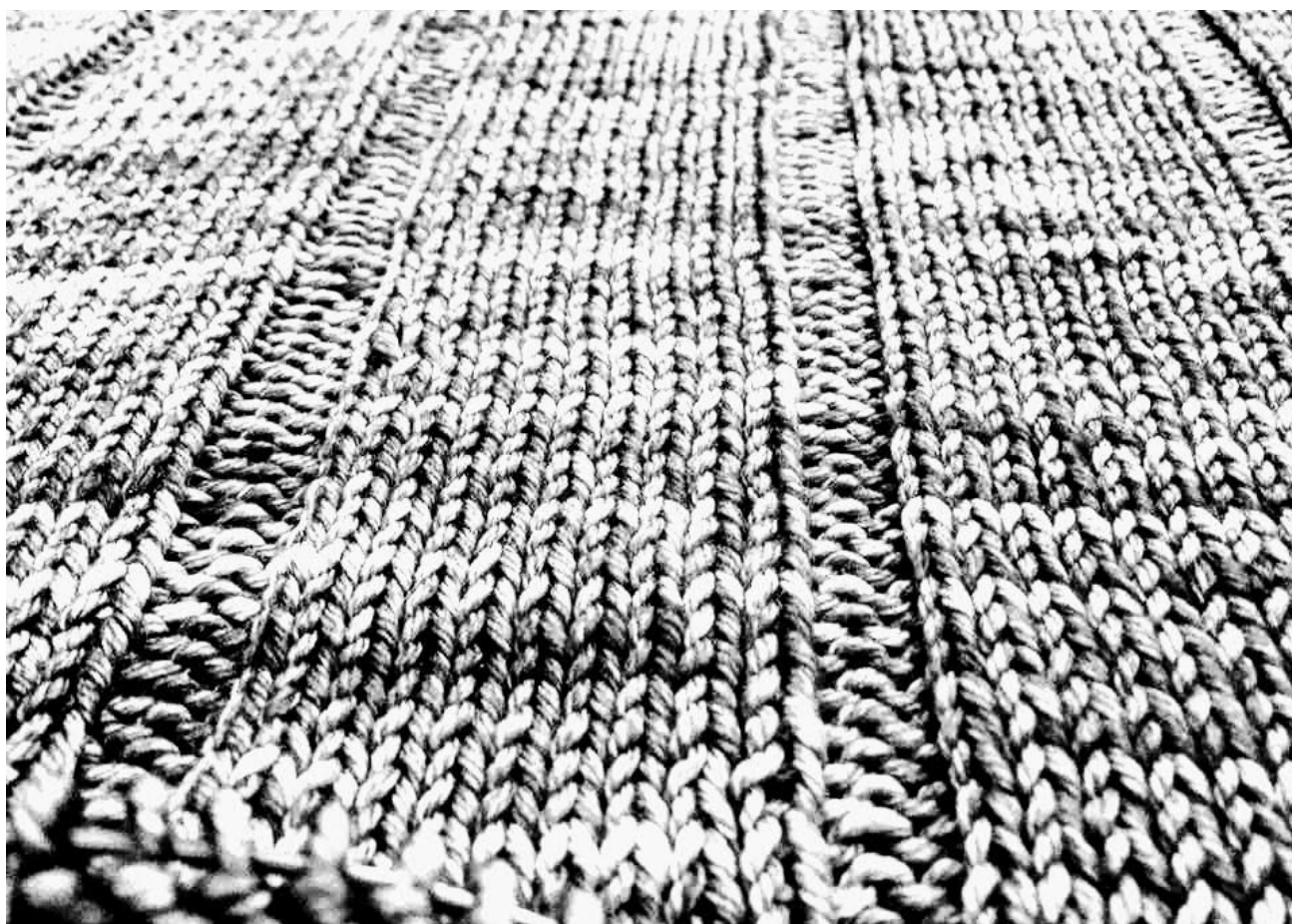
#thypod



bit.ly/higheredpodcasts

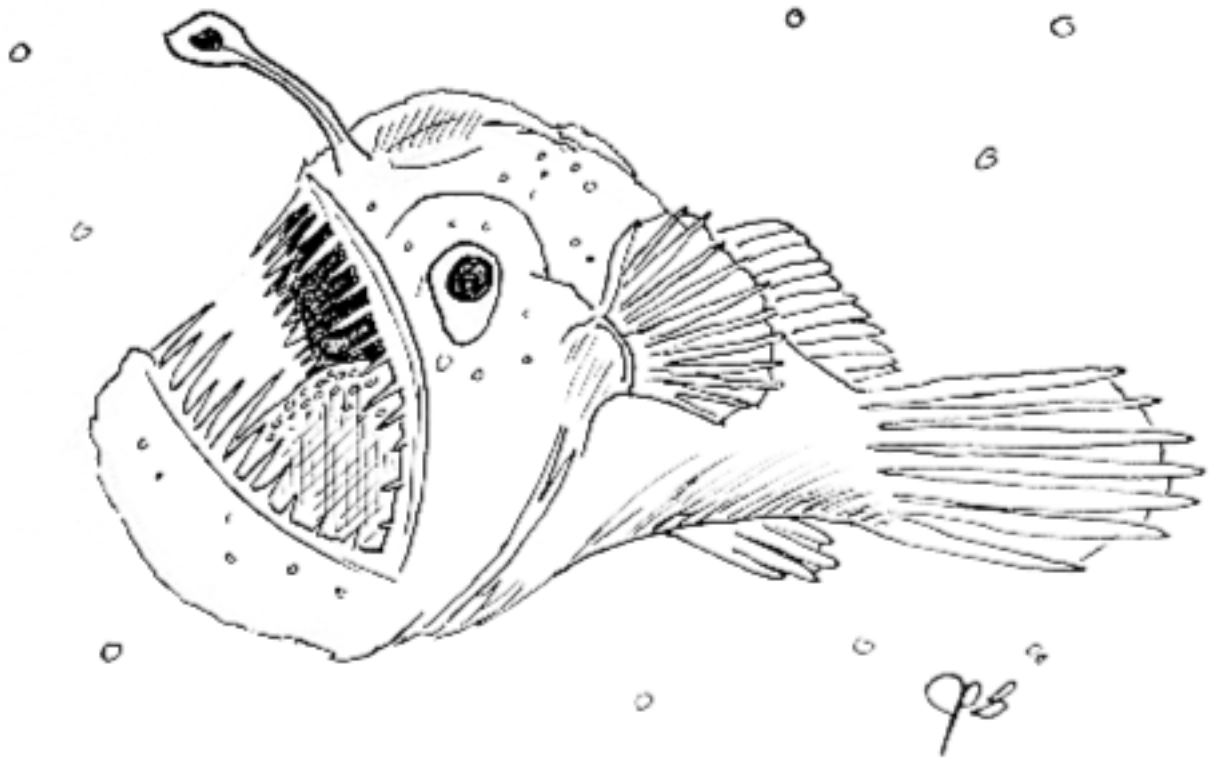


Source: Sarah Maddox



***THAT'S
WHAT I DO.
I ADVISE &
I KNOW
THINGS.
#ACADV***

Spoof of "Game of Thrones"
Source: John P. Sauter



Developing your creative skills requires practice and a willingness to have fun and make mistakes no matter what the medium you use. Don't let "imposter syndrome" hold you back.

Follow artists on social media, watch youtube videos, or check out hashtags such as **#inktober** or **#drawdaily** etc... that offer creative prompts if you need inspiration.

This angler fish was drawn as part of the 2017 #inktober prompt "Deep".

Source: John P. Sauter



Source: Chelsea O'Brien



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Photography & Advising

- Snap a photo whenever you see an interesting subject
- Take a break to walk around your campus and take pictures
- Post fun photos on your Personal or professional social media accounts
- Use photos to Save an idea for a future art or advising project
- Engage your students by asking them to submit photos using hashtags, contests, and social media takeovers.
- If you colored all these letters, you are a rockstar!



Art can engage complicated and serious issues.
Engage in or support artistic events & causes on your campus.

