

Humanistic Advising

Supporting Students in Times of Fear

This worksheet is designed to help advisors practice humanistic advising by responding with empathy, validation, and proactive support when students express fear or uncertainty. Use this guide to foster meaningful conversations that affirm students' emotions and help them navigate challenges.

Acknowledging Their Feelings

Humanistic advising emphasizes recognizing students as whole individuals. When students share their fears, respond with validation and active listening.

- ✓ How do you currently acknowledge students' emotions in your advising practice?
- ✓ What strategies can you use to ensure students feel heard and understood?

Sample Phrases:

- "I hear you, and I want you to know that your feelings are completely valid."
- "I can only imagine how difficult this must be for you. You are not alone."
- "It makes sense that you're feeling this way. This is a tough situation, and I'm here to support you."

Reflection: How do you currently acknowledge and validate student concerns? What can you improve?

Providing Reassurance Without False Promises

Humanistic advising requires honesty and transparency. Students need reassurance, but they also need realistic guidance.

- ✓ How can you balance reassurance with honesty in your advising sessions?
- ✓ What steps can you take to help students regain a sense of agency?

Sample Phrases:

- "While I don't have all the answers, I will do everything I can to help you navigate this."
- "Let's focus on what we can control together. We'll take this one step at a time."
- "You have a community that cares about you. Let's find the resources and support that will help you move forward."

Action Plan: Identify two ways you can provide realistic reassurance while empowering students to take control of their situation.

Encouraging Resilience and Next Steps

A humanistic approach to advising encourages growth, resilience, and student self-actualization. Help students identify their strengths and take proactive steps forward.

- ✓ What past challenges has the student overcome that you can help them reflect on?
- ✓ How can you guide the student toward actionable steps while centering their strengths and agency?

Sample Phrases:

- *"You've overcome challenges before, and I believe in your strength to get through this."*
- *"Let's come up with a plan so you feel more prepared for what's ahead."*
- *"You are not alone in this. Let's connect you with people and resources that can support you."*

Next Steps: Identify three proactive actions a student can take when feeling overwhelmed.

Personal Reflection for Advisors

- ✓ How do you currently integrate humanistic advising into your practice?
- ✓ What strategies from this worksheet will you incorporate moving forward?

My Commitment to Humanistic Advising:
