

MINNESOTA
INDEPENDENCE
COLLEGE &
COMMUNITY



MICCC

Learn Skills. Experience Life.

Advisory Pod 101

Savannah Sisk
Advisory Program Manager

2020-2021



Advisory 101

- Who are the advisors?
- What is an advisor's role with students?
- What is an advisor's role with family?
- How does advisory progress through the years?

Who are the
advisors?



Meet our team



Savannah



Trista



Morgan



Gretchen



Luke



Greg

Our Backgrounds:

Occupational Therapy

Behavioral Supports

Mental Health Social Work

Health and Wellness Coach

School Counseling

Counseling Psychology

What is an advisor's role with students?



WHAT ON EARTH AM I
DOING IN HERE ON THIS
BEAUTIFUL DAY?!
THIS IS THE ONLY LIFE
I'VE GOT!!



Advisory Goal

To provide a student-centered, safe, and accepting relationship that supports student growth through skills coaching, regular self-reflection, and goal setting.

Advisory sessions are:

- 1:1 for one-hour weekly
- Structured
- Collaborative
- Goal-driven

Objectives

- Identify and set individual SMART goals.
- Practice identifying solutions to their own problems.
- Develop personal boundaries in peer relationships.
- Increase awareness of individual impact on those around them.
- Implement chosen coping mechanisms when facing stress and anxiety.
- Connect with outside providers and resources as needed.
- Develop healthy ways to communicate and connect with their families as adults.

Objectives & Competencies

- Personal Disability Awareness - Raise awareness of strengths, differences, and accommodations needed for success.
- Advocating & Accessing Supports - Practice effective self-advocacy skills.
- Sleep & Daily Grooming/Hygiene - Create a balanced schedule with healthy hygiene and sleep routines.
- On & Off Campus Appointment Management - Improve time management skills for classes and appointments.
- Medication Knowledge, Use, Coordination - Implement an effective medication management system.
- Money Management - Develop and follow a personal spending plan for money management.

Advisory Myths

The Myth

Your advisor is your therapist.

Your advisor is your friend.

Your advisor is available 24/7.

Your advisor will solve your problems for you and make everything okay.

You should be careful what you tell your advisor – they share everything with your family.

The Truth

Your advisor will refer you to a mental health professional if more support is needed than basic coping skill development.






Your advisor cares deeply about you, but will have a professional relationship with you.

Your advisor will require you to schedule extra meetings, including when you need immediate support.

Your advisor will ask that you identify your feelings, the problem, and some possible solutions prior to discussing an issue with you. Your advisor will support you in doing the hard work of learning how to resolve conflict!

Your advisor will protect confidentiality, except in cases of safety risk. You will have access to the information your advisor shares with your family.

Advisory Tools

HOW I FEEL		
5	Out of Control	
4	Overwhelmed	
3	Frustrated	
2	Tense	
1	Calm	

WHAT I CAN DO	
5	Take 5 deep breaths Sit in the sensory room
4	Have a healthy snack Take a shower
3	Advocate for myself Use coloring app
2	Take a walk Listen to music
1	Identify three things you are grateful for

Advisory Tools

SIZE OF PROBLEM	
5 Really big deal	Find staff immediately "Emergency" such as fire, tomado, lock-down, someone is badly hurt, someone is hurting themselves, physical fight
4 Big deal	Call staff for support in using problem solving skills Student being mean, student missing curfew, can't access meds, peer sick/hurt
3 Medium-size deal	Use problem solving skills first; email staff if not resolved Water dripping from ceiling, lost keys or phone, missed class
2 Small deal	Use problem solving skills Drain clogged, broken chair, food left out, dirty dishes, wet bath mat
1 Not really a deal	Let it go; I don't need to let staff know. Student dumpster-diving, broken bowl, student skipping class, food wasted

Advisory Tools

Problem Solving Steps

1. Identify how I feel.
2. Identify what the problem is.
3. Identify the size of the problem: how big a deal is it?
4. Brainstorm solutions.
5. Identify the pros and cons of each solution.
6. Pick a solution to try!
7. Seek staff support if needed.

**What is an
advisor's role
with family?**



As a trusted adult you can expect:

A **collaborative** approach and regular **communication** regarding:

- weekly progress via Parent Portal Advisory Note
- MICC events and breaks
- individualized support plans
- semester competency scores

A chance to reimagine your role as a parent/caregiver

Communication Guidelines:

Freshman Year

1st Semester: 1 set summary call or email per week (or preferred mode of communication); additional communication as needed
2nd Semester: 1 set call or email every other week (or preferred mode of communication) additional communication as needed

Junior Year

1st Semester: Summary call or email every 2-3 weeks (or preferred mode of communication)
2nd Semester: Main communication through BestNotes portal with additional communication planned as needed*

Senior Year

Main communication through BestNotes portal with additional communication planned as needed*

BestNotes Parent Portal is main communication with advisor.

Talk with student now about how to stay in touch with family!

ALWAYS let advisor know ahead of time if student will be off campus or if case manager is visiting.

How does advisory
progress through
the years?



Freshman Advisory Focus

- **Adjusting** to MICC program
- **Establishing** outside services as needed
- **Understanding** and accepting one's disability
- **Teaching** self-advocacy
- **Branching** out – leaving apartment, going into community, making friends
- **Managing** money

Junior Advisory Focus

In addition to freshman advisory focus:

- **Practicing** skills learned previous year with more challenging schedule
- **Increasing independence** with competency skill areas
- **Taking ownership** of success at MICC

Senior Advisory Focus

- **Preparing** for life after graduation
 - Money management system established
 - Identifying needed accommodations
 - Identifying external support system
- **Coordinating** transition needs with MICC Community
- **Practicing** independent living skills while employed

MINNESOTA
INDEPENDENCE
COLLEGE &
COMMUNITY



MICCC

Learn Skills. Experience Life.