

# Preparing for an Advising Session

## Preparation is Success!!!

Student Advisors provide a supportive environment so that you are able to make informed decisions that will enable you to achieve your personal academic goals. Preparation is a key ingredient in successful decision making. Here are a few things you can do to prepare for your advising session:

- **Need help with program requirements?**

Review the **Academic Calendar** ([unbc.ca/calendar](http://unbc.ca/calendar)), especially the Programs pages for your intended Major or Degree (p. 53-194). A quick review can help spark questions. Write down a list of questions you have related to your program.

- **Need help scheduling?**

Review the **Online Schedule** ([unbc.ca/programs](http://unbc.ca/programs)). Write down your specific scheduling problem. Understanding the problem can help the Student Advisor assist you in finding the solution.

- **Need help choosing a program?**

Write down a few of your academic goals. Write down your passions, your interest, and your career goals. You can also check out the Tip sheets [Choosing Your Major Checklist](#) or [What Can I Do With My Degree?](#). Still stuck? Sign up for a [free Personality Assessment](#) with the Student Career Centre.

- **Need help understanding university life?**

Write down your questions that you have about university life. Remember there are no stupid questions. Asking questions is an important step in gathering information upon which then you are able to make decisions. You can also check out the Student Life Department's website ([unbc.ca/life-at-unbc](http://unbc.ca/life-at-unbc)) or drop by their office on Student Services Street for a chat.

- **Need help?**

What type of help do you need? Being clear on what you need from the advisor is important. If possible, try to determine the reason for your advising session prior to booking the appointment. This will allow the advisor to also prepare for your appointment. This will also help the advisor determine if they are the best person to help you or if they need to refer you to another department.

## Remember...

The Student Advisor is an expert on post-secondary education, academic programs, policies and procedures, and student success. Student Advisors have a wealth of information to share with you and they look forward to answering your questions.

You are an expert on your personal academic goals, your life, your hopes, and your dreams. Student Advisors look forward to understanding your needs and helping you to find different pathways to achieving your goals.