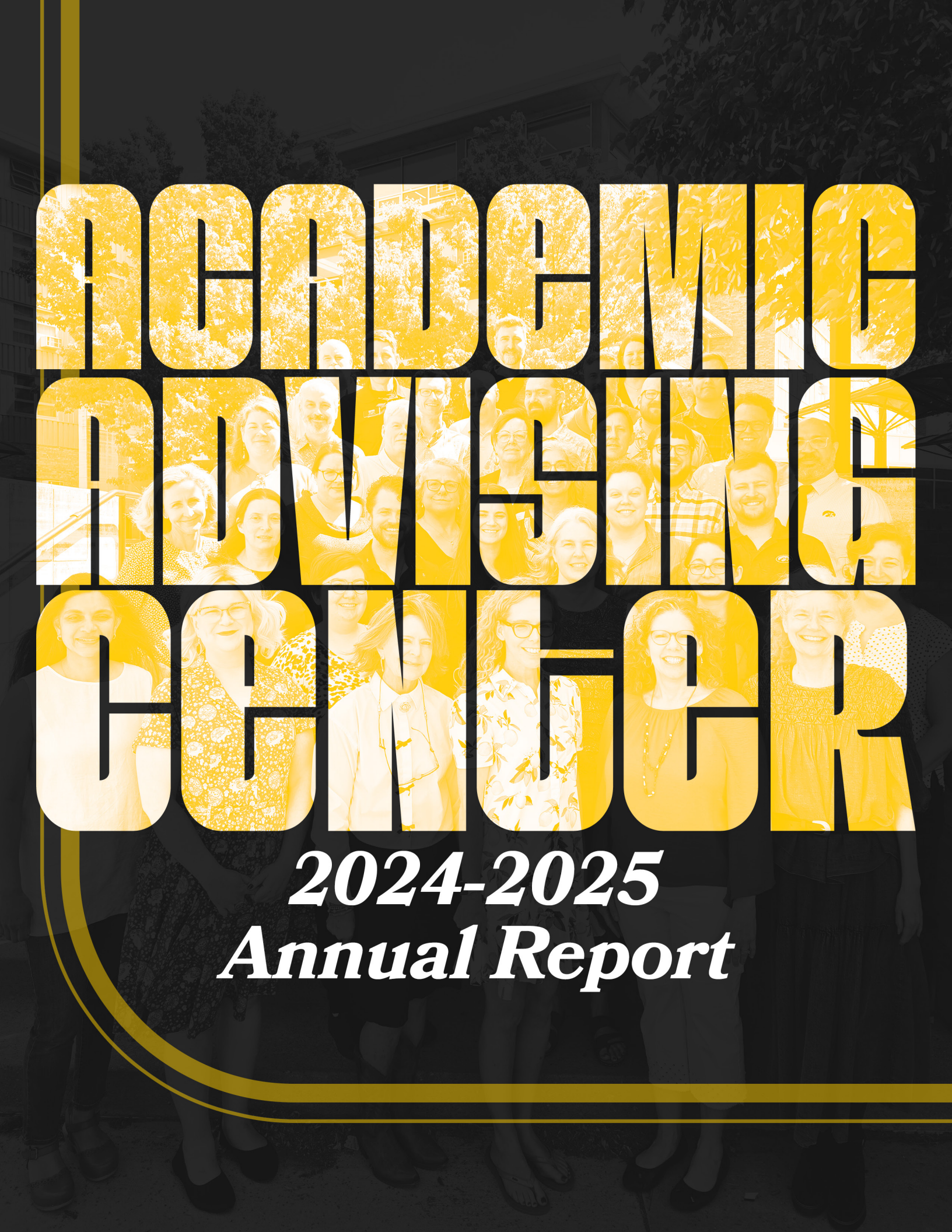




ACADEMIC ADVISING CENTER

***2024-2025
Annual Report***

Mission, Vision, and Goals

Vision:

The Academic Advising Center promotes student success through exemplary developmental academic advising focused on student learning and engagement. We aspire to provide advising leadership at the institutional, regional, and national level.

Mission:

The Academic Advising Center strives to help each student make a successful transition to the University, explore their interests and possibilities, develop an appropriate academic plan, and engage in educationally meaningful experiences. We do this through one-on-one advising and by advocating for and developing programs, policies, and procedures that create an environment that supports student success. We aim to create an environment where all students feel welcome and valued.

