

Helping Students of Color: Advising from a Holistic Perspective

Sherrie Asbie

Danielle Johnson

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Overview

- Definition of Students of Color
- Why is this Topic Important?
- Basic Statistics about Students of Color in Higher Education
- Breakdown of Students of Color by Racial/Ethnic Group
- Race-Related Stress
- Activity - Pictures
- Cultural Lens
- Group Discussion
- Holistic Advising for Students of Color
- Tips for Advising Students of Color
- Wrap Up

Defining Students of Color

For this presentation, we define
Students of Color as:

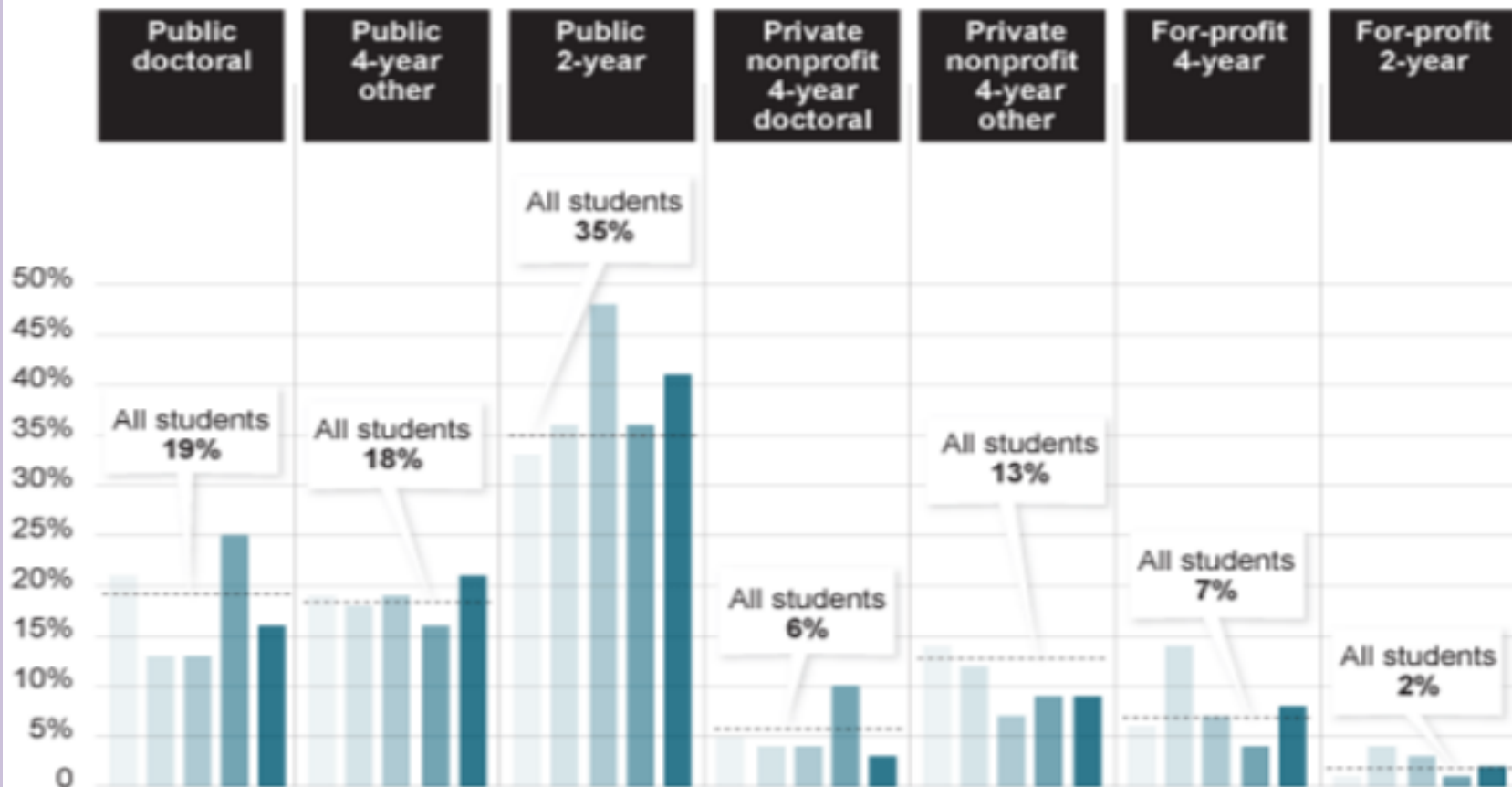
- Black/African-American Students
- Latino/Latina Students
- Asian-American Students
- Native American/American Indian Students

