



SERVICE LEARNING AND CIVIC ENGAGEMENT THROUGH HIGHER EDUCATION

WHITNEY JACKSON | UNIVERSITY OF MISSISSIPPI

LEADING WITHOUT LOSING YOURSELF: SELF-CARE AND BURNOUT PREVENTION FOR STUDENT LEADERS

ABSTRACT:

Student leaders, especially those engaged in intensive service-learning, mentoring, or community-based work, often face high expectations and long hours. Without intentional self-care, they risk burnout, stress, and disengagement which impacts both their learning and their ability to serve effectively. This session explores strategies for mentoring students to maintain balance, build resilience, and lead with intention while prioritizing their own well-being.

THEMATIC FOCUS:

Convergence and Intersections: How increasing or decreasing hyperconnectivity can impact community engagement.

BIO:

Whitney Jackson is from New Albany, Mississippi, and is an alumna of the University of Mississippi, where she now serves as the Academic Mentor for Student Leadership and Success in the Center for Community Engagement. In this role, she mentors and supports students in programs such as the Bonner Leaders, Algernon Sydney Sullivan Fellowship, and Community Engaged Ambassadors. Whitney is passionate about empowering students to connect their academic learning with meaningful community engagement, while developing the skills and confidence to lead with empathy and integrity. Her work emphasizes inclusion, applied learning, and holistic student development helping students discover their strengths, practice self-care, and find belonging and purpose through service and leadership.

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