Program Goals:

Provide students with academic advising, support, and programming. Educate students on the tools and resources available to them to successfully manage their college experiences. Specifically, advising includes:

- Teaching students how to navigate the University, make informed decisions, and take an active role in planning their educational experiences.
- Guiding students in using tools and resources to understand their interests and abilities, identify academic goals and develop appropriate academic plans.
- Encouraging students to challenge themselves in their growth and development.
- Engaging students in conversation and reflection to understand the purpose and value of their educational experiences.
- Helping students understand that their well-being is related to their success in college.
- Challenging students to cultivate their curiosity.
- Encouraging students to identify and participate in educationally meaningful co-curricular activities.

In accordance with the University of Iowa Strategic Plan, promote and contribute to a welcoming environment, specifically:

- Create a welcoming, respectful, and accessible environment.
- Commit to ongoing learning and development of our staff.
- Advocate for inclusive and equitable practices across campus.

Promote and advocate for institutional programs, policies, requirements, and procedures that enrich the student experience and facilitate student persistence to graduation.

Who We Serve

- Every first-year student with a declared major in the College of Liberal Arts and Sciences (CLAS)
- Every Open major
- Every Pre-Health and Pre-Law student
- Enterprise Leadership, and Interdepartmental Studies majors through graduation
- Every CLAS student with the goal of earning undergraduate admission into the Colleges of Business, Education, Engineering, Medicine, Nursing, Pharmacy, Public Health
- All MAUI Advising users

Advising at the AAC is:

- **Caseload-based** - Students are assigned to an AAC advisor based on their major.
- **Mandatory** - Students must be authorized to register by an advisor.
- **Proactive** - Advisors contact students about course planning, academic performance, cocurricular opportunities, campus resources, and more.
- **Teaching-oriented** - Advisors teach students how to plan their academic programs of study, select courses each semester, explore possible majors, and seek information and resources.
- The AAC is a resource for any student who is **exploring academic programs** and seeking information.

“The AAC and my advisor have made my transition to Iowa so much smoother and a lot more organized. I always feel so much better about my path and the track I am taking after meeting with my advisor!”



2024/2025 By the Numbers

Student Traffic Numbers:

SOAR Advising Appointments: 4314
Total Office Visits: 33115 across 8854 different students
Students Attending Fall Success Meetings: 1468

Academic Advising Center Caseload

Primary Advisees	6640
Non-Primary Advisees	3001
Total Advisees	9641

“I absolutely love the Academic Advising Center, and my advisor has played a critical role in where I am academically!”

Student Count by Academic Interest

Group	Student Count
College of Liberal Arts & Sciences Declared Majors	2947
Pre-Med, Pre-Dent, Pre-PT, & Pre-PA	2757
Pre-Business Majors	1662
Pre-Law	760
Enterprise Leadership & Interdepartmental Studies Majors	707
Nursing Interest Majors	648
Open Majors	404
Non-UI Pre-Health	283
Radiation Science and Nuclear Med Interest	227
Non-Degree	157
Certificate	142
Pharmacy Interest Majors	120
College of Medicine Undergraduate Program Majors	109
Engineering Interest Majors	94
University College	67
High School, PSEO	42
College of Education Interest Majors	24
Public Health Interest Majors	11

Academic Advising Cycle

Each academic year follows the same basic pattern.

STUDENT ONLINE ADVISING & REGISTRATION

SOAR advising typically takes place from late May through mid-July. Using MAUI Advising and MyUI, advisors prepare in advance to meet with each student, reviewing student records and communicating relevant course suggestions. Advisors meet with students individually on Zoom to review requirements, help them build and choose schedules, and register for classes.

SOAR/ Summer Session

EARLY SEMESTER SCHEDULE CHANGES

Weeks 1 & 2 – Students make appointments or drop in to discuss schedule changes and academic plans in one-on-one meetings with their advisors.

Fall Success Meetings take place during this period, for first-year students in their first fall semester at Iowa. In these group meetings, advisors address topics like how to approach the first semester, how the advising process works, and how students can make the most of advising and other university resources.

IN BETWEEN SEMESTERS

With the exception of university holidays, advisors are available to meet with students in person or remotely between semesters. During this time, advisors communicate with students regarding their previous semester outcomes and how these may affect long-term planning.

While the semester follows a general pattern, proactive and teaching-oriented advising means tailoring the advising timeline to individual student situations. Advisors welcome students at any point in the year to address individual academic concerns. During the academic semester, we encourage students to meet in person whenever possible, but remote advising is available during all university breaks (fall, winter, spring, summer).

