



The Bark | February 13, 2023

The VPSL Column:

Guest Columnist: Aimee Milne & Katie McFaddin

Good Afternoon, LC Students!

Katie McFaddin and Aimee Milne here from the College Advising Center and the Office of Student Accessibility. We wanted to take this opportunity to remind you of the excellent academic resources that are available on campus—for everyone.

In our conversations with students we are often debunking the myth that academic resources are only for students who are struggling in some way. This couldn't be farther from the truth! While tutoring can certainly be helpful if you're feeling behind in a course, it can also be helpful if you're looking to maximize your study time, practice and perfect specific skills, or prepare in advance for a large assignment or test.

The resources below are available to all undergraduate students, and nearly all of them can be accessed in person or by Zoom, phone, or in person.

Research and Writing

- [Watzek](#) librarians are available Monday through Friday [for online or in person appointments](#). For additional information about getting help at the library, [check this site](#).
- [The Writing Center](#) in Watzek Library offers drop-in peer tutoring Sundays through Thursdays, 3–10 p.m.; Zoom sessions are also available. You can also book an appointment with the center's director, John Holzwarth, by emailing writing@lclark.edu.

Tutoring

- Language assistants are available through the [Interactive Learning Center \(ILC\)](#) for free, informal language practice in Chinese, French, German, Japanese, Russian, and Spanish. Drop by Miller 211 or [submit a request](#) to meet.
- [SAAB tutors](#) offer one-on-one peer support for a range of courses across departments. [Request to be connected](#).
- The [Symbolic and Quantitative Resource Center \(SQRC\)](#) offers free walk-in peer tutoring for STEM courses, including math, chemistry, physics, biology, economics, computer science, and data science. Student tutors are available from 10 a.m. to 10 p.m. most days to offer support, patience, and an inclusive place to study. Come by JRR Howard 134 or [check out the website](#) for more information.

Additionally, OSA will be hosting a series of Zoom workshops this spring around specific study skills that will be open to all students. To sign up for an individual session, click on the links below.

[Effective Note Taking Methods](#): Covers five note taking methods (Cornell, Outline, Concept Map, Chart, Sentence), as well as how to determine what's important enough to write down when taking notes. **Tuesday, February 21, 12:30–1:30 p.m.**

[Project Planning/Time Management](#): Covers how to break a large assignment down into smaller chunks, helpful tools for planning out your day/week/semester and structuring your study time, and strategies for when motivation or focus is low. **Tuesday, February 28, 12:30–1:30 p.m.**

[Tips for Specific Executive Functioning Needs](#): Covers definition of executive functions, tips and ideas to improve five specific areas of executive function (Prioritizing, Organizing, Attention/Inhibition, Task Initiation, and Flexibility/Shifting). **Tuesday, March 7, 12:30–1:30 p.m.**

Exam Study Strategies: Covers how to study for exams both now and in the future, day-of-exam tips, and how to study for different types of exams. No videos included in this presentation. **Tuesday, March 14, 12:30–1:30 p.m.**

There are just some of the resources that are available to you; [visit this page](#) for even more options, including offerings from the Career Center and the Office of Student Accessibility.

We're here to support your success and hope you have a great spring semester!

Katie and Aimée