

APAC ALMANAC

“We don’t make mistakes, just happy little accidents” - Bob Ross

Accountability Sessions

Feeling unmotivated to get your work done? What better way to stay focused than making an appointment for an accountability session! Meet with a tutor to set a SMART goal for the duration of the one hour meeting:

Specific
Measurable
Achievable
Relevant
Time-bound

Setting a goal that you can accomplish helps you stay on top of your work and make forward progress in your studies. Whether you want to finish up HW, work on a paper, or get some extra studying in, the time is yours! The tutor will be available on the video call in case you have any questions. Once the session concludes, you will check back in to discuss what you accomplished and where to go from there in creating your next goal!

Review Sessions

Every week we offer group study sessions held by peer tutors in certain subjects. No appointment necessary, just click the links below at the following times:

PSYC: Tuesdays, 5-6pm
<http://s.uconn.edu/apacpsych>

MATH: Mondays, 1:30-2:30pm
<http://s.uconn.edu/apacmath>

CHEM: Mondays, 5-6pm
<http://s.uconn.edu/apacchem>

BIO: Tuesdays, 12-1pm
<http://s.uconn.edu/apacbio>

The White Accountability Group: What to Know!

Deja, who is an HDFS and psychology tutor here at the APAC, recently reached out to Prof. Jamie Kleinman to discuss our campus’ brand new White Accountability group. Read on to learn more about this great new opportunity in anti-racism work!

1. What is the White Accountability group?

This is a group for students to come together and engage in conversations related to white supremacy and systemic racism. They can explore values, feelings, and emotions. Students will have the chance to practice their communications skills and give and get feedback and support under the guidance of the faculty and staff moderators, Jamie Kleinman, Joleen Nevers, and Lyndsey Neville. This group is based on a national program started by Dr. Kathy O’Bear.

2. Why is this group important?

Maya Angelou says, “Do the best you can until you know better. Then when you know better, do better.” At this point in history, we cannot sit in silence. At the same time, people understand the difference between having good intentions and having a positive impact. This group is important because we all need to practice the doing better part, and we may not always get this right.

3. Is this group only for white students?

No, this is a group open to anyone. The goal is for members of the group to explore their feelings related to white supremacy, and since that is something we are all impacted by, the group is for everyone. People entering this group are not going to be asked to educate other members about their various identities, nor should they come to this group expecting to have other’s educate them.

4. How will this group improve or affect the Avery Point community?

We have a choice. We can pretend that these issues don’t exist. Or, we can talk about them. This group will improve the Avery Point Community by allowing students to talk about the issues that impact them every day. Acknowledging these issues is the first step to addressing them. It won’t always be easy, but it will be worth it.

5. What do you think Black History Month means to the Avery Point community?

Black History is American History. It is important for our community to recognize both the triumphs and the tragedies of Black Americans. For the Avery Point community, Black History Month gives us an intentional point of focus for these discussions.

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Email jamie.kleinman@uconn.edu for more information!

Mental Health Corner

by Quinn

One of the basic concepts of psychology is the idea that anything that causes a significant change in your life and day to day activities is going to cause stress. Each month, we share a coping skill to help us sit through the feelings that we might be going through during this time:

Optimism: When facing a situation that is stressful or does not go well, it is always important to remember that both situations and emotions are temporary. Each day we wake up with an opportunity to take our life in a different direction. Although this pandemic has enforced feelings of isolation and lack of control over life in general, even this is temporary, and although some things that have happened will impact us for a long time, it is up to each of us what the long term future holds.

Exercise: Imagine what you will do when Covid is over; what does life look like for you? Then remind yourself that you will have that eventually.

Writing Tips

by Gemma

Getting your writing assignments finished and perfected can be difficult even at the best of times. Here are writing tips for specific sections of a standard paper:

Intro: The goal here should be to grab your reader's attention then establish your thesis. Skip and come back to it if needed!

Body: These paragraphs should always have a main topic that connects back to the thesis and supporting evidence. Identify those first, then go from there!

Conclusion: Ask yourself the question "Why does this topic matter?" and write down all your answers! Ultimately, your concluding paragraph serves to answer that very question!

Poll of the Month

by J.D.

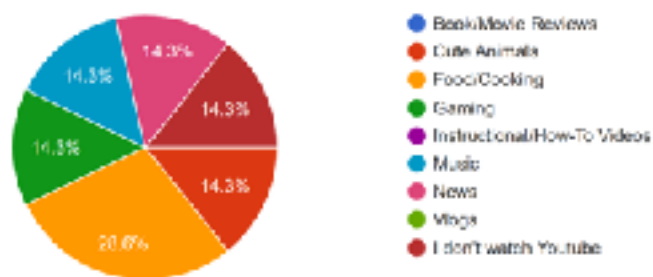
This December, we polled the Avery Point community on your favorite things to watch on Youtube. While it's important to keep momentum now that the semester is in full-swing, make sure to take breaks every now and then, whether that's going for a brisk walk outside or winding down with **animal videos** or **cooking instructions**.

Did you know? The Avery Point Academic Center has [its own Youtube channel](#) with videos made by Avery Point students, for Avery Point students. Check us out for study tips, and keep an eye out for subject review videos!

Respond to this month's poll [here](#).

What are you watching on Youtube right now?

7 responses



Faculty Highlight: Dr. Robert Dolan

by Maxx

My name is Bobby Dolan and I am an Assistant Professor in Residence in math at Avery Point. My doctoral research was focused on developing numerical algorithms and coupling methods for atmosphere-ocean interaction, so it's very appropriate to have this position at Avery Point!



Q: How do you recommend students in your classes utilize the Academic Center?

A: I always recommend my students take advantage of the AMAZING resources the Academic Center offers. I explain to them that we offer many different forms of help to fit the needs of all students. Extra help, especially one-on-one tutoring, is always beneficial to math students so that they can see topics and problems from a different perspective.

Q: Why do you think there are some students who may need help, but are apprehensive about seeking out a resource like the Academic Center? Do you have any advice for this student?

A: I think many students often feel embarrassed to ask for additional help. Asking for help is NEVER a bad thing. In fact, it's just the opposite. Continuously asking questions is one of the best ways to learn!