

NDFS ADVISING - DOs & DON'Ts

Do...

- Be Respectful of Your Advisor's Time*
Schedule appointments in advance and explain exactly what you need.
- Come Prepared*
Bring and fill out any necessary paperwork (i.e. 4-Year Plan, Forms, Schedule, etc).
- Communicate Regularly (Email is preferred)*
Arrange for advising appointments at least once a semester.
- Take Responsibility for Your Actions & Choices*
Don't assume that advisors know everything. You are the one who determines whether you graduate.
- Use Your Resources*
Learn how to navigate USU websites & become informed about student services & policies.
- Be Patient, Pleasant, and Persistent*
We do our best – but sometimes we're slow. A polite reminder is appreciated.
- Provide Adequate Information*
On the phone or in an email, always include your
 - Full Name
 - A-Number
 - Area of Emphasis
(Food Science, Nutrition Science, Dietetics)If you call, please speak slowly enough for me to understand & leave your phone number.
Please give sufficient background information also (sometimes I forget details).

Don't...

- Don't Make Unreasonable Demands*
Realize that there are several students in this Department & limited resources. Please call, send an email, or set up an appointment instead of dropping by and expecting immediate help.
- Don't Rely Too Much On Others*
Don't depend on your parents, professors, advisors, or friends to keep track of your progress or rescue you. If you are struggling, there are several helpful resources available – but that requires initiative on your part.
- Don't Expect Your Advisor to Make Your Choices*
I can help provide options & give information – but you're the one who makes the final decisions about your education & future. Being indecisive may delay your graduation.
- Don't Lose Important Paperwork or Forget Dates*
Keep track of sensitive information and keep a copy of important files (like your 4-Year Plan). Be sure to keep your email address and contact information updated in ACCESS.
- Don't Become Overly-Dependant or Lazy*
An education is meant to empower you with greater knowledge and skills. Learn to use your resources and look for answers to questions before you ask them.
- Don't Expect Special Favors or Assume That There Are No Consequences For Poor Performance*
Ultimately, you are responsible for your experience at USU. Becoming angry or blaming someone or something seldom fixes things.