### 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: Tues, Thurs
- **COE 3001** — Deformable Bodies: Mon, Wed
- **ME 2016** — Computing Techniques: Tues, Thurs
- **ME 2202** — Dynamics of Rigid Bodies: Tues, Thurs
- **ME 3017** — System Dynamics: Mon, Wed
- **ME 3322** — Thermodynamics: Mon, Wed
- **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 Chapin Building and 6—10 PM in Clough Commons.
  
  [www.omed.gatech.edu/content/academic-support-programs-0](http://www.omed.gatech.edu/content/academic-support-programs-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. Fall tutoring 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 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 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 and ME 2202

Additional materials (including on-line videos) are available for statics and dynamics.


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

Workshop Opportunities

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 101 (Thursday, September 3):** Covers the basics of stress management including identifying your current stress level, identifying common stressors, and learning useful tools in reducing your stress.

- **Manage Your Time, Manage Your Stress (Thursday, September 10):** Provides strategies for successful time management to increase efficiency and overall wellbeing.

- **Creating Healthy Relationships (Thursday, September 17):** 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.

- **Staying Healthy as a Graduate Student Scholar (Thursday, September 24):** 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.

- **Mind-Body Fitness: Exercise for Wellness (Thursday, October 1):** 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.

- **Stress Management for International Students (Thursday, October 8):** 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.

- **Overcoming the Stressors of Perfectionism & Procrastination (Thursday, October 22):** Students will learn some strategies for overcoming perfectionism and ending procrastination, thereby decreasing overall stress.

- **Stress Management 101 (Thursday, October 29):** Covers the basics of stress management including identifying your current stress level, identifying common stressors, and learning useful tools in reducing your stress.

- **Mindfulness and Meditation (Thursday, November 5):** Learn how mindfulness meditation can improve your overall health and reconnect your body, mind and emotions.

- **Managing Stress for Ethnic Minorities (Thursday, November 12):** 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. Learn successful strategies to enhance one’s overall wellness.

- **Don’t Believe Everything You Think: Using Logic to Overcome Stress (Thursday, November 19):** 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, December 3):** 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.