Tutoring Options

Shell Tutoring Program — With the generous support of Shell Oil Company, tutoring is available in the following classes, from 6-8 PM in the 4th floor lobby of MRDC.

- COE 2001 — Statics: Mon, Tues, Wed, Thurs
- COE 3001 — Deformable Bodies: Tues, Thurs
- ME 2016 — Computing Techniques: Mon, Wed
- ME 2202 — Dynamics of Rigid Bodies: Tues, Thurs
- ME 3017 — System Dynamics: Mon, Weds
- ME 3322 — Thermodynamics: Mon, Tues, Wed, Thurs
- ME 3340 — Fluid Mechanics: Mon, Wed
- ME 3345 — Heat Transfer: Tues, Thurs

- One-on-One Tutoring — 1-on-1 tutoring is available for weekly appointments, weekdays and weekends. [www.success.gatech.edu/tutoring/1-to-1](http://www.success.gatech.edu/tutoring/1-to-1)
- OMED — OMED offers free walk-in tutoring, guided study groups, study sessions, concept class reviews, and focus on physics. Most tutoring sessions are in the Chapin building. Check their website for details. [www.omed.gatech.edu/programs/academic-support](http://www.omed.gatech.edu/programs/academic-support)
- Commons Tutoring — Commons tutoring is the 2nd floor of the Clough Commons in suite 273. They offer tutoring in chemistry, computer science, math and physics. Tutoring for this semester is Monday -Friday, with afternoon hours. See: [www.success.gatech.edu/tutoring/commons](http://www.success.gatech.edu/tutoring/commons)
- Learning Assistance Program — The Freshman Experience program offers a Learning Assistance Program for Math, Chemistry, CS and Physics. Evening hours are available Sunday through Wednesday. [www.housing.gatech.edu/learning-assistance-program](http://www.housing.gatech.edu/learning-assistance-program)
- PLUS Program — The Peer Lead Undergraduate Study (PLUS) program offers tutoring in many math and physics classes. [www.success.gatech.edu/plus-sessions](http://www.success.gatech.edu/plus-sessions)
- Communications Lab — Trained professional and peer tutors can help with everything from their multimodal projects for English 1101/1102 to engineering projects and resumes. They are available Sunday—Thursday with varying hours. [www.communicationcenter.gatech.edu](http://www.communicationcenter.gatech.edu)

Academic Support Options

- Academic Coaching — Students work individually with professional staff members to enhance their academic skills, discover motivation, and improve performance. Schedule an appointment at: [www.success.gatech.edu/academic-coaching](http://www.success.gatech.edu/academic-coaching)
- Reboot — An academic recovery program for first- and second-year students who are not meeting their own academic expectations. Sign up at: [www.success.gatech.edu/programs/reboot](http://www.success.gatech.edu/programs/reboot)
- Success Summit — A half-day program especially designed for Tech students who want to make changes to move into good standing. [www.success.gatech.edu/success-summit](http://www.success.gatech.edu/success-summit)
- Academic Success Workshops — The Center for Academic Success offers both on-line and in-person academic success workshops at critical times during the semester. Details are at: [www.success.gatech.edu/success-workshops](http://www.success.gatech.edu/success-workshops)

Counseling Center Programs

The counseling centers offers many programs for students. See [www.counseling.gatech.edu](http://www.counseling.gatech.edu).
- Individual and Group Counseling
- Collegiate Recovery Program
- Peer Coaching
- Mental Health Portal: [united.gatech.edu](http://united.gatech.edu)
- Stress Management Workshops
- Tech Ends Suicide Together

Office of Disability Services

If students encounter academic, physical, technological, or other barriers on campus, the Disability Services team is available to collaboratively find creative solutions and reasonable accommodations. [www.disabilityservices.gatech.edu](http://www.disabilityservices.gatech.edu)

Office Hours

Every TA and professor has office hours, that are usually listed on your syllabus.
## Academic Success Workshops

