

## **T. Scott Smith Consulting**

T. Scott Smith, PhD  
2851 Johnston Street, Suite 527  
Lafayette, LA 70503  
Mobile: (337) 501-2104  
[scott@tscottsmithconsulting.com](mailto:scott@tscottsmithconsulting.com)

# **Preparing to Meet with Your Academic Advisor and Plan Your Schedule**

*Educational Brochure for College Students*

## **Overview**

Meeting with an academic advisor is an important part of staying on track in college. Advisors can help you understand degree requirements, select courses, and plan for future semesters. Preparing ahead of time can make advising meetings more effective and reduce stress.

Scheduling classes also requires careful planning. Thinking about workload balance, learning preferences, and daily routines can help you create a schedule that supports academic success and well-being.

## **How to Prepare for an Academic Advising Meeting**

- Review your degree requirements and academic progress
- Write down questions or concerns ahead of time
- Bring a copy of your class schedule or course plan
- Be ready to discuss challenges or accommodations that affect learning
- Think about short-term and long-term academic goals

## **Scheduling Checklist**

- ✓ Balance difficult and lighter courses when possible
- ✓ Consider time of day when you learn best
- ✓ Allow breaks between classes to manage energy and sensory needs
- ✓ Include time for studying, meals, and rest
- ✓ Confirm accommodation needs before finalizing your schedule

## Recommendations for Students

Preparing in advance helps you take an active role in advising and scheduling decisions. Clear communication with your advisor supports better planning and fewer last-minute changes. These organizational and planning skills are also valuable for managing responsibilities in the workplace.

## For More Information

For individualized guidance, transition planning, or vocational rehabilitation services related to college students with autism, please contact:

**Dr. T. Scott Smith**

Vocational Rehabilitation Counselor

[collegeandautism.com](http://collegeandautism.com)

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