

## Why Stories?

We are all tellers of tales. We each seek to provide our scattered and often confusing experiences with a sense of coherence by arranging the episodes of our lives into stories.

Dan McAdams

How students from diverse backgrounds tell their unique story drives the advising experience.

## 1) Understand the Story

- **Know Your Own Story**  
Develop multicultural competence by engaging in cultural self-awareness.
- **Empower the Student to Tell Their Story**  
Be curious. Be genuine. Listen to understand.

“Why did you decide to come to WOU?”

“Tell me more.”

“How have the experiences in your life brought you to college?”

# Tell Me Your Story

Supporting Students from Diverse Backgrounds in Identifying Strengths to Achieve Success

- **Guide students in identifying strengths.**

Focus on unique strengths gained through diverse experiences rather than possible deficits.

- **Help students see how they can use their strengths to achieve success.**

### Setting Goals and Overcoming Obstacles

Learning from Past Triumphs and Identifying Resources to Achieve Success

Instructions: In the table write down 1-2 past, current, and future academic goals. For each goal, write down obstacles you faced or may face. Then, brainstorm resources, strategies, or people that helped you or could help you to overcome these obstacles.

For current or future goals, go to: [www.wou.edu](http://www.wou.edu), search for university resources or people that may be useful in addressing the obstacles you identified, and write down the information you find in columns next to the obstacle. Include information such as the tools the office provides, the office or person's contact information, or steps you want to take to utilize that resource.

	Goals	Obstacles	Resources/People		
Example	Achieve 2.5 Semester GPA	Working too many hours off campus	Office: Financial Aid Resources: Loans, Grants, Scholarships Phone: 877-1593 Office: Admin 310	Office: Career Services Resources: Student Employment Phone: 838-8432 Office: WUC 119	Talk to neighbor about getting a new job with less hours

- **Know the role you play.**  
Act as a “translator” for university structures and culture  
Be a “connector” to university resources and departments.
- **Support the student in setting and achieving their goals.**  
Provide continuous encouragement and support as the student continues writing their story.

## 2) Identify Strengths

## 3) Continue the Story