## Academic Success Information—Spring 2016

### 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: Tues, Thurs
  - ME 3180 — Machine Design: Mon, Wed
  - ME 3210 — Manufacturing: Mon, Wed
  - ME 3322 — Thermodynamics: Tues, 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 walk-in tutoring services for all students in math, science and engineering. Open weekdays from 8 AM—5 PM in the Chaplin Building and 6—10 PM in Clough Commons. [www.omed.gatech.edu/content/academic-support-program-0](http://www.omed.gatech.edu/content/academic-support-program-0)

- **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 through Friday, with afternoon hours. More details are at: [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. Hours are 8-11 PM Sunday through Wednesday. [housing.gatech.edu/reslife/Pages/Academic-Services.aspx](http://housing.gatech.edu/reslife/Pages/Academic-Services.aspx)

- **Sunday Group Study** - The Center for Academic Success offers Sunday Group Study for high demand courses. Benefits include working with an experienced tutor and meeting, learning, and collaborating with other students. Appointments must be requested at: [www.success.gatech.edu/sunday-group-study](http://www.success.gatech.edu/sunday-group-study)

- **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** — Provides students with the chance to work individually with professional staff members to enhance their academic skills, gain confidence, 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/academic-recovery](http://www.success.gatech.edu/academic-recovery)

- **Counseling Center** — They offer short-term individual, group and couples counseling, assessment, crisis intervention. Individual counseling involves ongoing individual meetings with a counselor, on a regular basis. [counseling.gatech.edu](http://counseling.gatech.edu)

- **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)

### Other Academic Options

- **Office Hours**: Every TA and professor has office hours, which are usually listed on your syllabus.

- **Common First Year Experiences** — Tips for dealing with issues such as time management, procrastination, and study habits. [www.success.gatech.edu/academic-resources/study-tips](http://www.success.gatech.edu/academic-resources/study-tips)

### COE 2001, COE 3001 and ME 2202

Additional materials (including on-line videos) are at:

- **COE 2001 - Statics**
  - Part 1: [www.coursera.org/learn/engineering-mechanics-statics](http://www.coursera.org/learn/engineering-mechanics-statics)
  - Part 2: [www.coursera.org/learn/engineering-mechanics-statics-2](http://www.coursera.org/learn/engineering-mechanics-statics-2)

- **COE 3001 - Mechanics of Materials**
  - Part 1: [www.coursera.org/learn/mechanics-1](http://www.coursera.org/learn/mechanics-1)

- **ME 2202 - Dynamics**
  - Part 1: [www.coursera.org/learn/dynamics](http://www.coursera.org/learn/dynamics)
Workshop Opportunities

Success Workshops—The Center for Academic Success is offering the following workshops:

- **To Drop or Not**: Wednesday, March 9 from 3-4pm in Clough 129
- **To Drop or Not**: Thursday, March 10 from 11:05-11:55am in Clough 123
- **Prep for Finals!**: Thursday, April 14 from 11:05-11:55am in Clough 127
- **Prep for Finals!**: Tuesday, April 19 from 11:05-11:55am in Clough 123
- Workshops on Academic Success topics are available by request. Students may contact them at success@gatech.edu to arrange presentations for their organizations.

http://success.gatech.edu/success-workshops

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—12 PM.

- **Stress Management for International Students (Thursday, March 3)**: How did you manage stress in your home country? How are you managing stress in the US? This interactive workshop will provide an opportunity for international students to discuss ways that stress is managed around the world. Techniques and tips on staying healthy during stressful times will be covered.
- **Overcoming the Stressors of Perfectionism & Procrastination (Thursday, March 10)**: 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 ending procrastination, thereby decreasing overall stress.
- **Manage Your Time, Manage Your Stress (Thursday, March 17)**: Effective time management can reduce your stress level and help you to be a more successful student. This workshop provides strategies for successful time management to increase efficiency and overall wellbeing.
- **Mindfulness and Meditation (Thursday, March 31)**: 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, earn how mindfulness meditation can improve your overall health and reconnect your body, mind and emotions.
- **Managing Stress for Ethnic Minorities (Thursday, April 7)**: 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 enhance one’s overall wellness will be offered.
- **Don’t Believe Everything You Think: Using Logic to Overcome Stress (Thursday, April 14)**: This workshop will help participants 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 21)**: 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.

http://www.counseling.gatech.edu/plugins/ols_workshops/outreach.php