

# The Role of Personal Foundations in the Life of a Student Affairs Professional

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# Presentation Overview

- NASPA/ACPA Professional Competency Areas
  - Personal Foundations
- Practicing Personal Foundations
  - Implementing the practice for your students
- Questions
- Resources



# The Competency Areas

- NASPA and ACPA did it – they agreed on something!
- [http://www.naspa.org/programs/prodev/Professional\\_Competencies.pdf](http://www.naspa.org/programs/prodev/Professional_Competencies.pdf)



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# Personal Foundations

- Thank you Patty Perillo
- Goal - “Be comfortable with ambiguity”
- Goal – “Be self-directed and self-reflective”
- Outcome – “create and implement an individualized plan for healthy living”
- Outcome – “design naturally occurring reflection processes within one’s everyday work”



# Journal Reflection

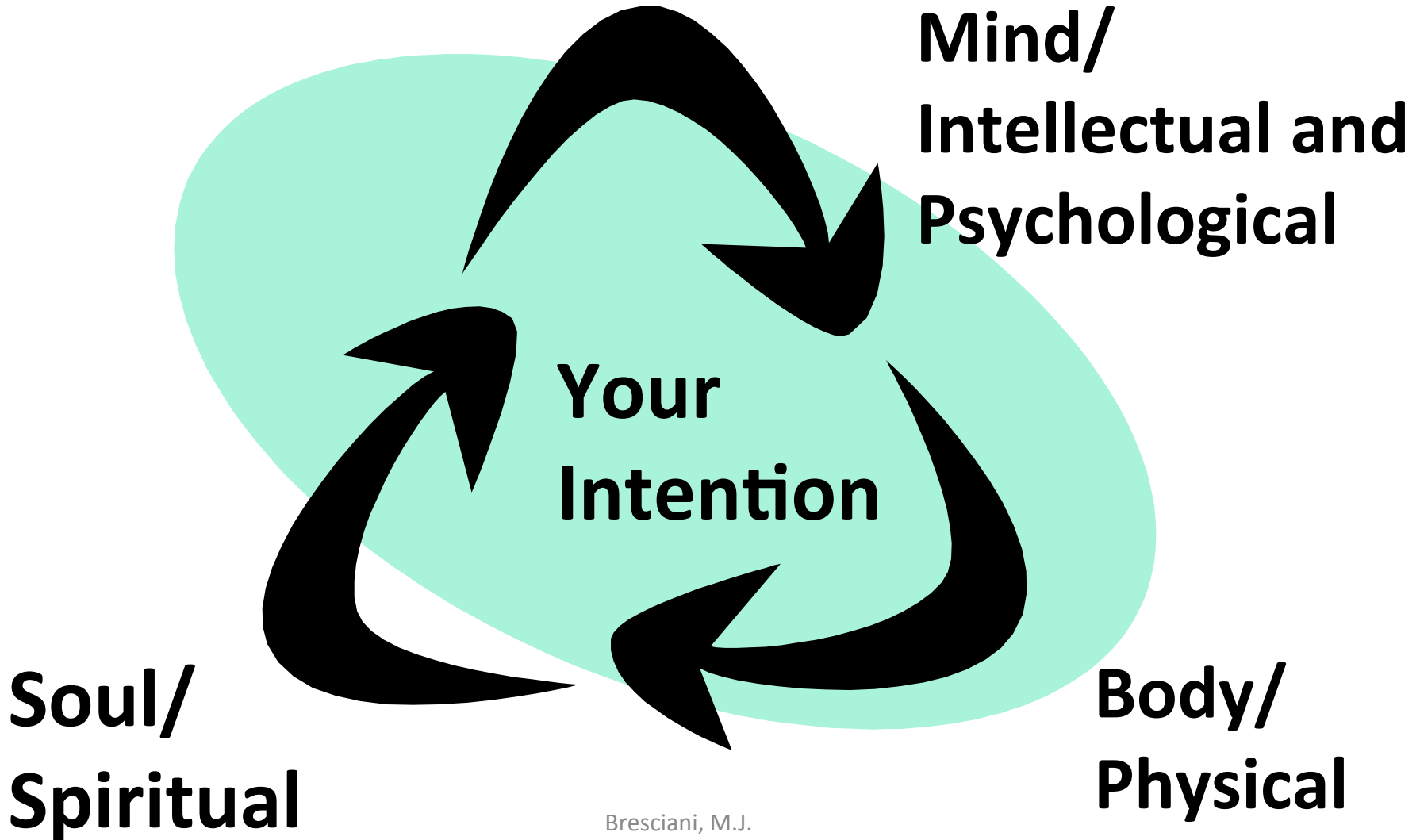
- What does it mean to you to” be comfortable with ambiguity and to be self-directed and self-reflective?”
- What would be the importance of sharing this with your students?