Surviving...Thriving a Journey of Healing Through Art: Domestic Violence Awareness Event & T-Shirt Art Exhibit at the Castellani Art Museum at Niagara University

Source: John P. Sauter

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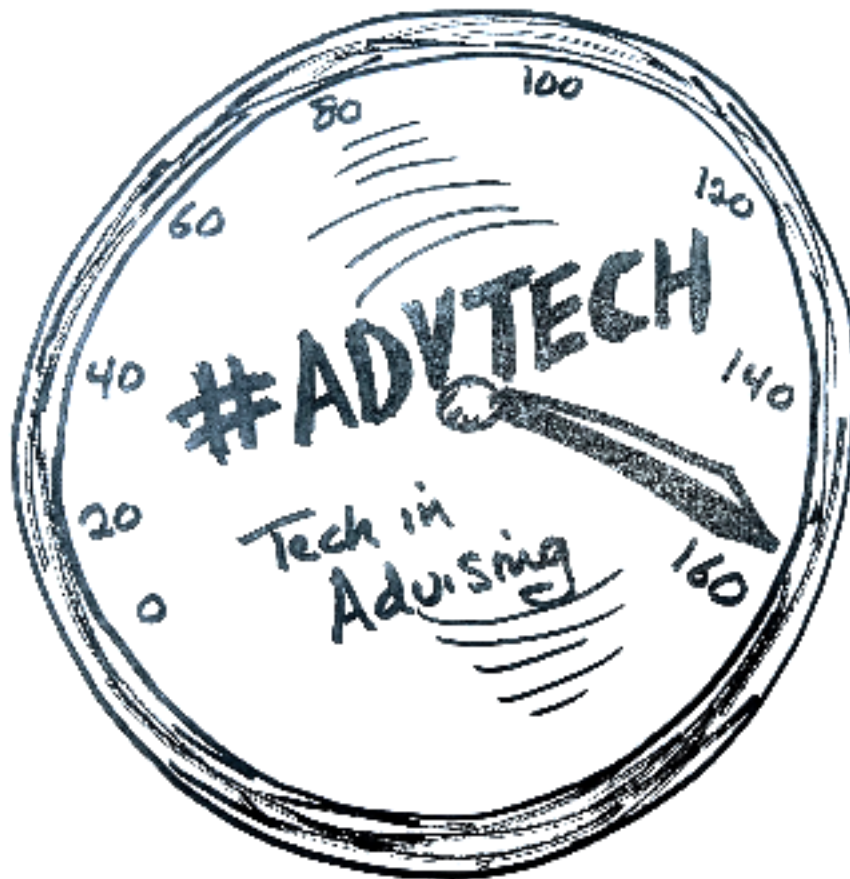
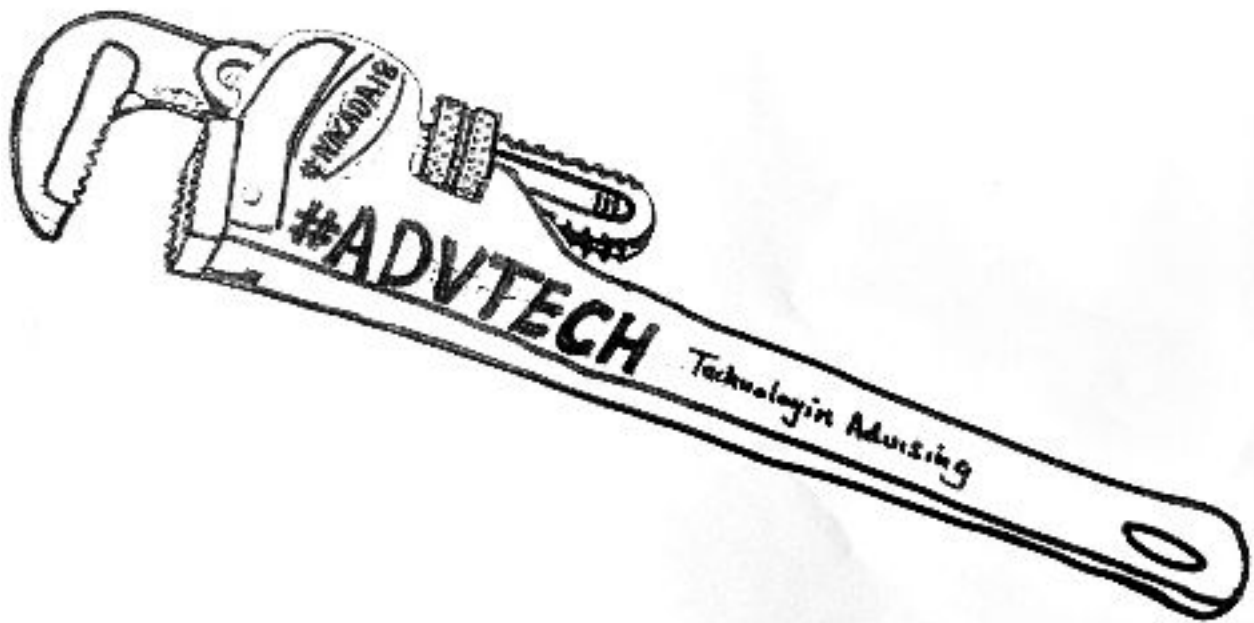


