

## How to make the most of a tutoring session

A tutoring session for the mind is like a performance or sports practice session for the body.

### WARM UP:

Before the session, complete all reading and do assigned homework. Even if it's done wrong or it's too difficult, TRY! This will indicate what you don't understand, so you can write out your questions in advance for the tutor. It also saves time during the session so more effort can be spent on helping you to understand.

### ARRIVE ON TIME AND WITH THE RIGHT GEAR:

- Bring all necessary materials (pencils, paper, calculators, etc.)
- Bring text books, tests and notes for the class.
- Bring the homework you've attempted.
- Bring specific questions about the material.
- Bring an open attitude to make the most of your session.

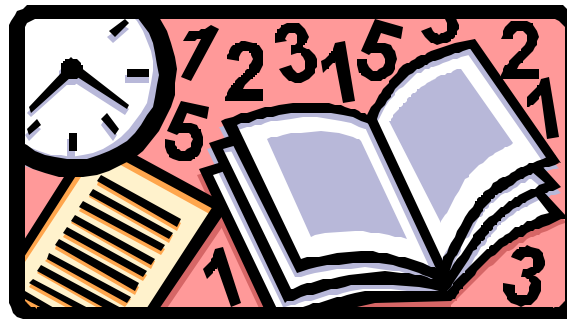
### PERFORM:

The tutor is the coach and you are the performer/player. Just as in performance, the tutor's role is not to do the work for you, but to coach you to do it yourself. Be active in the tutoring session by listening intently, asking questions, and/or working problems.

## Additional Resources for Academic Support

These offices provide a variety of academic support. An asterisk (\*) indicates the office may also provide additional free tutoring on a limited basis.

<b>Learning Assistance Center</b>	491-5527
Study skills and learning disabilities testing	
<b>Group Advocacy Offices</b>	
Black Student Services	491-5781
Native American Student Services	491-1332
*EI Centro Student Services	491-5722
Asian and Pacific American Student Services	491-6154
Women's Programs and Studies	491-6384
Gay, Lesbian, Bisexual, Transgender Student Services	491-4342
<b>*Intensive English Program</b>	
Serving non-English speakers	491-6616
<b>International Student Services</b>	491-5917
<b>Office of Undergraduate Student Retention</b>	491-7711
Key Academic Community Program (for members)	
<b>*Office of Resources for Disabled Students</b>	491-6385
Assistance in providing equal access to education for students with disabilities	
<b>Athletics—Student Services</b>	491-1491
Academic support for athletes	
<b>Resources for Adult Learners</b>	491-2248
Academic support for adult students	
<b>*Women and Minorities in Engineering</b>	491-0627
<b>HELP/Success Center</b>	491-7095
Advising for intra-university majors and probation students, and processing university withdrawals.	
<b>University Counseling Center</b>	
Stress and anxiety management	491-5825



## Directory of Tutoring Services



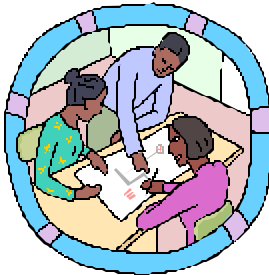
**Need a hand with your coursework?**

**Tutoring can help!**

**Colorado State University**

*Knowledge to Go Places*

## Seek help before it's too late!



**Did you know that there is a direct correlation between using a tutor and higher grades?**

Many students wait too long before seeking help with their courses. Sure it's hard to admit to yourself that help is needed. But if graduating, and graduating with a decent grade point average is your goal in college, using academic aid is a

smart move. In fact, the smartest students do it; research shows that students who have higher grades have used tutoring services, and those who have the poorest grades have not used tutoring. These poorer students tell themselves they'll do better, or they'll study harder, but often this doesn't happen. Finding a tutor can take as long as a week—at the last minute, tutoring may not be able to get you out of the hole. So, as soon as

- ...you enroll in a particularly challenging course,
- ...you're having difficulty understanding what you study,
- ...your homework grades are not as high as you want,
- ...you receive a poor grade on a test,
- ... your study group isn't helping, or
- ...you've fallen behind and you're having difficulty catching up,

**..get yourself a tutor!**

## Tutoring Services

All tutoring is free, except private tutoring.

Your instructors are the most knowledgeable about your courses; go to them first.

COURSE TYPE	PROGRAM	TYPE OF TUTORING	ELIGIBLE STUDENTS	TIME	LOCATION AND CONTACT INFORMATION
Math mini-courses, College Algebra in Context I, II, and Entry Level Math Exam and Math Placement Exam	Individualized Mathematics Program	Walk-in math tutoring at the Individualized Math Program	Any student taking the indicated math classes or exams	9 am - 4 pm M - F, 6:30 - 9 pm, M - Th	Individualized Math Program, 135 Weber Bldg. <a href="http://www.math.colostate.edu/dept/IMP/IMP_Home.html">www.math.colostate.edu/dept/IMP/IMP_Home.html</a>
Engineering	College of Engineering	Engineering homework and exam prep	Engineering students	7-10 pm, M-Th	Allison Hall Cafeteria
Most courses, especially 300 level and below	Academic Advancement Center	Individual and group tutoring	AAC program students: low-income, first generation or disabled students	8 am - 8 pm M - F	1st Floor Gibbons, tutorial hall. Call 491-6129 to apply. <a href="http://www.colostate.edu/Depts/AAC">www.colostate.edu/Depts/AAC</a>
Courses in the natural sciences, psychology and math	College of Natural Sciences (CNS) Tutorial Hall	Group tutoring for selected lower division courses in departments in the College of Natural Sciences (CNS)	Students enrolled in CNS courses	5 - 10 pm Sun–Th	Ingersoll Hall Basement 491-5365
Writing	Writing Center	Writing assistance for any type of writing	All students	Weekdays. Can get tutoring via the web.	Eddy, Room 6 <a href="http://writing.colostate.edu">writing.colostate.edu</a> 491-0222
Computer Science Courses—Lower level (100 and 200)	Computer Science Department	Tutoring for computer science courses	Students enrolled in CS courses	On the course syllabi	Computer Science Dept 2nd floor, University Services Center and Weber Computer Lab 491-7137
Courses in individual departments	Academic departments	Tutoring services coordinated by some individual departments	Students taking courses in individual departments	Contact the department	Contact the department
Most courses	Private tutors (student pays)	One-on-one	Any student (student pays)	See department bulletin boards	See department bulletin boards