

APAC ALMANAC

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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 homework, 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

Midterm Study Tips

by Reva

It's that time of year again. As you take notes for class, your professor is warning you that this lecture will also be on the exam — you know, the one you have next week after three other exams. Midterms season isn't pretty, but you don't have to stay awake desperately trying to relearn half a semester's worth of material in a single night. Here are some tips for studying!

- 1. Check the syllabi for each of your classes!** Make sure none of the dates have been edited since you last checked, and make note of when each exam is. Check the format listed for each exam (whether it uses Respondus Lockdown monitor, is to be completed via HuskyCT, or if it's a take home exam). Email your professor if something is confusing!
- 2. Organize your class notes.** If you have an ever-growing stack of papers shoved into a binder, take some time to organize them (whether chronologically or by subject matter) so you have a better idea of what you've covered in class so far.
- 3. Study over an extended period of time, rather than cramming all at once.** You're more likely to remember information if you've been exposed to it several times rather than just once. Try aiming for thirty minutes to an hour each night the week before an exam (rather than pulling an all-nighter right before the exam).
- 4. Make use of online resources!** The APAC offers both synchronous and asynchronous tutoring sessions, as well as Piazza for asynchronous help with Q courses. This can be immensely helpful, since the tutors have taken the classes already and can provide guidance relevant to your specific classes. As for self-studying, if you have a class heavy on definitional material and memorization, try making flashcards in Quizlet. For Q courses, try seeing if Khan Academy has an overview of the material.
- 5. Try explaining the content to someone else.** Defining and explaining material to another person allows you to see if you understand it well enough to explain it, and it also gives you an opportunity to use the terminology in a setting outside of class. Try making an appointment with a tutor if you want to work on explanations with a peer who can tell you if you're on the right track.
- 6. Don't forget about the resources the APAC offers!** You can make appointments for synchronous video appointments ("Online Tutoring") and asynchronous tutoring sessions ("E-tutoring") for feedback via email on myWCOOnline.

Mental Health Corner

by Julie R

If there's one thing students have learned over the past year of virtual learning, it's that it is more important than ever to have a healthy mind and a good mentality. With the push of spring break into April, there is one more adversity we all have had to face at UConn, that being the month of March. March has upheld its reputation of being a demanding month with nearly five straight weeks of classes and then midterms, which is why students need to maintain healthy habits as we reach the halfway point of this academic term. Stress is the number-one predator that hinders academic performance, so it is vital that you give yourself ample time away from technology. It's important to remember that we here at the Academic Center are always here to help and support you in knowing that we are all going through this together.

Advice for Online Classes



by Alex S

Many students are having difficulty concentrating on their work with online classes due to the lack of consistency. Some, but not all, teachers set class on a synchronous schedule, but it doesn't help when many students have asynchronous classes. My advice for handling this situation would be to set a synchronous schedule where you work on homework or other assignments for an asynchronous class. That way, you feel like you have a set schedule to go by and to keep you motivated.

Faculty Highlight: Prof. Pam Bedore

by Maxx

Hi! My name is Prof. Pam Bedore and I'm the Avery Point Writing Coordinator. That means that I work with the First-Year Writing classes, with W classes, and with writing tutors at the Academic Center. I



also represent Avery Point on several UConn-wide committees and I generally split my time between Avery Point and Storrs, although these days I'm working mostly out of my bedroom! I teach courses in American Literature and Popular Culture. Some of my favorite courses to teach are: American Utopias and Dystopias (a super timely course right now!), American Detective Fiction (although I sneak in one Sherlock Holmes story!), and The Short Story (fifty short stories in one semester!).

Q: A lot of students seem to think that they are either good or bad at writing and not much can be done to change this. Do you buy into that notion?

A: I'm a teacher, so I believe in education, which means I absolutely do NOT buy into that notion. True confession: English was my weakest subject all the way through K-13 (I'm Canadian and did grade 13!). If you want to improve your writing skills, you can absolutely do that, and there's a ton of scholarship on how, which we will share with you in writing classes and at the Academic Center.

Q: What would be a good indicator to a student in your class that it is time to make an appointment with a tutor for some one-on-one help?

A: Honestly? Any time you're not feeling excited about writing an assignment, I think it's worth making an appointment (accountability or tutoring) to check in and talk with someone.

Quick Writing Tips!

by Gemma

Getting your writing assignments finished and perfected can be difficult even at the best of times. Here are a couple of tips for different aspects of the writing process!

Struggling with research? Explore the numerous databases located at lib.uconn.edu! There is a database for nearly every subject offered at UConn. Consider your thesis. Is it too narrow/specific a topic? Is it too broad? Don't be afraid to change or revise your thesis to make it work better for you!

Struggling with organization? Write an outline or create a bubble map. Having sentences that summarize key points allow you an easy way to visualize how you want your essay to be structured!