

How to Advise Physiology Students

By Anne Crecelius, PhD

Investigate your institution's resources and strategy for advising. Find out who is available to help you and where resources are located.

1

Get to know your students' strengths, challenges, barriers and goals. The more information you have, the better prepared you will be to understand their perspective and connect with them in meaningful ways.

2

Reflect on your own journey and how it impacts your strengths and challenges as an advisor. Be aware of how the decisions your students face may be different or similar to what you encountered when you were a student.

3

Be honest and use concrete data when it is available (e.g., be realistic about acceptance rates to graduate and professional schools). Avoid setting unrealistic expectations.

4

Set goals for your advising and prioritize what is important to you. Time is finite.

5

Find excellent resources for any career stage—including funding opportunities and job offers—on social media platforms.

6

Remember that everyone is human, makes mistakes and can learn from them. Give yourself and your students the grace to grow.

7

Explore the Center for Physiology Education resources for advising. Familiarize yourself with the resources that may be valuable for your students and know where to find them.

8

For more resources, visit the Center for Physiology Education.