



Advising Approach Continuum: A Framework for Individualized Student Support

Advising approaches range from directive to developmental to transformative in supporting different student needs, learning theories, and NACADA competencies. Each advising approach contributes differently, and advisors should be trained to adapt fluidly across the continuum based on student context.

Approach	Core Focus	Student Need	Theory Base	NACADA Competency
Prescriptive	Information delivery	High structure, low autonomy	Behaviorism, Task-Oriented	Informational
Developmental	Life planning & decision-making	Exploration, growth	Student Development, Cognitive Theory	Conceptual, Relational
Learning-Centered	Curriculum logic & meaning-making	Active engagement	Constructivism, Connectivism	Conceptual, Relational
Appreciative	Strengths, dreams, and goals	Motivation, self-discovery	Positive Psychology, Appreciative Inquiry	Relational, Conceptual
Strengths-Based	Talent identification & application	Confidence, resilience	Strengths Theory, Self-Efficacy	Relational, Informational
Proactive	Early intervention & outreach	At-risk, disengaged	Retention Theory, Risk Management	Relational, Informational
Motivational Interviewing	Behavior change through empathy	Ambivalence, resistance	Counseling Theory, Self-Determination	Relational, Conceptual
Coaching	Accountability & goal setting	Performance, self-authorship	Coaching Psychology, Adult Learning	Relational, Conceptual