Source: Matt Markin

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Remember to have fun with creativity & art! "Take on Me" by A-ha Spoof
Source: John Sauter

**KEEP
CALM
AND SEE
YOUR
ADVISOR**

REGISTER YOU WANT



ADVISING YOU WILL

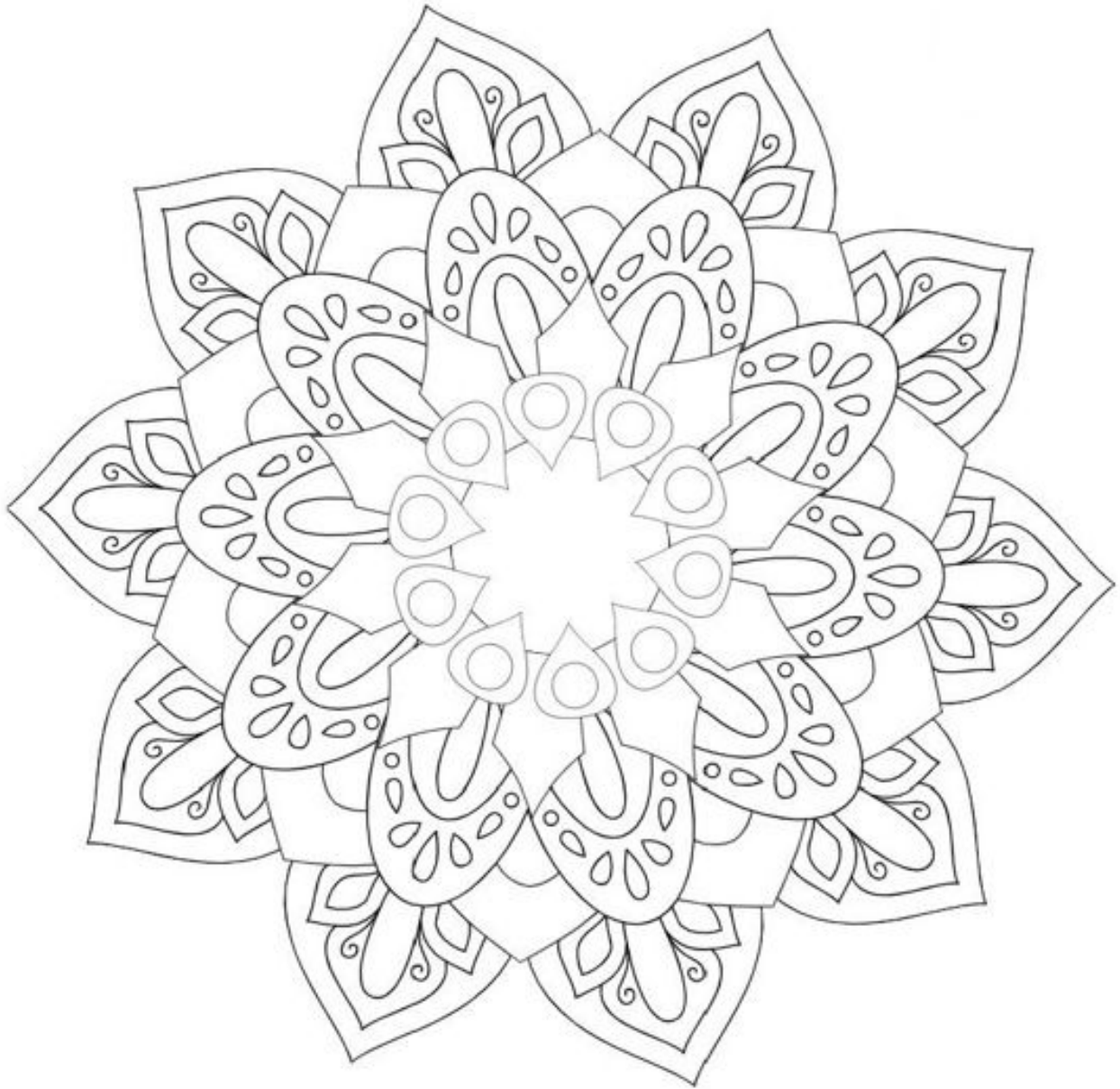
Memes are a fun and creative way of connecting with students!

