**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** — Design, Materials & Manufacture: Mon, Wed
- **ME 3322** — Thermodynamics: Mon, Tues, Wed, Thurs
- **ME 3340** — Fluid Mechanics: Tues, Thurs
- **ME 3345** — Heat Transfer: Mon, Wed

- **One-on-One Tutoring** — 1-on-1 tutoring is available for weekly appointments, weekdays from 10 a.m. to 5 p.m. [www.success.gatech.edu/tutoring/1-to-1](http://www.success.gatech.edu/tutoring/1-to-1)

- **OMED** — OMED offers several services for all students. Options include: walk-in tutoring services, study groups, concept class reviews, study sessions and focus on physics sessions. [www.omed.gatech.edu/programs/academic-support](http://www.omed.gatech.edu/programs/academic-support)

- **Commons Tutoring** — Clough Commons is your destination for a number of drop-in tutoring services. No appointments are necessary, just stop by Monday-Friday. See details at: [www.success.gatech.edu/tutoring/commons](http://www.success.gatech.edu/tutoring/commons)
  - Chemistry Help Desk: CULC 278
  - CS 1371 Help Desk: CULC 272
  - Math Lab: CULC 280
  - Physics Tutoring Help Desk: CULC 278

- **Learning Assistance Program** — The Freshman Experience program offers help in Math, Chemistry, CS and Physics. See: [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 English 1101/1102 to engineering projects and resumes. [www.communicationcenter.gatech.edu](http://www.communicationcenter.gatech.edu)

- **Reading Day Study Sessions** — Each semester, extra study sessions will be held on reading day in math, CS and science classes. [www.success.gatech.edu/reading-day-study-sessions](http://www.success.gatech.edu/reading-day-study-sessions)

**Office of Disability Services**

If a student encounters academic, physical, technological, or other barriers on campus, the Disability Services team may be able to help. [www.disabilityservices.gatech.edu](http://www.disabilityservices.gatech.edu)

**Office Hours**

All professors and TAs have office hours. These are usually listed on your syllabus, posted in Canvas, or announced in class.

**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)

- **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 offer 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 (see backside)
- Tech Ends Suicide Together
- Let’s Talk: Walk-in Counseling Services
  - Monday 9-11 AM in MRDC room 3112
  - Tuesday 10-11 AM in MRDC room 3112
  - Thursday 2-3 PM in MRDC room 3112
  - Friday 11-12 PM in MRDC room 3112

**COE 2001 & 3001, ME 2202 & 3180**

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

- **COE 2001** — Statics

- **COE 3001** — Mechanics of Materials
  - Part 1: [www.coursera.org/learn/mechanics-1](http://www.coursera.org/learn/mechanics-1)
  - Part 2: [www.coursera.org/learn/mechanics-2](http://www.coursera.org/learn/mechanics-2)
  - Part 3: [www.coursera.org/learn/beam-bending](http://www.coursera.org/learn/beam-bending)
  - Part 4: [www.coursera.org/learn/materials-structures](http://www.coursera.org/learn/materials-structures)

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

- **ME 3180** — Machine Design
  - Part 1: [www.coursera.org/learn/machine-design1](http://www.coursera.org/learn/machine-design1)
Academic Success Information—Spring 2020

Counseling Center Outreach Workshops

The Counseling Center offers free outreach workshops on managing stress. All workshops are held in Instructional Center (IC) room 109 from 11 AM—11:50 AM, unless indicated otherwise.

- **Stress Management 101 (Tuesday, January 28):** This workshop covers the basics of stress management, including identifying your current stress level, recognizing common stressors, and learning useful tools to reduce your stress.

- **Don’t Believe Everything You Think: Using Logic to Overcome Stress (Tuesday, February 4):** Learn how to recognize and change thought patterns that cause unnecessary stress. The skills taught in this workshop are based on the principles of cognitive therapy, which have been shown to be effective in reducing stress and increasing well-being.

- **Mindfulness and Meditation (Tuesday, February 11):** Mindful meditation is an effective way to reduce stress, increase self-awareness, enhance emotional intelligence, and effectively handle painful thoughts and feelings. Learn how mindfulness can improve your overall health and reconnect your body, mind, and emotions.

- **Overcoming the Stressors of Perfectionism & Procrastination (Tuesday, February 18):** Perfectionism and procrastination are key ingredients in the recipe for stress and inefficiency. Come learn strategies for overcoming perfectionism and for putting an end to procrastination, thereby decreasing your overall stress.

- **Boosting Your Academic Self-Confidence (Tuesday, February 25):** 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 affect academic self-confidence, and identify a number of strategies to help you improve in this area of your life.

- **Overcoming Imposter Syndrome (Tuesday, March 3):** Imposter syndrome can lead to feelings of dissatisfaction and distress in your daily life. This workshop will identify common negative thoughts, feelings, and behaviors associated with imposter syndrome and review strategies to overcome imposterism.

- **Assertiveness Skills for Effective Communication (Tuesday, March 10):** This workshop will help you develop skills to communicate your thoughts, feelings, and preferences successfully to others, while avoiding the extremes of aggressive or passive communication. Learn various ways of being assertive as you interact with others.

- **Creating Healthy Relationships (Tuesday, March 24):** One of the most common causes of stress for college students is relationships, whether with romantic partners, friends, parents, roommates or others. This workshop will provide students with an opportunity to learn some skills for communicating effectively within relationships and also to learn healthy ways to resolve relationship conflicts.

- **Enhance Your Study Skills (Tuesday, March 31):** Learn how to improve your studying by identifying factors that contribute to poor study habits, setting SMART goals for learning and reviewing your work, and developing a plan for more effective studying.

- **Mind Matters: Using Psychology to Enhance Your Academic and Test Performance (Tuesday, April 7):** 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.

- **Tackling Test Anxiety (Tuesday, April 14):** This workshop will help you identify your anxious thoughts about test taking, and apply skills to manage the negative emotions, physical responses, and unhelpful behaviors that cause stress before, during, and after tests.

[http://www.counseling.gatech.edu/outreach-workshop/list](http://www.counseling.gatech.edu/outreach-workshop/list)