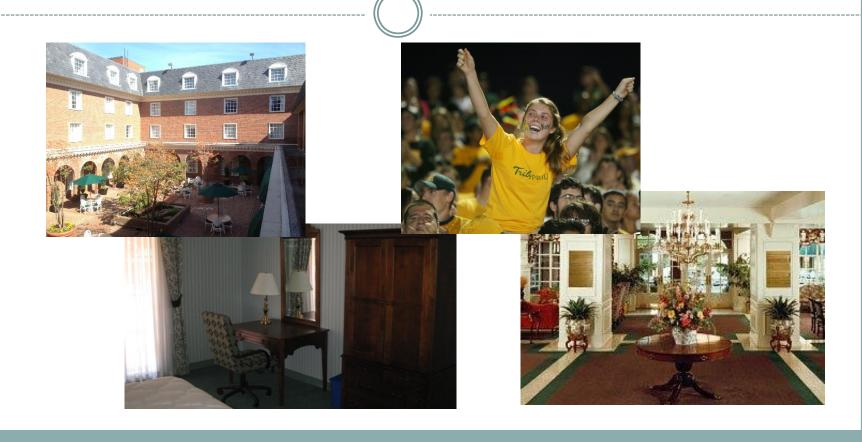
#### **Student Affairs Committee**

#### VIRGINIA M. AMBLER VICE PRESIDENT FOR STUDENT AFFAIRS



## One Tribe Place Opens



## New Fraternity Houses Open



## The Academic Year Opens!







#### Well-Being as a Strategic Priority

#### **Lifelong Commitment**

Develop an ever more engaging campus experience that inspires a lifelong commitment to W&M.

- Goal 1
   Forge lifelong relationships with W&M.
- Goal 2
   Create a community that values life in balance.
- Goal 3
   Improve the campus residential experience.

#### **VISION for Student Affairs**

To create and engaging learning environment where community is strengthened and individuals flourish.

#### **Individual Flourishing**

Theory of Personal Well-Being (Seligman, 2011)



#### **PERMA**

POSITIVE EMOTIONS
ENGAGEMENT
RELATIONSHIPS
MEANING
ACCOMPLISHMENT

# Cultivating Authentic Excellence

R. Kelly Crace kelly.crace@wm.edu

#### IMPORTANCE

Cost

**Perceived Evaluation** 

Uncertainty

Fear of Failure

NATURAL RESPONSES

Avoid / Escape
Until "Have To"

Over-Control
Mastery

#### AUTHENTIC EXCELLENCE

SVANTS **VALUES** A  $\mathbb{T}$ E X X S P E P E F A R A S S R N N 0 C 

ATTENTION TO VALUES

## Cultivating Authentic Excellence

**Managing Fear Differently** 

**Developing the Expressive Mindset** 

**Dynamic Blueprinting** 

