What Happens During One-on-One Advising?

- **Connecting**: The counselor creates a connection and builds a positive relationship through discussion to help the student feel comfortable to share the challenges they face.

- **Understanding Challenges**: The counselor actively listens in order to fully understand the struggles of the student. This is a good time to get to know the student and how they manage their studies and life in general.

- **Identifying Goals**: The counselor gives the student time to reflect on learning goals and helps the student consider the bigger picture.

- **Sharing Advice**: The counselor takes time to share learning tips and strategies for managing challenges. Consider bringing some examples and scenarios to discuss with the student and give them exercises to practice daily. Examples include practices such as scheduling priorities, checking emails, applying feedback and positive affirmations.

For more information email info@kepler.org

Photography by Julia Cumes
Why Personalized Advising is Necessary

There is information that students can’t share in a group. Some information about family and academic issues is sensitive or confidential. Although students often deal with similar concerns, it’s important to create safe spaces for individual issues to be addressed.

It is important for counselors to:
- Have designated office hours and a clear student sign-up process
- Make sure students understand the structure, purpose, and importance of one-on-one sessions

Case Study – John

John is a student from a refugee camp in Rwanda who earned an opportunity to pursue a bachelor’s degree at a local university through the DAFI scholarship program. During his studies he was focused and did well in class. However, he did not apply for any internships because he had heard that people who have refugee IDs are not allowed to work in Rwanda. Fortunately, John’s college counselor had accurate information and documents explaining refugees’ rights to work in the country. The counselor advised John on the importance of work experience prior to graduation and where to look for opportunities. John followed the advice, completed an internship, and was able to secure a job at the end of his studies.

Topics Discussed in Personalized Advising
- Faculty/Concentration selection
- Professionalism – time management, attendance, communication
- Mastering the learning environment
- Career orientation – internships, work studies, volunteering
- Extracurricular activities

Note: Privacy and Confidentiality

Confidentiality is a key quality of a counselor. As a counselor, you have to respect the privacy of the student. By not keeping information confidential, you’ll discourage students from coming to you for support.

However, there are cases in which a student’s safety or security is at risk. In such cases, you have an obligation to report the concern. Always check with your supervisor if you’re unsure of how to handle a situation.

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