

Academic Advising Approaches

Drake, J. K., Jordan, P., & Miller, M. A. (Eds.). (2013). *Academic advising approaches: Strategies that teach students to make the most of college*. John Wiley & Sons.

- **Prescriptive Advising** – The advisor disseminates information on curricular requirements and other academic information about students’ records. Metaphorically, “the advisor is a doctor who examines patients and prescribes the medication that will make them better”.
- **Developmental Advising** – Builds on the prescriptive approach of providing necessary information to the student while embracing a holistic view of each the student’s goals, abilities, and program choice. More specifically, this approach to advising “Encourages academic advisors to use their own skills to identify each student’s skills, abilities, and expectations; to know the resources and opportunities available to the student; and to support maximum growth (development) in academic, personal, and career goals”.
- **Proactive Advising** – (formerly known as Intrusive Advising); this approach to advising “involves intentional institutional contact with students such that personnel and students develop a caring relationship that leads to increased academic motivation and persistence”. The advisor initiates contact and works to build rapport so the student feels connected and informed, thus opening communication should the student need assistance in the future.
- **Appreciative** – This approach “entails the intentional and collaborative practice of asking positive, open-ended questions that help students optimize their educational experiences and achieve their dreams, goals, and potentials”. It is based on a framework rooted in organizational change theory and has a six-phase model that focuses on an appreciative mind-set.
- **Strengths-Based** – With this approach, the advisor helps identify students’ talents and works with the student to develop those talents into strengths that can be used to gain knowledge and skills and achieve academic success.
- **Coaching** – This approach balances meeting prescriptive needs of students, helping them solve problems, and fostering development of personal responsibility and self-efficacy. Additionally, coaching promotes “student responsibility and ownership of any plans and their outcomes” and is a method used often with students experiencing academic difficulty.
- **Mixed Approach** – There are similarities amongst different advising approaches and it is important for an advisor to develop a method that best suits them and their students. The approach may differ when working with each individual students.