The Center for Academic Success is offering the following workshops this semester:

- **Study Smarter, Not Harder**: Wednesday, February 7th from 2:00-3:00 p.m. in Clough 323
- **Test Taking Strategies 101: Preparing and Scoring Higher on Exams**: Tuesday, Tuesday, February 13th from 11:00-11:45 a.m. in Clough 325
- **Study Smarter, Not Harder**: Wednesday, February 28th from 2:00-3:00 p.m. in Clough 323
- **Restart Right 2.0**: Thursday, March 8th from 12:00-1:00 p.m. in Clough 323
- **What Are You Waiting For? Beat Procrastination**: Wednesday, March 28th from 3:00-4:00 p.m. in Clough 323
- **Prep for Finals**: Thursday, April 12th from 11:00–11:45 a.m. in Clough 325

[http://success.gatech.edu/success-workshops](http://success.gatech.edu/success-workshops)

## Counseling Center Outreach Workshops

The Counseling Center offers free outreach workshops on managing stress. *All workshops are held in Instructional Center (IC) room 115 from 11 AM—11:50 AM, unless indicated otherwise.*

- **Stress Management 101 (Thursday, February 1)**: This workshop covers the basics of stress management, including identifying your current stress level, identifying common stressors, and learning useful tools to reduce your stress.
- **Manage Your Time, Manage Your Stress (Thursday, February 8)**: Effective time management can reduce your stress levels and help you to be more successful in your studies, work, and other daily activities. This workshop provides strategies for successful time management to increase efficiency and overall well-being.
- **Creating Healthy Relationships (Thursday, February 15)**: One of the most common causes of stress is relationships (with romantic partners, friends, parents, roommates and others). This workshop will provide you with an opportunity to learn some skills for communicating effectively within relationships and also to discover healthy ways to resolve relationship conflicts.
- **Boosting Your Academic Self-Confidence (Thursday, February 22)**: Experiencing decreased levels of confidence in your academic life can make it harder to cope with academic demands. This workshop will examine various factors that negatively impact academic self-confidence, and identify a number of strategies to help you improve in this area of your life.
- **Getting Unstuck: Managing the Stress of Decision Making (Thursday, March 8)**: Moving forward with plans and tasks can be stressful if you tend to get stuck when making decisions about which actions to take. This workshop will focus on identifying barriers to decision making, and review practical decision-making strategies you can use to make progress.
- **Overcoming the Stressors of Perfectionism & Procrastination (Thursday, March 15)**: Perfectionism and procrastination are key ingredients in the recipe for stress and inefficiency. In this workshop, participants will learn some strategies for overcoming perfectionism and for putting an end to procrastination, thereby decreasing your overall stress.
- **Mindfulness and Meditation (Thursday, March 29)**: Mindful meditation is an effective way to reduce stress, increase self-awareness, enhance emotional intelligence, and effectively handle painful thoughts and feelings. In this workshop, learn how mindfulness meditation can improve your overall health and reconnect your body and emotions.
- **Managing Stress for Ethnic Minorities (Thursday, April 5)**: This interactive workshop will identify stressors and barriers to success that racial and ethnic minority students face on a majority campus. Issues related to cultural differences and challenges within academia will be discussed. Successful strategies to reduce stress and enhance one’s overall wellness will be offered.
- **Don’t Believe Everything You Think: Using Logic to Overcome Stress (Thursday, April 12)**: Learn to develop skills in recognizing and changing thought patterns that cause unnecessary stress and suffering. These skills are based on the principles of cognitive therapy, which have been shown to be effective in reducing stress and increasing well-being.
- **Mind Matters: Using Psychology to Enhance Your Academic and test Performance (Thursday, April 19)**: This workshop will help you learn to harness the energy behind stress to maximize your test performance. Techniques for enhancing memory, improving concentration, and recalling the material you studied will be covered. The goal of this workshop is to help reduce your stress as you go into final exams.