

My Academic Advising Philosophy

Dear students,

As your academic advisor, I have the great privilege of working with you to help you get the most out of college that you can. I truly enjoy getting to know each of you and seeing you thrive.

What am I here to help you do?

First and foremost, I am here to help you navigate academic requirements and policies, plan your classes, and connect you with resources for success. In addition, I will help you succeed in your classes by exploring your preferred learning style and adapting to new study strategies.

I encourage you to get involved outside the classroom too, in cocurricular and extracurricular activities to help you find a work-life balance, promote wellness, and connect with your campus community. I will help you get connected to the resources, activities, and communities that will foster your personal, vocational, and identity development.

Lastly, I will support your career preparation by helping you explore your interests, values, and skills that you develop inside and outside the classroom. I will help you set realistic short- and long-term goals, develop decision-making skills, and integrate this knowledge into plans for success.

How will I do this?

I base my advising practice on theories of holistic and [developmental advising](#), which means working with each of you to address your unique academic and personal needs. I will support you where you are, while also challenging you and empowering you to grow. I emphasize positive problem-solving, helping you utilize your own strengths to take on the challenges of college.

Additionally, I am guided by personal and [professional](#) values of respect, caring, and empathy. I offer an accessible, inclusive, equitable, and supportive environment by actively listening to you and learning from you. I educate myself on the academic literature and accounts of lived experiences of college students from different backgrounds, and I advocate for equitable campus policies and practices.

What do I need from you?

While I am here to guide your development in college, it is ultimately your responsibility to make decisions, engage inside and outside the classroom, reflect on your personal and academic development, and take action on plans in order to meet your goals. I hope that you will feel comfortable sharing your personal needs, challenges, and achievements in our academic advising conversations so that together we can make plans for your success in college.

Sincerely,
Mandy Rousseau
Your Academic Advisor