

Personal Advising Philosophy

“Either you sink or you swim.” We have all heard of this expression which means either you fail or succeed. College can be viewed as a big ocean where students are either sinking or swimming. However, academic advisors are the life preservers that can prevent students from drowning. The role of an academic advisor extends beyond courses and program scheduling. Advisors are mentors, teachers, supporters, resourceful, and so much more.

While I was pursuing my Master’s degree in Counseling and Guidance at New York University, I learned many different counseling theories. My approach to advising is similar to that of Dr. Carl Rogers, who is known for his humanistic approach. Dr. Rogers emphasized the importance of being genuine, expressing unconditional positive regard, and being empathetic. In my years in advising, I have learned from all the students that I have worked with ranging from undergraduate students, first generation college students to currently working with graduate students (domestic and international students). I learned to be attentive, truly listen, have empathy, embrace diversity, be resourceful and continue seeking knowledge and growth in the advising profession. I strongly believe these are the tools that have helped me become effective in advising.

As I alluded to, college is a big ocean and some students may not be equipped to dive right in the water. Life outside of college continues to happen, and students may be going through personal obstacles outside of their schoolwork. When a student is in my office, I give that student my full-undivided attention. I truly listen to their words and pick up any non-verbal cues. Students know they are in a safe space and open to disclose any issues they may be dealing with when they meet with me. I entered the field of academic advising because I genuinely care about education and working with young people. Currently, I am pursuing a doctoral degree in Higher Education Administration at Texas A&M University. My goal after my PhD is to establish a student support program, tailored to provide services to help all college students obtain an education, which will lead to the ultimate goal of improving their quality of life. I also would like to work with and train academic advisors, both new and seasoned, and help provide professional development. Advising is always changing and it will be a disservice to students if advisors don’t seek their own professional growth and development.

I am a big believer that education can help overcome humble beginnings and can open the doors to endless opportunities for success. I feel that many doors have been opened to me and now I want to open doors for my students to help them reach their academic, professional, and personal goals.