

Core Competencies for Inclusive Advising: **Advisors**

Competencies	Skills	Concepts, Knowledge, and Practices	Example of Advisor Success
Interpersonal Competencies (1, 2)	Interpersonal skills ⁽²⁾	Create rapport and build academic advising relationships. (3, 4, 5, 6)	*Demonstrate personal care for student success (7,8)
			Balance challenge and support with students (4, 6)
			Encourage student reflection (4)
		Make appropriate and effective referrals (4)	
		Collaborate effectively with colleagues (4, 6)	
		Empower students to develop educational and career planning skills (4)	
	Communication skills (2)	Communicate effectively across cultural differences (4)	Communicate in an inclusive and respectful manner. (3, 4)
			Employ active listening techniques (4)
			Ask effective questions (4)
		Exhibit effective written and email communication (4)	
	Knowledge of self (2)	Practice self-reflection and exhibits self-awareness (4, 6)	Engage in ongoing assessment and development of self and the advising practice. (3, 4, 6)
			Recognize his/her own professional strengths and limitations (4, 6)
			Articulate a personal advising philosophy (4)
Navigating the Institution (1)	Understanding of Higher Education and college/ university in general (4)	Understand Institution specific history, mission, vision, values, and culture. $^{(3,4,9)}$	
		Understand Institution specific policies, procedures, rules, and regulations. (3, 4, 9)	Understand institution-specific curriculum, degree programs, and other academic requirements and options (3, 4, 9)
		*Be aware of equity, access, and achievement issues in higher education $^{(4,9)}$	
	Effective use of campus resources (4)	Be aware of campus and community resources that support student success. (3, 4, 9)	Understand, utilize, and collaborate with campus units such as academic dean's offices, Office of the Registrar, Office of Student Financial Aid, etc. (4, 9)
			Be familiar with enrichment, leadership and co-curricular options (1, 4)
			Understand the financial aid process and connect with financial aid office as pertaining to your HE institution (10)
			Collaborate effectively with colleagues (4, 6)
		Promote student understanding of the logic and purpose of the curriculum. (3, 4, 9)	



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Navigating the Institution (1)	Effective use of career resources (4)	Understand the career development process (4)	
		Ability to begin a career conversation with students (4)	Appropriately refer students to career advising resources on campus (4)
			Help students make the connection between their educational experience and post-graduation options (4, 9)
Seek and Share Advising Knowledge (modified 11)	Familiarity with the advising profession (4)	Understand the history and role of academic advising in higher education. (3, 4)	Be familiar with campus and national advising trends (4)
			Understand the structure of academic and career advising (4)
			Understand expected outcomes of academic advising (3)
			Understand relevant theories to academic advising (3,4)
		Understand Academic advising approaches and strategies. (3, 4)	*Demonstrate care for student success (7,8)
			*Proactively bring information to Students (7,8)
			*Provide multi-faceted/Holistic support (7,8,12)
			*Cultivate self-improvement in students (8)
	Demonstration of ethical advising practice (4)	Understand legal guidelines of advising practice, including privacy regulations and confidentiality. (3, 4)	Effectively apply relevant (replaced FERPA) guidelines and confidentiality protocols (4, 6)
			Title IX
			Clery Act reporting
			Understand professional liability and legal issues in advising (4)
		Exhibit appropriate boundaries with students (4)	
	Effective use of advising technologies and tools. (3,4)	Effectively use Undergraduate Catalog (4)	
		Effectively use Student record systems (4, 6)	
		Effectively use Enrollment tools (4, 6)	
		Prepare effective documentation (4, 6)	



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Seek and Share Advising Knowledge (modified 11)	Knowledge of Academic Disciplines, requirements, policies and options (4)	Have a fundamental understanding of the academic discipline(s) in which advising takes place (4)	
		Help students make the connections between requirements and educational/disciplinary objectives (4,6,9)	
	Plan and conduct successful advising interactions (5)	Follow 5 sequential steps for advising (13)	
Social and Cultural Competencies (1)	Knowledge of undergraduate students (4)	Understand student development, career development, and student learning theories (4)	
		Understand demographic characteristics (4)	
		Be familiar with generational characteristics and trends $^{(4,5)}$ and cultural identities (nationality, race, social class, ethnicity, religion, ability, sexual orientation, etc.) influence thinking and behavior $^{(14)}$	
		*Understand unique characteristics of specific student populations (first-generation, minorities, international, returning adults, transfers) (3,4,5,6,12)	< refer to interpersonal skills
		*Exhibit the relational skills to advise effectively across differences (4,7,12,15,16)	< refer to interpersonal skills
		*Understand how equitable and inclusive environments are created and maintained (4,9,12)	< refer to interpersonal skills
Health and Wellbeing (1, 5)	Understand the link between health & wellbeing and academic performance (adapted from 1)		
	Familiarity with Health/Well-being Issues (5,17,18,19,20)	Familiarity with Wellness Dimensions (5,22,23)	
	Promoting Good Health/Well-being Practices (4, 21)	Exhibit personal behaviors that promote a healthy lifestyle (21)	
	Assessing Health and Well-being (5)	Know the signals of distress in students (18)	
	Appropriately refer students to mental and physical health resources (4,17,18,24,25)		



