



# **Cohort advising: A focus on resources and reflection**

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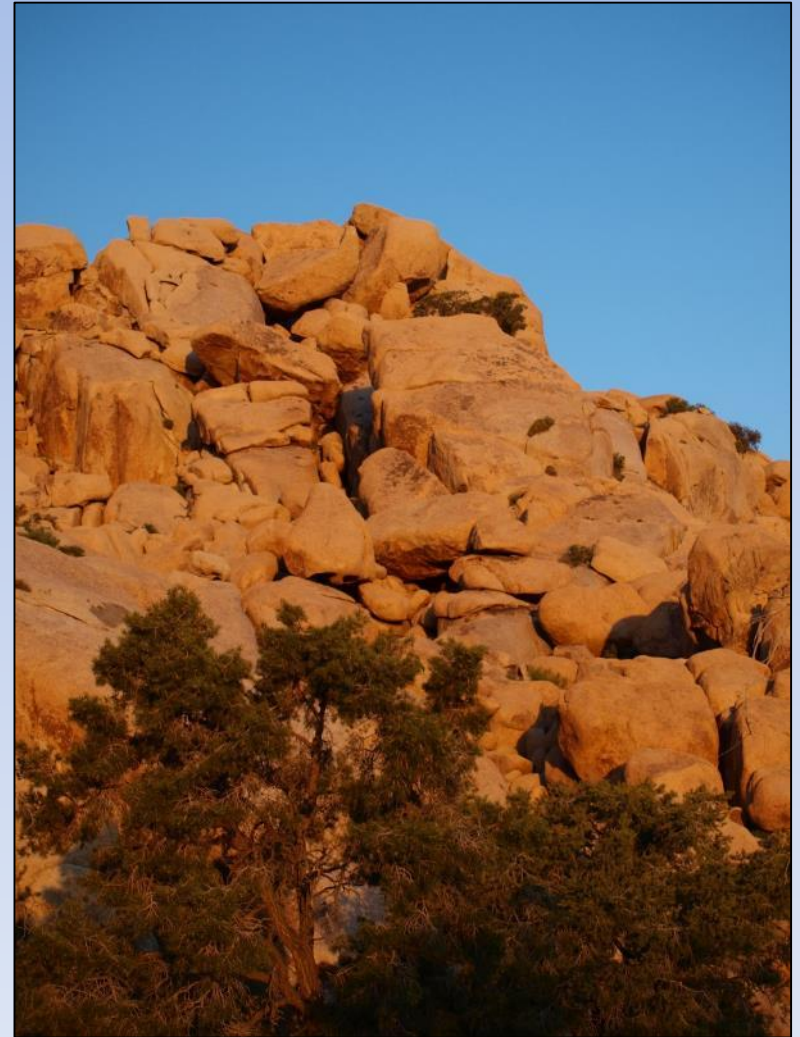
# My take on cohort advising

1. Nuts & bolts of how to navigate college
2. Relationship-building & creating points-of-contact
3. Development of practice of reflection and intentional decision-making

*Together, these goals help students take ownership of their university experience & can aid in retention & persistence.*

# To this end, I added...

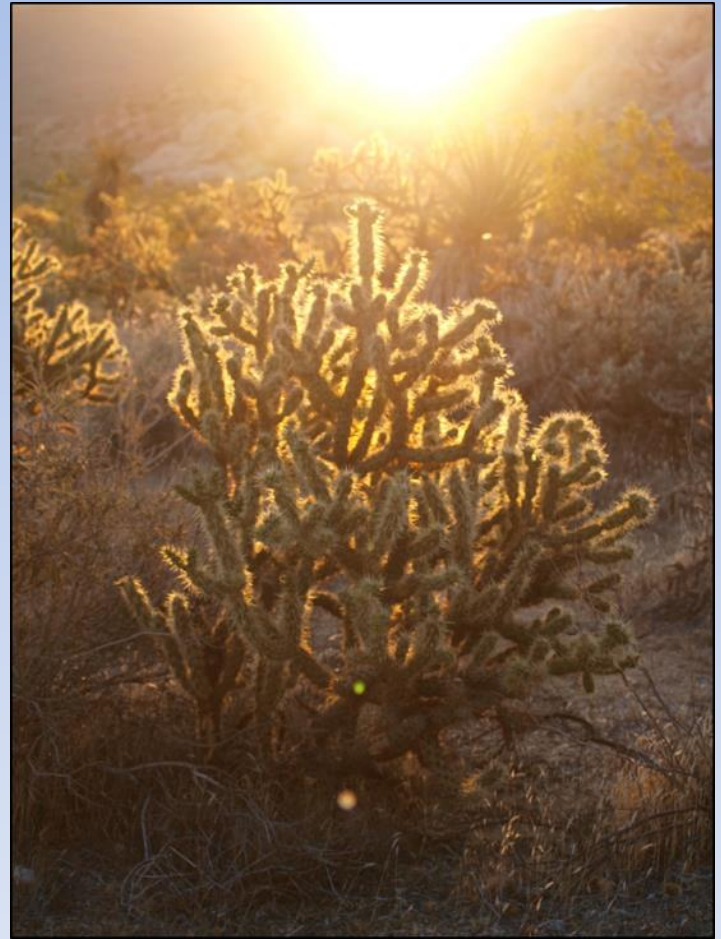
1. Additional class-time
2. Lots of tips & pointers
3. Assignments
4. In-class and out-of-class reflections



# Core values exercise

**Goals:** To develop guiding principles for decision-making early in their college career.

**Key ideas:** Intentionality, reflectiveness, self-direction



# Core values exercise

**Step 1:** List of >100 words—select as many as resonate with you.

persistence  
wisdom  
inclusiveness  
joy  
knowledge  
enthusiasm  
growth  
personal development  
open-mindedness  
motivation  
learning  
relationships

# Core values exercise

**Step 2:** Group your selected words into five columns.

persistence

wisdom

inclusiveness

joy

knowledge

enthusiasm

growth

personal development

open-mindedness

motivation

learning

relationships

# Core values exercise

**Step 3:** Select one word from each column that particularly resonates with you.

persistence	wisdom	inclusiveness	joy
growth	knowledge	open-mindedness	enthusiasm
personal development	learning	relationships	motivation

# Core values exercise

**Step 4:** Create action statements from your selected words.

*Support personal development*

*Pursue wisdom*

*Promote inclusiveness*

*Share my enthusiasm*



# Core values exercise

**Step 5:** Place your list in a place you will see it often.



# Core values exercise

*Thoughts or questions?*