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# Yoga = Union



# The Neuro-Science



- Neuroplasticity -  
<http://www.medterms.com/script/main/art.asp?articlekey=40362>
- The benefit of focused breathing -  
<http://www.youtube.com/watch?v=sf6Q0G1iHBI>

And

- <http://vimeo.com/11916833>





# Let's Practice



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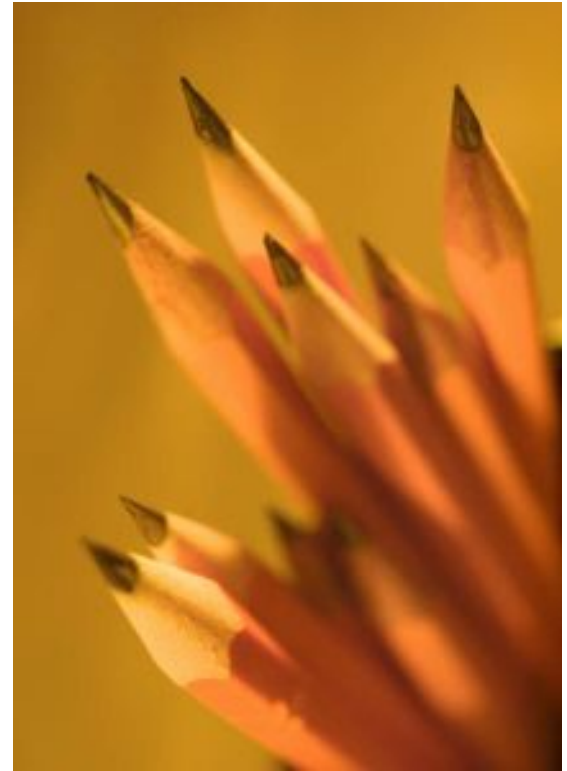




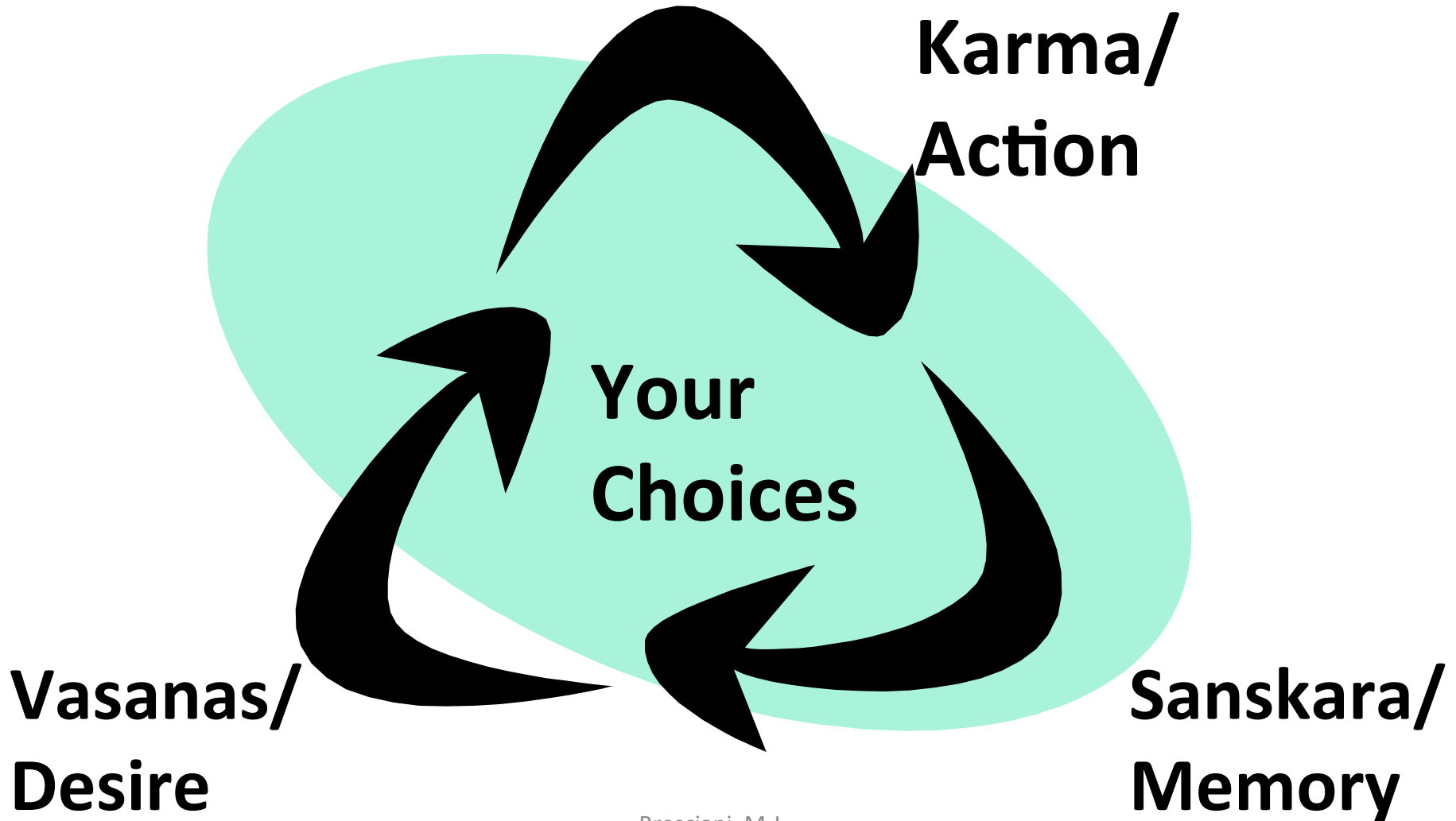
# Let's Reflect

- Who am I?
- What do I want?
- What is my life's purpose?
  - How can I serve?
  - What brings me happiness?
- What is my perspective on all of that?
  - What do I think about it?
  - How do I feel about it?
  - What do I want to do about it?
  - How do I want to be?

