

# Academic Support Programs

## Subject Tutoring Program

### What steps can I take as a student to prepare for and make the most of my tutoring sessions?

We realize that one session of tutoring per week does not leave you and your tutor a lot of time to work together. Therefore, using your tutoring time effectively and efficiently is an important goal for both students and tutors. Achieving this goal may require that you take some time to try to understand the material before your tutoring sessions so that you don't try to pack too much material into your short meetings. Narrowing down and focusing on particular areas of difficulty works to your benefit as well as your tutor's. Here are some suggestions on how to "be your own tutor" outside of your tutoring sessions, based on techniques that tutors have found helpful and would also recommend their students use. These are just a sampling of strategies, and of course you may find additional techniques that work for you.

#### Getting the Most From Your Questions

- Before asking a question, narrow down your problem areas to ask more specific questions.
- Try to pinpoint the point at which the material was not clear.
- Look for other explanations in supplementary class materials such as notes.
- Seek further explanation and/or confirmation from your professor and/or tutor.

#### Test Preparation Strategies

- Take notes during lecture and review before quizzes and exams.
- Start studying and reviewing class notes well in advance of exams.
- Complete practice problems from the textbook
- Take practice tests and quizzes.
- Form study groups and try explaining concepts to other students who are having trouble with material; clear, concise explanations can help you better understand the material as well.
- Create a list of your "problem areas" and cross them off as you learn them.

#### Reading Strategies

- Use charts, maps, and diagrams in the textbook, including headings.
- Review boldface terms in the textbook.
- Read assigned material before going to class; lectures make more sense when you pre-read.

#### Supplementary Resources

- Use CDs and other supplementary software.
- Make use of online tutorials on specific topics pertaining to your subject.
- Search online for general subject resources.

#### Techniques for Learning

- Try using mnemonic devices to help you learn.
- Color coding may also help create a visual association between similar concepts.
- Create your own diagrams based on concepts you have studied.

and last but certainly not least,

**Attend classes!**

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