## <u>Advising</u>

Students will often seek various types of advice.
Remember, advice can come in the form of information (directing students to resources) or asking for opinions (sharing viewpoints). Know that there are going to be times when advisors offer you their opinions, whether cautionary in nature, or even for assurance.

Whichever the case may be, it is imperative that you hear how they frame their advice as an alternative and not an absolute. Advice is generally based upon one's experience and should be informative. Remember, advice should never be filled with judgment or strong emotion, so listen carefully.

If your feeling are passionate or argumentative, take a step back and seek assistance from another source about your concern. You want your advisors to be helpful when giving you advice, but not overbearing. You may not agree with your advisor or decide to do something differently, but that is OK!