Source: Soyla Santos

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“CREATIVITY IS HOW I SHARE
MY SOUL WITH THE WORLD.”

-Brene' Brown

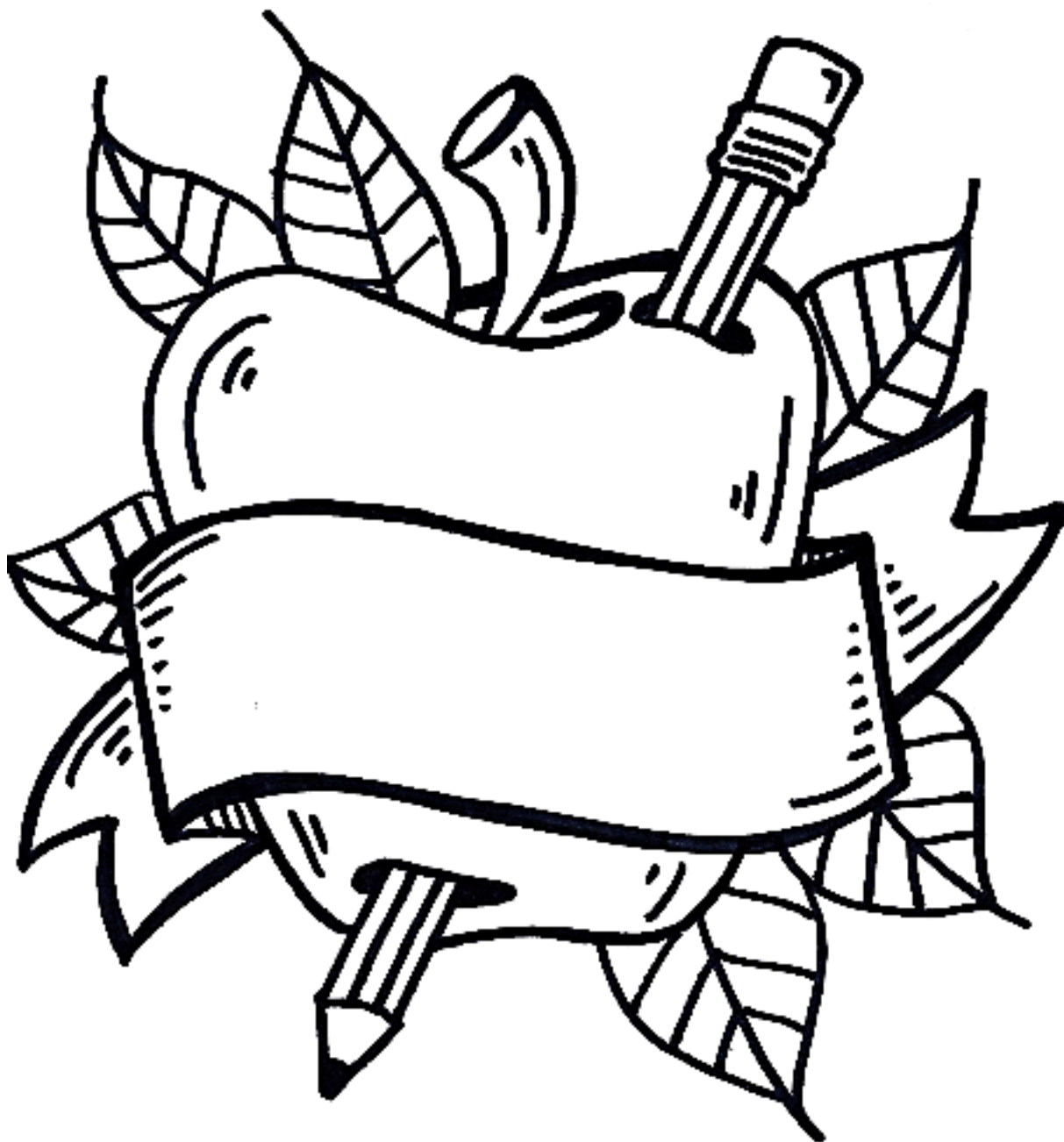
Brene' Brown is a hero of mine, and I'm inspired by her words often.
I keep images with her quotes around my office for myself and for students to see.

Source: Soyla Santos

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Advising is Teaching!