Core Competencies for Inclusive Advising: **Advisees**

Competencies	Skills	Concepts, Knowledge, and Skills	Examples and Advisee Success
Interpersonal Competencies (1, 2)	Communication skills (1,4)	Communicate in an inclusive and respectful manner. (1,3)	
	Interpersonal skills (1,4,9)	Develop rapport with advisors (3,7,8)	Understands the role of advising (1)
		Management of personal relationships. (1)	
Curricular Competencies (1)	Disciplinary-based competencies (1)	Understands course pre-requisites (1, 9)	
		Understands discipline-specific skills required to meet curricular goals (1, 9)	
		Ability to make appropriate progress toward degree completion (1,9)	
		Ability to reflect on their educational experiences (1,4)	
	Core Academic Competencies (1)	Ability to identify, developing, and realize plans, goals, and possible careers with the help of the advisor (9)	Setting of academic goals was a strong predictor of retention and high GPA. (26)
		Time management Skills (1,9)	Lower performing students score significantly lower on time-management skills on LASSI. (27)
		Note-taking (1,9)	
		Study Skills ^(1,9)	Lower performing students score significantly lower on test strategies on LASSI. (Ref 31) Study skills are a precursor of positive class performance and persistence behaviors. (26)
		Critical Thinking (1,9)	Academic self efficacy was a strong predictor in retention and high GPA. (26)
		Reading/Writing (1,9)	Academic self efficacy was a strong predictor in retention and high GPA. (26)
		Technical Skills (1,9)	
		Reflective Practice (1,9)	Students receiving self-reflection training improved score in Math course and on a national math test. (28)
		Goal setting (1,9)	Setting of academic goals was a strong predictor of retention and high GPA. (26)



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Competencies	Skills	Concepts, Knowledge and Skills	Examples of Advisee Success
Navigating the Institution (1)	Effective use of campus resources (4)	Identify and connect with appropriate campus personnel and resources ⁽¹⁾	Effectively utilize student systems (1)
		Familiarization to portfolio management strategies (1)	Use of portfolio to develop plans and modify goals (1)
	Knowledge of Academic requirements, policies and options (4)	Select courses appropriate to skill level and interest (1)	
		Understand curriculum, degree programs, and other academic requirements and options. (1,3)	Actively track progress toward degree (1)
		Develop short and long term (personalized) academic plans which incorporate multiple interests and complex goals (1)	Develop a realistic and meaningful educational plan (based on comparative exploration and individual performance) (1)
	Effective use of career resources (4)	Gather information on career and graduate school options (1)	Understand connections between curriculum and career options (1)
		Engage in self assessment (skills, interests, abilities, personality, etc.) and self-discovery activities (1)	Actively investigate career and graduate school options (1)
		Investigate career and graduate school options (1)	
Social and Cultural Competencies (1)	Becoming a Part of the University Community (1)	Utilize Institution specific history, mission, vision, values, and culture to reach educational goals (modified 3)	
		Engage in ongoing assessment and development of educational process. (modified 3)	
		Understand student conduct expectations (1)	
	Adult Transition (29)	Development of Social Networks and Support Systems (1)	
		Awareness of self- beliefs, values (1, 9)	
		Operate in different cultural contexts (1, 9)	
		Engagement with Community (1,22)	
Health and Wellbeing (1)	Understanding Self-care (1)	Understand multiple dimensions of self-care (physical, emotional, spiritual, interpersonal, social and intellectual). (1,22)	Understand the relationship between healthy behaviors, development and quality of life across all life stages (1)
		Understand the relationship between health and academic performance (1)	Makes choices consistent with optimal performance (1)
		Demonstrate the ability to set goals and make decisions that address health related issues. (1)	Student understands the relationship between healthy behaviors, development and quality of life across all life stages (1)
	Knowledge of Campus resources (4)	Awareness of resources for health and safety related issues (i.e., physical health, mental health, sexual health, alcohol and drug education, violence prevention, etc.) (1, 4)	Ability to access and use information from a variety of recognized sources in support of individual development (1)

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