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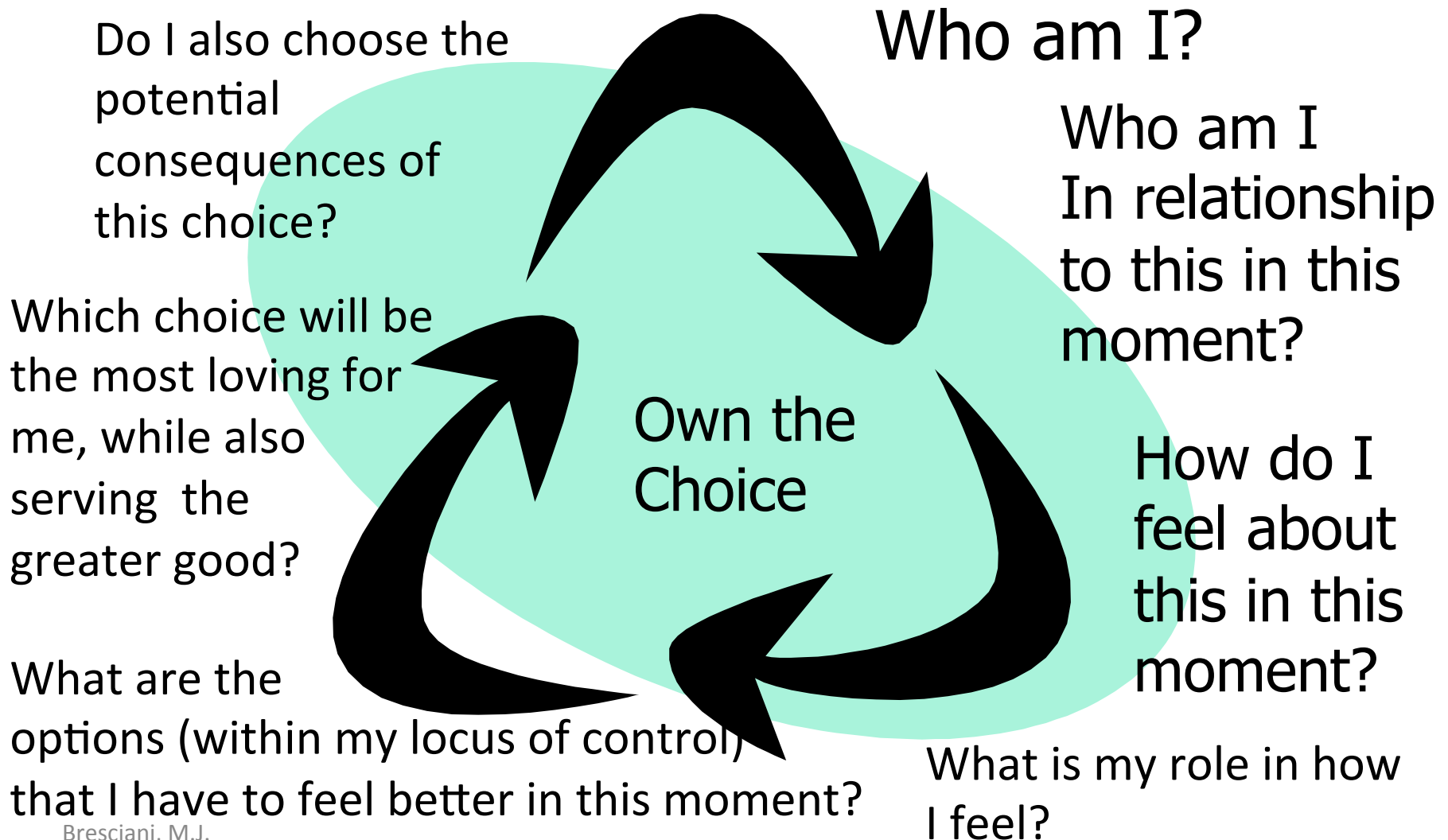


# Your Life



# Conscious Choice-Making

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# Journal Reflection Revisited

- What does it mean to you to” be comfortable with ambiguity and to be self-directed and self-reflective?”
- What would be the importance of sharing this with your students?
- How do you want to practice these concepts?
- How do you want to share them with your students?



# Resources

- Mindfulness -  
<http://www-psych.stanford.edu/~pgoldin/Mindfulness.html>
- UCSD -  
<http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>
- Rushing to Yoga Foundation –  
[www.rushingtoyoga.org](http://www.rushingtoyoga.org)





# Questions?

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