

Retreat Checklist



1

Retreat materials and Virtual log-in

These will be sent both digitally and available in paper form at the retreat. Virtual instructions will be sent out the night before



2

Driving Documents complete

If you are driving, make sure you have completed all driving documents in advance



3

Packing List – Dress for breezy, coastal temperatures, casual

- Internet Connected Device (phone, laptop, tablet, etc.) for workshops and breakouts
- Jeans/Sweats
- Sweatshirt/hoodie
- Pajamas - rooms can be cool at night
- Extra Blanket
- Comfortable shoes, including hiking
- Hat
- Sunscreen
- Optional bathing suit (pool is outdoor and heated) or yoga mat
- Bug spray



4

Be present!

Dress casually and comfortably to be as present as possible. Remember, attire doesn't reflect level of skills, competency, knowledge or capacity

Whether you are attending virtually or in-person, we ask that you bring your whole self to this important opportunity to re-connect, set goals, and get energized





Spring 2022 Advising Retreat

Asilomar Conference Grounds

800 Asilomar Ave Pacific Grove, CA 93950 (831) 372-8016

* Virtual URL: <<[future hyperlink here](#)>>

May 16 - 17, 2022

Retreat Agenda

May 16-17, 2022

Monday, May 16

10 am

Arrival and registration
Chapel

- Pick up room key, drop off luggage, pick up retreat packet, meal tickets, get oriented to Asilomar Conference Grounds.
Note: rooms not open until 4 pm

11 am

Opening Session
Chapel / Virtual*

- Opening Session led by becky and Ale of Infinity Martinez Consulting

12-1 pm

Lunch
Crocker Dining Hall

- Discussion
- Games
- Turn in Pre-Survey

1:15 - 3 pm

Chapel / Virtual*
Breakout rooms: Heather/Scripps

- Session led by becky and Ale of Infinity Martinez Consulting

3-3:30

Snack Break
Chapel

3:30 - 5 pm

Chapel / Virtual*
Breakout rooms: Heather/Scripps

- Session led by becky and Ale of Infinity Martinez Consulting

5 pm

- Down time, access into rooms, optional nature walk

6 pm

Dinner
Crocker Dining Hall

- Optional: Card game led by Jesse and Bill

7 pm

Outdoor Firepit
BBQ Area (optional)

- Optional: Beach object game led by Jesse and Bill



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Retreat Agenda

May 16-17, 2022

Tuesday, May 17

7 am

Deep breathing/Yoga
Meet outside Chapel

- Optional: Led by Saleem

7:30- 9 am

Breakfast
Crocker Dining Hall

- Check out of room by 11 am. Bring luggage to meeting room. Turn in key

9:15 am

Chapel / Virtual*
Breakout rooms:
Heather/Scripps

- Session led by becky and Ale of Infinity Martinez Consulting

10:30 am

Break

- Finish room check out or down time

11 am

Chapel / Virtual*
Breakout rooms:
Heather/Scripps

- Session led by becky and Ale of Infinity Martinez Consulting

12 - 1 pm

Lunch
Crocker Dining Hall

- Discussion
- Games
- Turn in Post Survey

1 pm

Closing
Chapel / Virtual*

- Celebrations, appreciations, and next steps

2 pm

Departure

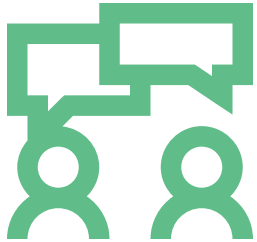
Cal State East Bay: Advising Goals

In partnership with the various advising centers on campus, the following goals represent our priorities as a community. Advisors and counselors build relationships to provide the best possible holistic services to all of our students.

1

Develop culturally sustaining advising practices that address students' needs.

Strengthening community and our values of diversity, equity, and inclusion in order to create safe spaces for disclosure, vulnerability, and understanding of differences.



All undergraduate students will be invited to a conversation with their staff or faculty advisors every year.

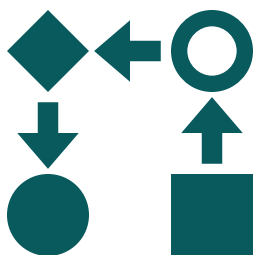
Establishing our advising case management flow with a commitment to the students' journey of self-authorship.

2

3

Develop a culture of trust between students, faculty, and advising staff.

Encouraging transparency, providing consistent information in our interactions, and following through.



Strengthening advising infrastructure and workflow for campus collaboration to leverage resources.

Wrap around care using referrals, closing the feedback loop, cross-divisional collaborations, and removing barriers.

4