



Combating the 3-Month Slump: Resources

Supervisor Webinars

This webpage provides links to previously recorded video of supervisor webinars. There are multiple topics related to supporting your member. In addition, you will have access to a PDF version of the webinar and other supporting material.

<https://www.vistacampus.gov/supervisor-webinars>

Suggested Webinars

[Helping Your VISTA Members Thrive](#)

In this session, supervisors explore common challenges VISTA members experience throughout their term of service, learn about developmental models that help anticipate member needs, and identify key strategies for supporting and motivating VISTA members. This session includes firsthand accounts from members who have thrived during service, as well as stories of supervisors who inspired them.

[Coach Your VISTA Members to Success](#)

Join us for this 90 minute session to learn tips for strengthening your coaching skills, improve your supervisor-VISTA member communication, and positively impact project work.

[Retaining VISTAs Throughout the Project Lifecycle](#)

Explore key places in the lifecycle of a VISTA project where supervisors can provide both important resources and one-on-one guidance to their VISTAs that will increase member success and satisfaction.

[Avoiding Burnout During Service](#)

This presentation assists VISTA members in identifying risks for burnout by helping recognize ongoing common stressors (particularly those related to your VISTA role) and ability to cope with them.

[Managing Up: Navigating the VISTA Supervisor Relationship](#)

This webinar will be posted to the VISTA Campus after October 26, 2017. Having a successful VISTA service year is all about creating a shared understanding between VISTAs and their supervisors about roles, expectations, and outcomes. This webinar provides practical tips and advice for managing and communicating up with your supervisor.

VISTA Supervisor Tools

[VISTA Leader Stress Guide](#)

This guide was put together by VISTA leaders to help deal with the stress of being a VISTA leader. The goals of this guide are: assess the degree of stress you are experiencing at any given time during your year, identify specifically the stressors in your life, analyze the negative and positive coping mechanisms you possess, and learn how to better manage and cope with your internal and external stressors.

[The National Service Stress Survival Guide](#)

Whether it's mid-year or the beginning of a new term, members and staff alike may seem tense or sluggish. Reduced creativity, a sense of apprehension, and an increase in illness may result from something experienced every day — stress. The National Service Stress Survival Guide, a curriculum for stress management, has been designed to alleviate these challenges. This training tool is can be easily adapted to meet the needs of your program participants.

[On-Site Orientation and Training Guidebook](#)

Use this guidebook to plan and deliver an effective and inspiring OSOT for your new VISTA members. It offers a planning timeline, sample agendas, tips for making your orientation interactive and fun, and suggestions for evaluating your OSOT in a meaningful way.

[Using VADs Throughout Your Project](#)

Use this worksheet to plan out and document how the VAD will inform your key supervisory duties throughout the project lifecycle.

Other Tips

- Reach out to other VISTA leaders
- Attend community cultural events
- Identify local meditation centers – learn balance
- Encourage VISTAs to meet amongst themselves and to join other meetings to make new contacts and friends
- Every three months, ask your VISTA to place themselves in the “Cycle of Service” and think about how they might move forward