

### Advice for Advisees:

1. Identifying personal issues - Embarking on a journey to seek advice requires a sense of the destination and end goal. It will expedite your relationship with your advisor and help focus your conversation if you have done exploring your own destination.
2. Getting to know your Advisor: what to talk about in initial support network conversation - You can talk about the support network, share your problems, determine relationship needs and expectations. You should candidly share your personal assumptions and your limitations.
3. Be mindful that your Advisor has a busy schedule himself/herself. He/She may not be able to attend to your request immediately. Consult him/her on what would be convenient arrangements for you to approach him/her.
4. Maintaining a good relationship with your Advisor - Developing and maintaining a good relationship with your Advisor requires effective communication based on shared meaning, authenticity, respect and trust. Apart from drawing on the feedback you get from your Advisor and to act on it, you may also share your development with your advisor after.

Adapted from “The Advisee’s Guide: Making Advising Work for You” by Lois J. Zachary