PLANNING

Planning appointments take place during weeks 3-10 (September/October in fall and February/March in spring). During these one-on-one 30-minute meetings, advisors ask students to reflect on their classes and college experience. Advisors and students discuss the social and academic transition to college, campus resources, and students' goals, exploring immediate and long-term academic plans and reviewing possible courses for future semesters. Advisors review academic program requirements and opportunities using tools like the Degree Audit, Sample Plans, and MyPlans.

END OF SEMESTER

Students meet with academic advisors to discuss end-of-semester preparation. Advisors follow up with students to address lingering questions and concerns.

REGISTRATION AUTHORIZATION

Academic advisors authorize students to register for the next semester at this mandatory meeting, which continues the conversation initiated at the planning appointment. Advisors evaluate their student's chosen courses in discussion with the student, reviewing potential schedules saved in the student's Schedule Builder. The advisor explains the registration process, noting the assigned registration date and addressing any registration restrictions. This meeting also provides an opportunity to provide referrals, answer questions, and adjust plans.

DROP DEADLINE

Students make appointments or drop in to discuss schedule changes and learn about their academic implications. The drop deadline refers to the last day to drop a semester-length course or withdraw entire registration without approval from the college dean.

Spring Semester

Fall Semester

Winter Session

EXPLORING MAJORS

As experts in the exploration process, all AAC advisors specialize in working with Open majors. We frame exploring majors as a process with multiple practices. While these practices can be approached in any order and will vary according to each student, we encourage all students to: 1) reflect on themselves; 2) research major and career options; 3) connect with others to learn about and expand their opportunities; and 4) build experience to help them assess and achieve their goals. We are here to guide and encourage students through all the practices in this exploration process, from learning more about their interests and identifying action steps to helping them connect with opportunities that clarify and bolster their academic goals. We collaborate with campus partners, especially the Pomerantz Career Center, to encourage students to develop their networks of support. Whether students are choosing from small handful of majors or from the entire catalog of university options, the continuous training of AAC advisors keeps us familiar with current and evolving academic opportunities at Iowa, facilitating our continued, insightful support for student exploration.

EXPLORING MAJORS

Hedy Zmolek - Public Health



Hedy's advice to students exploring majors:

- *What you put in is what you get out, and changing your direction is okay – sometimes even really good!*
- *Try out different classes, talk to lots of people (including your advisor!), and use the resources available.*
- *Learn about the day-to-day realities of jobs you're considering.*
- *Get involved in areas you're interested in – doing research in the field and finding student orgs helps you connect more with what you're learning.*
- *Remember that you don't need to – and honestly, you're not supposed to – have everything figured out right now! It's a process and you will keep learning along the way.*

Hedy's path started out with interests in architecture and civil engineering, but after doing a lot of her own research into those fields, Hedy didn't feel those paths were the right fit for her. After an internship confirmed these suspicions, she started researching available opportunities, both at Iowa and beyond. With strengths in math, statistics, and science, as well as visual art, writing, and interpersonal communication, Hedy searched for a path that would speak to her diverse skillsets and interests. She read through the entire General Catalog – the university's resource for programs of study, requirements, and courses – and narrowed down options for majors she wanted to research further. She took the Academic Advising Center's course for students exploring majors, Open Minded, and she used the Occupational Outlook Handbook to learn more about career paths connected to different areas of study.

Hedy engaged as many resources as she could – those online repositories of information, but also people in her network, including her academic advisor, instructors, family friends, and trusted mentors – and, as it happened, one of those connections works in the Iowa Health and Human Services public health division. This proved incredibly helpful, as Hedy got to learn first-hand what working in the field is like, helping illuminate what career paths exist in public health. She learned that it is a broad field that includes careers that involve numbers and statistics, as well as communication, interpersonal skills, and community-focused work, and that the overarching goal of the field is to help others and improve peoples' lives. This spoke to Hedy, as she's long been passionate about health (but knew that becoming a medical practitioner wasn't the best fit for her either – she gets squeamish), and she found that the courses in the College of Public Health were "satisfying [her] brain," in providing a blend of quantitative and humanistic skills, with an emphasis on having a positive impact on others.

Neeki Karami - Public Health and Pre-Physician Assistant



Neeki worked as a student athletic trainer in high school, and, having enjoyed that, she figured she would keep going down this path at Iowa; in the back of her mind, though, she was also considering other directions within healthcare. She knew she wanted a career with a focus on providing direct care, seeing patients and forming relationships with them, but she didn't know about the wide variety of careers within the medical field. She started doing research into the options available, as well as looking into majors that might pair well with those career paths. Neeki went through a few different majors before landing on Public Health, and she had lots of conversations with her academic advisor about what options might work well for her. Together, they filled out My Blueprint – a brainstorming tool advisors use to help students reflect on their interests, strengths, values, and goals – and this introduced her to more possibilities. Neeki researched some of the areas they discussed, using both University of Iowa information and other sources she found online, to gather information about what opportunities different majors and healthcare careers might offer. She explained that the process took some trial and error, and that she learned from each of the steps in her research.

