

How to Use Academic Support Resources Effectively

Before using any of the resources listed below, *go to class regularly*. Be sure to read and study your text, lecture notes, and attempt assigned problems. Jot down specific questions and bring them with you when seeking help from any of the above resources. By doing so, you will maximize your learning and your time.

Academic Support services are designed to be used ***in conjunction with*** lecture and recitation, ***not as a replacement*** for either of them.

How to use the following resources:

Professors and Teaching Assistants (TAs)

Visiting the professor should be your *first stop* in seeking help. Visit your professor or TA during office hours or make an appointment to see him/her when you have questions about lecture content, homework or other assignments, or if you are feeling lost or overwhelmed.

Academic Development (AD)

1. Supplemental Instruction (SI)
 - a. If you want a better understanding of course content attend SI.
 - b. SI will address the most difficult content in lectures by employing learning strategies and practice problems to further your understanding/application of course concepts.
 - c. Students will work collaboratively with their peers during sessions.
2. Tutoring
 - a. Walk-in
 - i. If you have specific homework questions, use the Walk-in Tutoring Services in the residence halls.
 - b. Standing Appointments
 - i. If you have tried all of the above services and still require more assistance than our other services can provide, request a standing appointment.
 - ii. NOTE: Standing appointments are only available for courses that do not have SI and Walk-in tutoring.
 - iii. Your standing appointment may involve small group tutoring—individual tutoring appointments (one tutor per student)—are not guaranteed.
3. Academic Counseling (AC)
 - a. If you want to improve your study skills/strategies, you can request a standing appointment with an Academic Counselor.
 - b. Students meet weekly with a student Academic Counselor to address any/all of the following areas: Time Management, Lecture and Textbook Note-taking, Test Preparation and Test-taking strategies, Textbook Reading, and Procrastination issues

Visit the AD website for schedules and more information:

www.cmu.edu/academic-development

Other Campus Resources

There are also other resources on campus that provide additional support for students.

InterCultural Communication Center (ICC)

- a. The ICC provides support to help nonnative English speakers (NNES) succeed in their academic programs.

Visit the ICC website for more information: www.cmu.edu/icc

Equal Opportunity Services—EOS (Disability Services)

- b. The EOS serves as a link between individuals with disabilities and the campus community.

Visit the ODR website for more information: www.cmu.edu/disability-resources/