CONNECT
You will work with CBS academic advisors to prepare for success and personal development through:

APPOINTMENTS
Students schedule appointments with academic advisors for various reasons, as well as have required appointments to help reflect on and discuss academic progress, challenges, strengths, goals and degree plans. These required appointments include:

• First-year checkback: Fall semester of the first year
• Second-year checkback: Spring semester of the second year
• New transfer student: First year as a CBS student
• Launch workshop: 75% or more of degree requirements completed
• Academic probation: If applicable, semester of academic probation

DROP-INS
Current or prospective students can stop in for 10-15 minute advising sessions on a first-come, first-served basis. Check the CBS website for up-to-date hours.

EMAIL
Advisors can also answer questions over email. Please include your first and last name, as well as student ID when emailing an advisor. We will return your message within three business days. If you have a more immediate concern, please call CBS Student Services.

CHANGING ADVISORS
You can change your primary advisor at any time by submitting the “Change my advisor” form on the CBS Student Services website.

SCHEDULE
Schedule an appointment with an advisor online at z.umn.edu/cbsapt, or call CBS Student Services at 612-624-9717.

PREPARE
Advising appointments are a great opportunity to have someone listen to your concerns, celebrate your accomplishments and answer your questions. Review the appointment curriculum information on the CBS Student Services website (z.umn.edu/aptprep) before your appointment to help ensure you have a productive meeting with an advisor.
CBS Student Services emphasizes the U of M’s Student Development Outcomes (SDOs) to provide an intentional guide for your undergraduate experience. The SDOs listed below are part of the advising curriculum to help you better understand how you will grow personally, and assist you with articulating your knowledge and skills to others (prospective employers, graduate/professional school) in your experiences beyond college.

- **Responsibility and Accountability:** Accessing information, making appropriate decisions and accepting the consequences of your actions.
- **Independence and Interdependence:** Knowing how and when to collaborate or seek help and when to act on your own.
- **Goal Orientation:** Identifying and directing your energy toward specific outcomes.
- **Self Awareness:** Knowing your personal strengths and talents and acknowledging your shortcomings.
- **Resilience:** Recovering and learning from your setbacks or disappointments.
- **Appreciation of Differences:** Recognizing the value of and being able to work with individuals with different backgrounds and perspectives.
- **Tolerance of Ambiguity:** Demonstrate your ability to perform in environments where clear cut answers are absent.

CBS advisors and advisees both play important roles in the advising process.

**You can expect an advisor to:**
- Understand and communicate curriculum, requirements, policies and procedures.
- Listen to your concerns and respect your individual values and choices.
- Support you in defining your academic, career, and personal goals.
- Assist you in creating an educational plan that is consistent with those goals.
- Discuss co-curricular activities and how they fit with your goals.
- Refer you to campus resources.

**We expect you to:**
- Become knowledgeable of campus policies, procedures, and resources.
- Be open and willing to consider other perspectives.
- Reflect upon your goals and educational plans and be prepared to discuss them.
- Review your APAS report each semester.
- Create and regularly update your four-year plan in Graduation Planner.
- Take primary and increasing responsibility for making your own decisions.
- Regularly read your University of Minnesota email and the CBS BioBlog.

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**CBS Student Services**

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