Tutoring Options

Shell Tutoring Program - With the generous support of Shell Oil Company, the Woodruff School is able to offer tutoring 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: Mon, Wed
- **ME 2016** — Computing Techniques: Mon, Wed
- **ME 2202** — Dynamics of Rigid Bodies: Mon, Wed
- **ME 3017** — System Dynamics: Mon, Wed
- **ME 3180** — Machine Design: Tues, Thurs
- **ME 3210** — Manufacturing: Tues, Thurs
- **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, day and evening hours. [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 from 8 a.m-5 p.m. and located in Tech Tower G004-005. [http://omed.gatech.edu/redux/?page_id=249](http://omed.gatech.edu/redux/?page_id=249)

- **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. Fall hours are Monday/Wednesday 1-6 PM and Tuesday/Thursday 2-6 PM. 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 p.m. M-W, and Sunday. [www.facebook.com/GTLAP](http://www.facebook.com/GTLAP)

- **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. [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. [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. [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 and outreach programming. 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 are on academic probation and 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. Be sure to use those hours for questions.

- **Common First Year Problems** — 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 and ME 2202

- Additional materials (including on-line videos) are available for statics and dynamics.
  - **COE 2001**: [whiteman.gatech.edu/mooc/coe2001_online.pdf](http://whiteman.gatech.edu/mooc/coe2001_online.pdf)
  - **ME 2202**: [whiteman.gatech.edu/mooc/me2202_online.pdf](http://whiteman.gatech.edu/mooc/me2202_online.pdf)
Workshop Opportunities

**Outreach Workshops**—The Counseling Center offers free outreach workshops on managing stress.

All of these workshops are held in the Instructional Center (IC) Room 115 at 11 a.m.

- **February 5th—Stress Management 101**: Covers the basics of stress management including identifying your current stress level, identifying common stressors, and learning useful tools in reducing your stress.

- **February 12—Creating Healthy Relationships**: This 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.

- **February 19—Staying Healthy as a Graduate Student Scholar**: Graduate students often face unique stressors related to work-life balance, role strain, higher pressures and expectations, and financial concerns, among others. This workshop, tailored specifically for grad students, will provide strategies to help you achieve overall wellness, decrease stress, and prepare you for these unique challenges and opportunities.

- **February 26—Mind-Body Fitness: Exercise for Wellness**: This will discuss the various benefits of exercise on mental health and how to develop a healthier lifestyle. A simple, 10 minute exercise will teach participants how to de-stress and feel more energized.

- **March 5—Stress Management for International Students**: This interactive workshop will provide an opportunity for international students to dialogue about ways stress is managed around the world, and also learn from an experienced therapist about ways students can stay healthy in stressful times.

- **March 12—Overcoming the Stressors of Perfectionism & Procrastination**: Students will learn some strategies for overcoming perfectionism and for putting an end to procrastination, thereby decreasing overall stress.

- **March 26—Exploring Spiritual Wellness**: Spiritual wellness is an important aspect to individual wellness in striving to live a balanced lifestyle. In this workshop, participants will learn the role of spiritual wellness in overall health and wellness. Participants will also in engage in exercises and experiences to explore personal meaning in life and ways to develop spiritual health.

- **April 2—Mindfulness and Meditation**: 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, mind, and emotions.

- **April 9—Managing Stress for Ethnic Minorities**: 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 and enhance one’s overall wellness will be offered.

- **April 16—Don’t Believe Everything You Think: Using Logic to Overcome Stress**: 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.

- **April 23—Mind Matters: Using Psychology to Enhance Your Academic and Test Performance**: Learn to harness the energy behind stress to maximize your test performance. Learn techniques for enhancing memory, concentration and being able to recall the material you studied. Reduce your stress as you go into final exams.

See schedule at: [http://www.counseling.gatech.edu/plugins/ols_workshops/outreach.php](http://www.counseling.gatech.edu/plugins/ols_workshops/outreach.php)