

## AHS Advising Outline

### What is academic advising?

Academic Advising assists students as they define, plan and achieve their educational goals. Academic advising supports and enhances student learning and development at the University of Waterloo.

Academic Advisors are here to coach you along your academic journey. They will work with you to meet your self identified goals and eventually graduate from the University of Waterloo. They will work with you to problem solve and explore various options based on their institutional knowledge and understanding of AHS and the UW.

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Academic advisors in AHS approach their work with the following values:

- **Student centered:** Academic Advisors primary role is to support students and provide guidance that is in the best interest of the student.
- **Mutual respect:** Academic advisors honour the inherent value of all students, staff, and faculty. Advisors build positive relationships by understanding and appreciating everyone's views and cultures and expect that others will do the same.
- **Safe:** Academic Advisors foster a safe and welcoming space where students can share their concerns and difficulties. Advisors build relationships through empathetic listening and compassion for students, colleagues, and others. They treat students with sensitivity and fairness.
- **Empowering:** Academic Advisors motivate, encourage, and support students and their greater educational community to recognize their potential, meet challenges, and respect individuality. They empower students to make decisions and grow during their time at university.

What your advisor will do for you	What your advisor expects from you
<ul style="list-style-type: none"><li>• Provide a safe, respectful and confidential space to discuss any questions or concerns you may have.</li><li>• Provide curricular advising; policies, curriculum information, and academic regulations and requirements.</li><li>• Empower you to make decisions for your academic career, by being a sounding board and provide advice and options.</li><li>• Provide referrals to campus resources.</li><li>• Help you develop a holistic view of your academic plans in order to balance your life.</li><li>• Help you understand university policies, regulations, and degree/program requirements.</li></ul>	<ul style="list-style-type: none"><li>• That you will do some research in advance so that you can come to meetings prepared with questions or what you hope to get out of the meeting.</li><li>• That you will be an active participant in the conversation between advisor and student and be open to hearing various options and advice.</li><li>• Be respectful and professional in all interactions.</li><li>• Become knowledgeable about Waterloo programs, policies, and procedures.</li><li>• Accept responsibility for your decisions and take ownership of your studies.</li></ul>

## **Helpful Resources:**

<b>QUEST</b>	<a href="https://uwaterloo.ca/quest/undergraduate-students">https://uwaterloo.ca/quest/undergraduate-students</a>
<b>Undergraduate Calendar</b>	<a href="http://ugradcalendar.uwaterloo.ca/group/uWaterloo-Faculty-of-Applied-Health-Sciences">http://ugradcalendar.uwaterloo.ca/group/uWaterloo-Faculty-of-Applied-Health-Sciences</a>
<b>AccessAbility Services</b>	<a href="http://uwaterloo.ca/accessability-services">uwaterloo.ca/accessability-services</a>
<b>Campus Wellness-Health Services</b>	<a href="http://uwaterloo.ca/campus-wellness/health-services">uwaterloo.ca/campus-wellness/health-services</a>
<b>Student Success Office</b>	<a href="http://uwaterloo.ca/sso">uwaterloo.ca/sso</a>
<b>The Centre</b>	<a href="http://uwaterloo.ca/the-centre">uwaterloo.ca/the-centre</a>