JOURNEY

Let’s reflect and prepare our hearts for spring!
In a word, how would you describe your work this fall?
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
In a word, what are your hopes for our students this spring semester?
Retention & Spring 2021 Initiatives

<table>
<thead>
<tr>
<th>Retention as of 1/10/2021</th>
<th>Fall 2019</th>
<th>Fall 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>All undergrads</td>
<td>96.2%</td>
<td>95%</td>
</tr>
<tr>
<td>Freshman</td>
<td>96.6%</td>
<td>95.1%</td>
</tr>
<tr>
<td>Transfer</td>
<td>90.4%</td>
<td>89.4%</td>
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</tbody>
</table>

- 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.

Gallup Survey 7500 full-time employees.
• 23% reported feeling burned out at work very often or always.
• 63% said they experience burnout sometimes.

Self Care for me means….

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.

 WHAT I THOUGHT WOULD MAKE ME PRODUCTIVE

HARD WORK

 WHAT ACTUALLY DOES

EXERCISE

HEALTHY EATING

SLEEP

HARD WORK

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

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

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