

# Advising: Semester at a Glance

	STUDENT EXPERIENCE	CONVERSATIONS	ACADEMIC ADVISORS TALKING POINTS	MENTORS TALKING POINTS
	<i>Belonging and Identification - Growth Mindset</i>			
<b>WEEK 1</b>	<ul style="list-style-type: none"> <li>~ New Place</li> <li>~ New Beginnings</li> <li>~ Will I fit in? Will I succeed?</li> <li>~ Will I make friends</li> </ul>	<ul style="list-style-type: none"> <li>~ Transitions and changes</li> <li>~ Roommate(s)</li> <li>~ Excitement and trepidation</li> <li>~ It takes time to settle in – you are not alone</li> </ul>	<ul style="list-style-type: none"> <li>~ Finalize Class schedules</li> <li>~ Finding Classes</li> <li>~ Reading syllabi</li> <li>~ Office hours</li> <li>~ Tutoring</li> <li>~ Growth Mindset</li> <li>~ Time Management</li> </ul>	<ul style="list-style-type: none"> <li>~ Inbound</li> <li>~ Excited About?</li> <li>~ Challenges?</li> <li>~ Difference between HS and college</li> <li>~ Finding what they need</li> <li>~ Growth Mindset</li> <li>~ Time Management</li> </ul>
<b>WEEK 3/4</b>	<ul style="list-style-type: none"> <li>~ Homesick</li> <li>~ Wondering if they made right choice</li> <li>~ Wanting to visit family and friends at home</li> <li>~ Testing own limits and boundaries</li> </ul>	<ul style="list-style-type: none"> <li>~ Finding a peer group</li> <li>~ How are classes going</li> <li>~ Encourage seeking support</li> <li>~ Effort Matters</li> </ul>	<ul style="list-style-type: none"> <li>~ Stoplight Survey – watch for results</li> </ul>	<ul style="list-style-type: none"> <li>~ How are they settling in, classes, friends, clubs?</li> <li>~ Surprises? What is as anticipated and what isn't?</li> <li>~ What is going well – any challenges?</li> </ul>
	<i>Adaptive Learning Strategies</i>			
<b>OCTOBER</b>	<ul style="list-style-type: none"> <li>~ Roommate realities</li> <li>~ Do I fit in here?</li> <li>~ Changing relationships at home; Family expectations about grades</li> <li>~ Balancing schedule</li> </ul>	<ul style="list-style-type: none"> <li>~ Managing time</li> <li>~ Changing relationships</li> <li>~ Exams</li> <li>~ First Grade</li> </ul>	<ul style="list-style-type: none"> <li>~ Mid-term grades – watch for notices</li> <li>~ Submit notice of concern as needed</li> </ul>	<ul style="list-style-type: none"> <li>~ How are they doing with time management?</li> <li>~ First grades – gage responses</li> <li>~ Social Relationships</li> </ul>
	<i>Purpose /Academic Pathways</i>			
<b>NOVEMBER</b>	<ul style="list-style-type: none"> <li>~ Fall break has come and gone</li> <li>~ Anticipating Thanksgiving</li> </ul>	<ul style="list-style-type: none"> <li>~ Stress is probably the theme for this part of the semester</li> <li>~ How are they managing it?</li> <li>~ Recommendations for managing stress</li> </ul>	<ul style="list-style-type: none"> <li>~ Registration for spring</li> <li>~ Communicate how to set up meetings and expectations for getting together</li> <li>~ How are they fitting in?</li> <li>~ How are courses going?</li> <li>~ Anticipate challenges: Withdrawing from any courses?</li> <li>~ Referrals/partnerships to assist with challenges</li> </ul>	<ul style="list-style-type: none"> <li>~ Have they set up meeting with academic advisors?</li> <li>~ Are they getting enough sleep = self-care</li> <li>~ Referrals for self-care</li> <li>~ Stress management tips</li> <li>~ What will going home be like – if can't go home, do they have a plan</li> </ul>
<b>DECEMBER</b>	<ul style="list-style-type: none"> <li>~ Finals</li> <li>~ Excitement/stress about going home</li> <li>~ Sense of accomplishment and/or worries</li> <li>~ Anticipation for what comes next</li> </ul>		<ul style="list-style-type: none"> <li>Follow-up</li> <li>~ Confirm plans for spring</li> <li>~ Forms signed</li> <li>~ Forms turned in</li> </ul>	<ul style="list-style-type: none"> <li>~ Check on next semester plans</li> <li>~ Conversations about persistence</li> <li>~ Plans for break</li> <li>~ Excitement and stressors</li> </ul>