

**Dropping Anchor in
Murky Waters:**
*Enhance Your Advising Skills With
Basic Counseling Techniques*

Jessica Groves

Undergraduate Academic Advisor

Psychological Sciences

University of Connecticut

Jessica.Groves@uconn.edu

What is this all about?

- When students share something personal with us—did I say the right thing?
- Provide advisors with tools to use both in everyday advising and with tricky situations
- Don't worry, it's easy! You're probably already doing it!

Notes:

Who is this for?

- Applicable for everyone & anyone, in any career—to help better connect with people
- Particularly designed for advisors with no formal counseling experience.
- This is **not** designed to push you into an area where you do not feel comfortable or to make you a qualified counselor.

Why does this matter?

- Advising conversations don't always stay within the academics, they often stray into the personal.
- Avoid referring too quickly and be conscious of your reaction, as both can damage the relationship. Take a few minutes to just listen and let them know you care. Then you can refer.
- Liminal Advising—occupying the space between advising and counseling. Existing here with students allows for trust and rapport to build quickly.