She chose physician assistant as her career path because it offers the healthcare role that Neeki hopes to fill – a combination of direct patient care, as well as the flexibility to move within specialties – though she is most excited to work in areas within pediatrics. She appreciates that the Public Health major pairs well with the Pre-Physician Assistant track, as it provides background on multiple facets of healthcare, including the patient experience along with “bigger picture” and administrative aspects of the healthcare system. Taking courses in the major is what confirmed that this path felt like the right fit for Neeki.

Neeki's advice to students exploring majors:

- *Don't be scared to explore!*
- *While I worried about falling behind and felt rushed to make a decision, by going through the process, talking with my advisor, trying out different classes, and utilizing resources (including support programs on campus), I learned it as okay to take some time.*
- *Given the number of options available, it makes a lot of sense that it takes time! It helped me to learn about the different specializations and areas of focus within each field in public health.*
- *Get involved! I'm doing research and that's helping me learn about different facets of the field while also connecting with professors and thinking about the future.*



Julia's advice to students exploring majors:

- *Take as many different kinds of classes as you can – this is one of the good things about being an Open major, you can explore a little bit of everything.*
- *Explore early on – don't narrow your focus too much too quickly.*
- *Doing your research helps. Learn about what different majors entail; things like sample plans can help you see the details.*
- *Don't shut any ideas down too fast – keep an open mind and test things out, because you never know what the outcome will be at the start.*

EXPLORING MAJORS

Julia Rodriguez - Elementary Education

Julia started at Iowa as a Pre-Business student, with the plan to major in Marketing. She witnessed so many of her friends starting college with a very clear plan in mind, and even though hers didn't feel quite as confirmed, starting college as an Open major felt scary. She focused a lot of her early academic attention on business courses and ultimately learned that these weren't the right fit for her. She looked through lists of major options and career paths and felt overwhelmed; she recounts feeling, "I'm only 18, how am I supposed to know what to do with my whole life?"

Julia found some online resources and career quizzes, but found that rather than illuminating a path forward, they were just echoing things Julia already knew, like her interests and strengths in science. Julia took the Open Minded class and found the exercises from the course helpful to start filling in some of the gaps she'd been missing. She cites activities reflecting on personal values and crafting hypothetical life plans as helpful exercises that contributed to organizing her thoughts and putting pieces together.

In those activities, Julia found herself repeatedly coming back to her previous experiences working with kids, as a camp counselor and karate instructor, among other roles, reflecting on how much she enjoyed those and found them meaningful. She got to a point where she debated pursuing a major in Education, to engage this interest, or Engineering, to engage her interests in science. Ultimately, she chose Elementary Education, and the coursework in that area confirmed that this path feels like a promising fit, and she knows she can pursue scientific programming within that field.



Pre-Professional Advising in the Academic Advising Center

The University of Iowa Academic Advising Center (AAC) advises students in multiple pre-professional programs for the duration of their college careers. The AAC serves around 800 pre-law students each year on their journey to law school, and over 3,000 students in the following pre-health designations:

- Pre-Medicine
- Pre-Physical Therapy
- Pharmacy Interest
- Pre-Physician Assistant
- Pre-Dentistry
- Pre-Child Life
- Pre-Athletic Training
- Pre-Optometry
- Pre-Veterinary Medicine
- Pre-Podiatric Medicine
- Pre-Chiropractic Medicine
- Pre-Occupational Therapy
- Pre-Dietetics

Pre-professional advisors at the AAC bring a student-centered and appreciative advising philosophy to their work with students interested in health careers and the legal field. By asking appropriate questions to promote self-awareness, pre-professional advisors help students develop the attitudes, skills, and behaviors (academic and affective) that foster empowerment toward their career path. Most pre-professional advising appointments include discussion of:

- Extracurricular activities
- Shadowing opportunities
- Working with faculty
- Study skills and utilizing campus resources
- Preparation for entrance exams
- Identifying programs and their admission requirements
- Understanding the application process with various centralized application services
- Finding and securing letters of recommendation
- Preparing for interview

Because pre-health students adhere to a given curriculum prescribed by their professional field's certifying body, and because admission to all health professional programs is highly competitive, pre-health advising also includes discussions of satisfactory progression in required prerequisite courses and the importance of creating parallel plans for competitive programs. Pre-law students, who often have more flexibility with their college curriculum and admissions standards, learn from their advisors about challenging, skills-based classes that support their specific interests and goals; explore majors and other programs of study that complement their strengths and interests; and brainstorm about involvement and leadership in student organizations and the community while researching schools that could provide the best fit for their skills, interests, and credentials.