**By no means, is the term “Students of Color” limited to the groups listed above*

***Why is this Topic
Important?***

Percentage of students enrolled in institutional category

White Black Hispanic Asian American Indian



Note: Figures for total enrollment include nonresident foreigners, not shown separately. Figures include full- and part-time undergraduate and graduate students. Percentages are rounded.

Source: *Chronicle* analysis of U.S. Education Department data

“Although some scholars have cautioned to not over-interpret the significance of race, factors such as racial identity may be more helpful in understanding the experiences and perspectives of people of color.”

~Raechele Pope, 2000

Black Students

- Black students often deal with stereotype threat (Steele, 1999)
- Specifically, Black male students are graduating from four-year institutions at alarmingly lower rates than any other student demographic (Harper, 2009)
- Struggles with racial identity may significantly impact student success and persistence

Latino/a Students

- Relationships with families are extremely important for Latino/a students (Torres, 2003)
- Latino/a students with stronger racial/ethnic salience flourish in environments where diversity is encouraged, but may suffer academically if they do not feel supported (Torres, 2003)

Native-American/ American Indian Students:

- Adopting a “mainstream” culture through acculturation is significant for Native American youth (Garrett & Pichette, 2002)
- For American Indian college students, the more acculturated or connected with Native culture, the more likely they are to leave college (Scott, 1986)
- American Indian students may struggle with a sense of “competition” within the college environment (Ecklund, 2005)

Asian-American Students

- Asian-American students often fight against the “model minority myth” that all Asian students are high achieving (Chun, 2005)
- Family conflict and fear of not meeting parental expectations have led to suicides among Asian-American students (Cheng, Fancher, Ratanasen, Sue, & Takeuchi, 2008)

***Why is
understanding the
needs of students of
color so important?***

Race-Related Stress

- Race-related stress occurs as the result of both acute and chronic encounters with racism and discrimination (Utsey & Ponterotto, 1996)
- Although African-American, Latino/a American and Asian American students experienced race-related stress, African-American students experience it the worst (Utsey, Chae, Brown, & Kelly, 2002)
- When helping students of color, it is imperative that we keep in mind that students are experiencing multiple struggles as they progress through their college careers (Utsey, Chae, Brown, & Kelly, 2002)

Activity-Pictures









***How does this activity
relate to helping
students of color?***

Cultural Lens

Cultural Lens refers to the *unique* perspective one has of the world as a result of their background.

One's cultural lens can be shaped and influenced by many factors including:

- Family
- Friends
- Education
- Co-workers
- Where you grew up
- Religion
- Life experiences
- Media



Discussion

What are some techniques that we can use to effectively help students of color?

Holistic Advising for Students of Color

- Humanized academic advising (Museus & Ravello, 2010)
 - Academic advisors being perceived as human beings, rather than one-dimensional advisors
 - Academic advisors being committed to success of students of color
- Serving the whole student
 - Students of color often have multiple issues (not just one isolated issue)
 - Advisors make sure students are connected to resources and receive the support that they need
- Giving overall good advice, regardless of the topic
- Proactive efforts that go above and beyond the “call of duty”

Tips on Advising Students of Color

- Be aware of your own biases and judgments.
- Know that culture differences do exist.
- Ask questions; don't make assumptions.
- Know that students of color may have different needs, but don't treat them differently in a group.
- Students of color may not be aware of different opportunities available; inform them of these opportunities if you see potential in them (non-traditional majors).

More Tips...

- All students have to adjust to their environment, but it may be more difficult for students of color. Keep this in mind when advising students with their credit load.
- Be honest! If a student needs to improve in an area, communicate that to them.
- Get to know your students; show that you are genuinely interested in them.

***Questions, Comments, or
Thoughts? 😊***