The College Advisor: Next Level Counseling Towards a College Degree

Art De La Cruz, M. Ed.
MCC/MPS College Advisor
Mesa Community College Advisor

Treya Allen, Ed. D.
Senior Academic Success Specialist
Colleges of Letters, Arts, & Science
Academic Advising Center
The University of Arizona

Marcos Enriquez Jr., M. Ed.
Academic Success Specialist
School of Historical, Philosophical & Religious Studies
Arizona State University - Tempe
The 5 Things Students Did Not Learn in High School
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1. How to learn (Metacognition)
2. College is Not High School
3. How to communicate
4. Non-cognitive Achievement Factors
5. Failure is Good
Counting Vowels in 45 Seconds

How accurate are you?

Count all the vowels in the words on the next slide.

Dollar Bill  Cat lives
Dice        Bowling Pins
Tricycle    Football Team
Four Leaf Clover  Dozen Eggs
Hand        Unlucky Friday
Six-Pack  Valentine’s Day
Seven Up  Quarter Hour
Octopus
How many words or phrases do you remember?
Dollar Bill
Dice
Tricycle
Four-leaf Clover
Hand
Six-Pack
Seven-Up
Octopus
Cat Lives
Bowling Pins
Football Team
Dozen Eggs
Unlucky Friday
Valentine’s Day
Quarter Hour

How are the words organized?
What were two major differences between the first and second attempts?
1. We knew what the task was.

2. We knew how the information was organized.
Learning to Learn (Metacognition)

Metacognition is the ability to:

Think about thinking

Be consciously aware of oneself as a problem solver

Monitor and control one’s mental processing (i.e. Am I understanding what is happening? The material? What is required?)

Accurately judging one’s level of learning (Do I really understand what is going on?)

College is Not High School

High School
- Learning is directed and guided
- Attendance is compulsory
- Studying (memorizing)
- Parents/Caregivers advocate for you
- Learning takes place inside the classroom
- Review material after class

College
- Learning is your responsibility
- Attendance is voluntary
- Learning (application and creation of new knowledge)
- Self-advocacy
- Preview material before class
- Learning takes place outside of the classroom.
I HAVE TO GET GOOD GRADES SO I CAN GET INTO COLLEGE AND GET A GOOD JOB!

I HAVE TO GET GOOD GRADES BECAUSE I CAN'T AFFORD TO RETAKE THIS CLASS.
How to Communicate

- You don’t know what you don’t know.
- Cultural and social factors of communication.
- Meet me where I am.
- Self-advocacy is key!
Non-Cognitive Achievement Factors

- Academic Self-Concept
- Antisocial vs. Prosocial Behavior
- Coping & Resilience
- Effort
- Mindset
- Motivation
- Self-Efficacy
- Self-Regulated Learning

Skill is not enough! Will is equally important in the successful completion of college!

Failure is Good

- Reconceptualizing failure.
- Failure as a data point of our current functioning.
- Fail early, fail often, FAIL FORWARD - Will Smith
- Recognizing the difference between failing and failure.
How can you help?

1. Expose students to Bloom’s taxonomy early and often.
2. Be aware of and advertise for early college opportunities.
3. Impress upon students to communicate early, often, and now.
4. Approach learning as a journey and not a means to an end.
5. Help students help themselves.
6. Help students to develop and utilize metacognitive strategies early!
References


McGuire, S.Y., Mcguire, S. (2015). Teach students how to learn: Strategies you can incorporate into any course to improve student metacognition, study

Art De La Cruz, M. Ed.
Phone: 480 - 472 - 4468
E-mail: arturo.delacruz@mesacc.edu

Marcos Enriquez Jr., M. Ed.
Phone: 480 - 727 - 1369
E-mail: marcos.enriquez@asu.edu

Treya Allen, Ed. D.
Phone: 520 - 621 - 7763
E-mail: treya@email.arizona.edu

Connect with us!