### 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: Tues, Thurs
- **ME 2202** — Dynamics of Rigid Bodies: Mon, Wed
- **ME 3017** — System Dynamics: Tues, Thurs
- **ME 3180/3210** — Design and Manufacture: Tues, Thurs
- **ME 3322** — Thermodynamics: Mon, Wed
- **ME 3340** — Fluid Mechanics: Mon, Wed
- **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 a Learning Assistance Program for Math, Chemistry, CS and Physics.
  - [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)

- **Last Week Tonight** — CS 1371 TAs will hold occasional content review sessions throughout the semester. Announcements will be made by your instructor.

### 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

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

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)
  - 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-design](http://www.coursera.org/learn/machine-design)

### 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 Success Information—Fall 2018**

### Academic Success Workshops

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

- **Managing Your Time Effectively**: Tuesday, August 28th from 4-5 p.m. in Clough 127
- **Managing Your Time Effectively**: Thursday, September 6th from 3-4 p.m. in Clough Lounge 205
- **Study Smarter, Not Harder**: Tuesday, September 25th from 4-5 p.m. in Clough 127
- **To Drop or Not to Drop**: Thursday, October 18th from 11:00-11:45 a.m. in Clough 423
- **To Drop or Not to Drop**: Tuesday, October 23rd from 11:00-11:45 a.m. in Clough 423
- **Preparing for Finals**: Thursday, November 15th from 1-2 p.m. in Clough 272
- **Preparing for Finals**: Wednesday, November 28th from 6-7 p.m. in Clough 125

[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 109 from 11 AM—11:50 AM, unless indicated otherwise.*

- **Stress Management 101 (Thursday, September 6)**: 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, September 13)**: 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.
- **Don’t Believe Everything You Think: Using Logic to Overcome Stress (Thursday, September 20)**: 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.
- **Boosting Your Academic Self-Confidence (Thursday, September 27)**: 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.
- **Overcoming the Stressors of Perfectionism & Procrastination (Thursday, October 4)**: Perfectionism and procrastination are key ingredients in the recipe for stress and inefficiency. In this workshop, you will learn some strategies for overcoming perfectionism and for putting an end to procrastination, thereby decreasing your overall stress.
- **Stress Management and Adjustment Strategies for International Students (Thursday, October 11)**: This workshop examines common stressors of international students that arise from functioning in a different culture, provides information about the person impact of acculturative stress, and reviews various strategies to enhance your cultural adjustment.
- **Stress Management 101 (Thursday, October 18)**: This workshop covers the basics of stress management, including identifying your current stress levels, recognizing common stressors, and learning useful tools to reduce your stress.
- **Mindfulness and Meditation (Thursday, October 25)**: 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 meditation can improve your overall health and reconnect your body, mind, and emotions.
- **Managing Stress for Ethnic Minorities (Thursday, November 1)**: This interactive workshop will identify stressors and barriers to success that racial and ethnic minority students face on campus. In this workshop, you will examine issues related to cultural differences and challenges within academia and learn successful strategies to reduce stress and enhance one’s overall wellness.

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