

# WNY Advising 2022

Five theories which contribute to our student success practices

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## Student Engagement

**suggest joining honors society for high achievers, especially if they seem more introverted and less likely to make connections easily**

### Acknowledging the journey

I work as a Career Services Advisor, so I'm engaging (most times) with students who are graduating and readying for their careers.

It is important to help students realize and appreciate WHERE they have come from and that the journey is not forgotten. It's not always about the destination.

Appreciate the "current"

### Learn by doing

As an academic advisor I do much of the talking and registering. I now try to make them register in front of me and have them recite back to me their next steps.

## Motivation Theory

**weekly schedule- see where time falls- everything from class to study time to sleep time**

**At the beginning of each semester, I share an assignment schedule on google docs with each of my mentees. I ask them to go through their syllabus for each course and list their major assignments, quizzes, exams, papers and presentations. We use this schedule in our weekly meetings to help them stay on track with time and task management.**

**link the depth of their content to long term knowledge need for job interviews**

## Curiosity

### To help students choose electives

I try to get them to think about all the possibilities offered on campus, what would they love to learn about and explore, not necessarily related to their major

**If unsure about a major, suggest they attend different clubs that focus on majors. Connect with other students of potential majors**

**What do you enjoy in your free time? What are you passionate about?**

**you have free elective credits- what minor or other major might you want to explore?**

## Self-Determination Theory

### Secondary Admit Programs (health prof.)

working with health professions students there is a set class to take to apply to program - lay out the different paths to the same goal and have the student choose the one that they feel will be most successful in

### Blaming instructors for bad grades

Bring it back to the student when they start blaming instructors for things going wrong - remind them that they can only change what they can control. Have them start to think how they can react that can help them have a positive outcome with a situation, rather than give up and fail a class.

**Academic success plan to where the student would like to be by the end of the current semester that they are in**

## Cognitive Development

### Miracle Question

Working with students to figure out what their life would look like in a perfect world and how to take steps to achieve it.

**In my meetings with mentees, we discuss what went wrong the previous semester (these students are on academic probation) and then we discuss goals for the current semester. We talk about at least 2 - 3 specific actions they need to take in order to meet their goals and we check in weekly to make sure they are exhibiting the behaviors they need to in order to meet their goal(s).**

## Thing Your Learned

**new questions to ask students to help them focus their studies and class choices**

**Self Determination Theory**

Very important for all students, traditional as well as mature/non-traditional

**more about current theories i can use with real life implications and today's practices.**

**Accountability**

Student accountability when it comes to classworkk and grades - it starts with them

**I am reminded of the power of "open ended questions"**

this is always more useful than yes or no questions, to get students to open up more

**the difference between curiosity and interest, and how students can use short term curiosity to link to long term interests, especially a student who is not a good fit for their current major**

**One Practice**

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**Ask why more**

Sometimes I take what the students say at face value instead of digging deeper and asking why.

I really enjoy the idea of the miracle question. We have a list of questions we ask during out initial advising meeting, and I would like to add it. Thank you to the individual who shared that!

**even in the little bit of time we have that we can fit some of this theory work into our conversations.**

**Figure out how to use Padlet!**

I love this format for checking on learning!

**Goal Setting**

Working more closely to work with the student to set SMART goals during advising meetings and following up with them. I will definitely use the marathon example with students.

**Using their "why" to make them self reflect and make mental connections**

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