***What word best describes the way you advise?
Creative, Developer, Inspire, Uplift, Gratitude, etc?
Fill in the banner with your word.***

Source: Soyla Santos

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Sauroposeidon is the tallest known dinosaur. It was able to raise its head approximately 56–59 ft. above the ground, which is as high as a six-story building. Fossils of this giant have been found in Glenrose, Texas.

Just a little Texas Dinosaur Trivia

Source: Soyla Santos

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Source: Sarah Maddox & John P. Sauter

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RESOURCES & LINKS

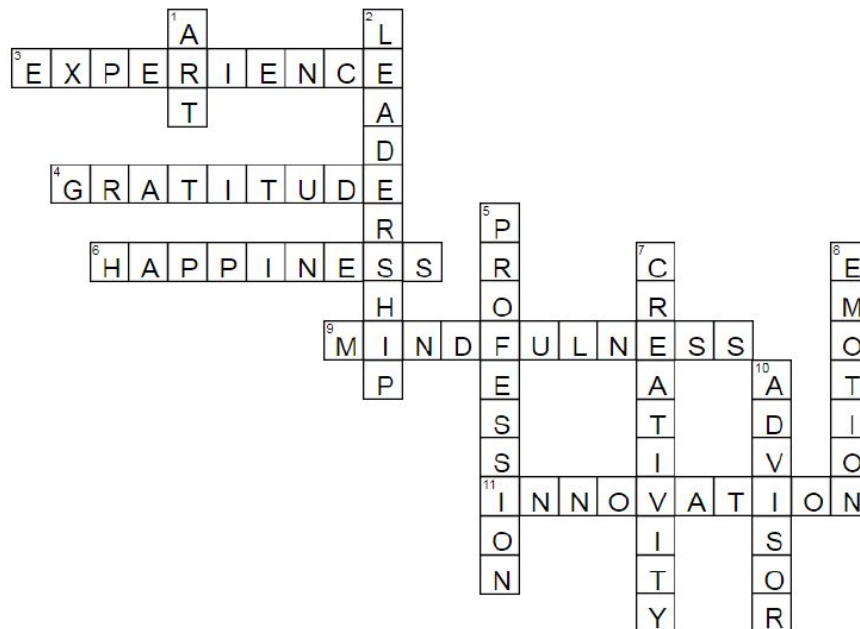
- A Creative Human - Erin Justyna - <https://acreativehuman.wordpress.com/>
- Inktober - [#inktober](#) - <https://inktober.com/>
- Urban Sketchers - [#usk](#) - [#urbansketchers](#) - <http://www.urbansketchers.org/>
 - Urban Sketcher's Facebook - <https://www.facebook.com/groups/urbansketchers/>
- Alphonso Dunn (Youtube Drawing Videos) - <https://www.youtube.com/user/LighterNoteProd/videos>
- Mind Mapping - https://en.wikipedia.org/wiki/Mind_map
- "Can Art Amend History: The Untold Stories Hidden Within Art History" - Titus Kaphar History https://www.ted.com/talks/titus_kaphar_can_art_amend_history?utm_campaign=social&utm_medium=referral&utm_source=facebook.com&utm_content=talk&utm_term=humanities
- Creativity Makes Student Affairs Better - <http://ryersonstudentaffairs.com/creativity-makes-sa-better/>
- The Real Neuroscience of Creativity - <https://blogs.scientificamerican.com/beautiful-minds/the-real-neuroscience-of-creativity/>
- Creativity Creep, Joshua Rothman - <http://www.newyorker.com/books/joshua-rothman/creativity-creep>
- How Pixar Fosters Collective Creativity - <https://hbr.org/2008/09/how-pixar-fosters-collective-creativity>
- The Driving Principles behind Creativity - <https://www.theatlantic.com/science/archive/2016/03/the-driving-principles-behind-creativity/474621/>
- AAHE - Arts Administrators in Higher Education - <http://www.aa-he.org/>
- Association for Mindfulness in Education - <http://www.mindfuleducation.org/>
- Mindfulness in Education Network - <http://www.mindfuled.org/>
- Staedtler Mandala Creator - <https://www.staedtler.com/intl/en/mandala-creator/#>

BOOKS & ARTICLES

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<http://www.washington.edu/teaching/2014/10/07/mindfulness-in-higher-education/>

Creativity, Art & Innovation: Lessons in Advising

Crossword Puzzle - Answers



Source: Soyla Santos