



THE CURRENT

KACRAO'S MONTHLY NEWSLETTER

April/May 2025



WHAT'S INSIDE THIS ISSUE:

April is National Volunteer Month
Reader Poll
Reminders
Addressing Burnout: Mental Health in Higher Education
AACRAO Recap
Upcoming in 2025
KACRAO Shout Out

April is National Volunteer Month! Join a Committee!

BY WYNNTER COLSTON

April is National Volunteer Month, a time to celebrate the spirit of giving back to the community. Whether you're organizing a fundraiser, helping at a local shelter, or offering your expertise in a professional setting, there are countless ways to make an impact. One fun and fulfilling way to volunteer is by stepping into a leadership role, like becoming a coordinator or chair for a committee within the Kansas Association of Collegiate Registrars and Admissions Officers (KACRAO)!

As a KACRAO volunteer, you would play a crucial role in supporting higher education professionals across Kansas. By joining a committee, you'll not only build your leadership skills but also have the chance to connect with like-minded individuals passionate about improving the college admissions process.

The best part? The KACRAO organization has a wide variety of committees to match your skills and interests. Whether you're drawn to planning professional development events, managing conference logistics, or advocating for policies that impact higher education, there's a committee where you can thrive. And as a coordinator or chair, you'll have the chance to guide a team, make decisions that shape the organization's initiatives, and leave a lasting impact on the educational community.

Volunteering with KACRAO also gives you the opportunity to network with peers across Kansas, learn about the latest trends in collegiate registrars and admissions, and get involved in shaping the future of higher education. Plus, as you plan and organize events, you'll gain valuable experience that can boost your resume and help you grow both professionally and personally.

So, why not make this National Volunteer Month the time to step up and take on a leadership role? Becoming a committee chair or coordinator within KACRAO is a win-win: you give back to a cause you care about while developing your skills and broadening your professional network. It's a fun, impactful way to make the most of your volunteer efforts while contributing to the future of higher education. Ready to make a difference? KACRAO is waiting for you!

WE NEED YOUR HELP



What do you want to see in *The Current*?

Help us make KACRAO's newsletter apply to you! Share thoughts, ideas, celebrations, high fives, and anything else you can think of with us and we will try to make it part of *The Current's* next issue!

Email KACRAO@kacrao.org



<https://www.kacrao.org/coordchairint>
erest

TIME FOR SPRING CLEANING

Please review your membership roster

Changes to your institution's membership?
Log into the KACRAO site and visit the Member Center
to submit additions or removals for your institution

[KACRAO.ORG](https://www.kacrao.org)

x x x

Questions?
membership@kacrao.org

x x x

Addressing Burnout: Mental Health in Higher Education

BY WYNNTER COLSTON

As May marks Mental Health Awareness Month, it's a fitting time for higher education professionals to pause, reflect, and prioritize well-being—not only for our students, but for ourselves. The end of the academic year often brings a mix of relief, reflection, and fatigue. After months of guiding students, coordinating events, responding to deadlines, and managing ever-evolving expectations, burnout can feel inevitable.

Burnout in higher education isn't just a buzzword—it's a real challenge that affects staff across departments, especially in admissions, records, advising, and student services. Long hours, emotional labor, and constant multitasking can lead to exhaustion, detachment, and a sense of diminished accomplishment.

The good news? There are ways to reset and restore—personally and collectively.

Why Mental Health Matters Now More Than Ever

Mental health is health. Full stop. Recognizing the signs of burnout—like chronic fatigue, lack of motivation, or irritability—is the first step. Addressing it may require more than just a weekend off; it may involve boundary-setting, professional support, or a conversation with your supervisor about workload balance.

May serves as an annual reminder that we all deserve to prioritize our well-being, and that creating a culture of care starts with acknowledging our own needs.