Pre-Professional Advising Structure at the AAC

SOAR ADVISING:

Guide new, first-year students into appropriate courses that match their major-specific needs and abilities. Advisors answer questions about majors and course sequencing and provide in-depth information on campus resources, clubs, and leadership opportunities that align with professional career plans.

FIRST SEMESTER:

Meet three times with students. Advisors review expectations for academic success, UI academic policies, finding campus academic resources, understanding course sequencing, general education requirements, and the registration process. Advisors spend a significant amount of time discussing extracurricular activities and helping students connect what they are learning inside and outside the classroom to their intended professional goals.

AFTER 30 SEMESTER HOURS EARNED:

Meet with students once or twice a semester after they've earned 30 hours in their primary major. Advisors and students discuss academics and how their course topics connect with their pre-professional goals. Advisors also help students considering other paths. Because professional programs are competitive to varying degrees, pre-professional advisors are adept at helping students create parallel career and major plans while simultaneously encouraging the skills and mindset

Pre-health advisor professional organizations:

- NACADA The Global Community for Academic Advising
- National Association of Advisors for the Health Professions (NAAHP)
- Iowa Academic Advising Network (IowaAAN)
- Mentoring newer pre-health advisors at the UI and other institutions through the NAAHP
-

Pre-law advisor professional organizations:

- NACADA The Global Community for Academic Advising
- Midwest Association of Pre-Law Advisors (MAPLA)
- The Law School Admissions Council (LSAC)
- Pre-Law Advisors National Council (PLANC)
- AccessLex Institute

“My advisor is incredibly knowledgeable and takes an extensive amount of time to go over all my options and shows interest beyond my classes in things like MCAT prep, research and talking with professors.”

Outreach & Programming

“My advisor is the absolute best I could ask for. She is caring, holds me accountable, is clever with planning different approaches to my degree, and provides a great amount of insight.”



Planning Your Degree Sessions held during On Iowa!

Pre-Health, Allied Health, Nursing-Interest
Natural Sciences
Social Sciences
Pre-Business and Enterprise Leadership
Communication and Literature
Math Sciences
Open
Humanities, World Languages, Fine Arts, Education

Presentations:

Exploring Majors Workshop
Nursing Interest Information Session
Personal Statements for Medical School Applications
Pre-Health 101
Pre-Law Information Session
Pre-Law Personal Statement Workshop
Preparing for the MCAT Student Panel and Discussion
Prepping for LSAT
PTCAS- applying to physical therapy school

Courses in the AAC:

For the academic year 2024-2025 we offered:

CSI:1020 Academic Seminar I – 5 sections
CSI:1021 Academic Seminar II – 5 sections
CSI:1100 College Transition Seminar – 15 sections
CSI:1150 College Transition Workshop – 30 sections
CSI:1500 College Success Seminar – 3 sections
CSI:1550 Strategies for Academic Success – 1 section
CSI:2100 Transfer Transition – 1 section
CSI:2150 Open Minded – 6 sections

Campus Collaborations

Advising Council

Associate Deans and Directors

Basic Needs Committee

CLAS – UP Course Planning and Monthly Meetings

Early Intervention Team

Excelling@Iowa Leadership Committee

First-Generation Task Force

CLAS General Education Curriculum Committee

In-App Messaging Work Group

International Student Advisory Committee

International Student Recruitment Committee

Liaisons to Offices, Departments, and Colleges

MAUI Advising Joint Steering Committee

MAUI Advising Project Leadership

Orientation Advising Planning

Strategic Enrollment Management Coordination
Team

Student Mobile App Committee

Student Success Communications Work Group

Student Success Team

Success@Iowa Steering Committee

UI Advise

Well-Being and Mental Health Collaborative

“She is very encouraging and reassuring. She helps me a lot with imposter syndrome and makes me less stressed about my choice of going to university.”



About Our Office

2024 - 2025 Staffing

- 1 Director
- 2 Senior Associate Directors
- 2 Associate Directors
- 36 Academic Advisors/Senior Advisors
- 3 Administrative Staff
- 8 Work-Study Students
- 10 Student Advisory Board Members

All advising staff members have a master's degree or doctorate.



Office Information:
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100 Pomerantz Center, Room C210
Iowa City, Iowa 52242
319-353-5700
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