Easy and Enjoyable Ways to Recharge This Summer

Before the rush of the fall semester begins, use the summer months as an opportunity to recharge. Here are a few simple, accessible ideas to help you rest and restore:

- **Digital Detox Days:** Set aside one day each weekend to unplug from email and work messages. Reconnect with hobbies, nature, or even a good book.
- **Walking Meetings:** If you're working on campus this summer, take a walking meeting with a colleague. The fresh air and movement can lift your mood.
- **DIY Spa Break:** Treat yourself to an at-home spa day—think face masks, Epsom salt baths, and calming music.
- **Creative Expression:** Try painting, journaling, gardening, or crafting. Creative outlets are therapeutic and fun, even for beginners.
- **Micro Getaways:** Plan a short day trip to a nearby park, museum, or town. A change of scenery can do wonders for mental clarity.
- **Mindfulness Minutes:** Spend 5-10 minutes daily in meditation or deep breathing. Apps like Headspace or Insight Timer offer free resources.

Supporting Each Other as a Community

As members of KACRAO, we are part of a vibrant, committed community of professionals. Sharing our experiences with burnout and wellness can help normalize the conversation and reduce stigma. Whether through peer support, professional development sessions, or simply checking in on a colleague, small gestures can make a big difference.

Let this summer be a time of intentional rest, not just recovery. By investing in our own mental health, we return in the fall not just refreshed—but renewed in our purpose to serve students with energy, empathy, and excellence.

You can't pour from an empty cup—so take time to refill yours.

Wishing you a restful and restorative summer.



AACRAO RECAP

2025 Conference located in Seattle WA



“Attending AACRAO always reminds me how lucky we are to be part of the higher education landscape in Kansas. The many Sessions and roundtables allowed us to see how fortunate we are and how well KACRAO Leadership has prepared the organization over the years. As always, I feel like I walked away from AACRAO with fresh ideas, valuable connections, and the drive to continue our work within the organization.”

Kyle Stacken
Fort Hays State University



KACRAO President Elect Eric Sanford presents
“The Power of Questions in Higher Education”

“AACRAO is an amazing opportunity to meet colleagues outside of KACRAO and to learn about the procedures of schools around the country. I enjoyed learning about the recruitment and communication of other colleges and enjoyed connecting with other professional school admissions and registrar colleagues.”

Michelle Ponce
University of Kansas
School of Medicine

“This was my first AACRAO conference, and it was a fantastic experience! It was a great opportunity to meet and connect with folks from around the country facing similar challenges in Enrollment Management, Admissions, and Registrar roles. I especially appreciated all of the sessions and speakers offering perspectives on the future of our work, including how technology will continue to be both a challenge and opportunity.”

Matt Skirven
University of Kansas



#KACRAO ShoutOuts



Eric Sanford

Eric Sanford, Friends University, KACRAO President Elect and Program Committee Chair presented The Power of Questions at the AACRAO Annual Conference in Seattle.

Upcoming in 2025

THE CURRENT

KACRAO'S MONTHLY NEWSLETTER



June 20th
Aug 15th
Sept 12th

Executive Council

June 17th
September 23rd



Summer Drive - In Workshop

"The Future of Higher Ed
2035"

July 15, 2025

Emporia State University

Future of Higher Ed



KACRAO SUMMER DRIVE-IN 2025

2025 KACRAO ANNUAL CONFERENCE



September 24-26, 2025
DoubleTree by Hilton
Lawrence, KS

Registration opens
June 1st

Register before
September 6th to avoid a
late fee.

#KACRAO ShoutOuts

Have something going on at your institution you would like to share? Maybe a wellness tip or advice you think your fellow KACRAO members might benefit from? Please share it with us by emailing KACRAO@kacrao.org and we will share it in the next issue!



Follow us on Facebook
[@KACRAO.KS](https://www.facebook.com/KACRAO.KS)



Check out our website
www.KACRAO.org



Subscribe to our YouTube Page
[@KACRAO](https://www.youtube.com/KACRAO)



Follow us on LinkedIn
www.linkedin.com/company/KACRAO