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A Newsletter of the UConn-Avery Point Academic Center

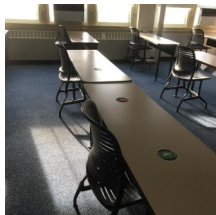
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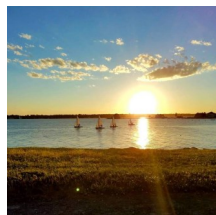
Top Reminders:



One-on-One Tutoring and Non-Synchronous Support!



Final Exams!



Review Sessions!

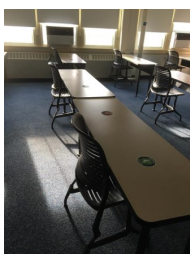
One-on-One Tutoring and Non-Synchronous Support!



The Avery Point Academic Center now operates fully online for all of your tutoring needs! We currently offer one-on-one tutoring, which is listed as Online Tutoring on our schedule. All you need is a reliable internet connection and a device with internet capabilities (webcam and mic preferred, but not required).

We also offer non-synchronous support! If you would like feedback on a paper draft but don't have time for a one-on-one appointment, you can select our eTutoring option with a writing tutor. Just attach the assignment prompt and your draft, and our tutor will email you their feedback! For feedback on [math](#), [stats](#), [chemistry](#), or [physics](#), you can submit a question on one of our Piazza pages! Just click on the links above to see our discussion boards.

Final Exams!



Final Exams are approaching fast! Make sure that you know exactly when your exams are taking place by checking your Student Admin account. Here are step-by-step instructions for checking your exam schedule:

1. After logging on to your account, click "self-service" and then "student center."
2. Under the Academic section at the top of the page, click on the bar that says "other academics."
3. Scroll through the drop-down menu and click on "Final Exam Schedule" and then the double arrow next to the bar.
4. Select Fall 2020 as the term and click continue.

If your schedule is missing any classes, check your syllabus and contact your instructor for details and instructions.

Final exams may not be rescheduled without advance permission. If you have questions, concerns, or schedule conflicts, please email the Student Services Director at noemi.maldonado@uconn.edu.

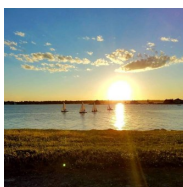
Please check out the Avery Point Academic Center for study resources, tutoring, and review sessions in preparation for your final exams.

Helpful Links:

[Avery Point Final Exam Schedule](#)

[Avery Point Final Exam Rescheduling Info](#)

Review Sessions!



In addition to our one-on-one tutoring, we also offer group study sessions with peer tutors in our review sessions! Click the link to go to the session in Blackboard Collaborate:

[Psychology Review Sessions](#): Mondays from 10-11 AM.

[Math Review Sessions](#): Mondays from 1-2 PM.

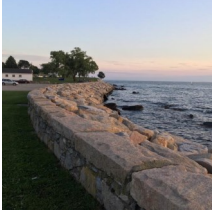
[Chemistry Review Sessions](#): Tuesdays from 12:45-1:45 PM.

[Biology Review Sessions](#): Thursdays from 12:30-1:30 PM.

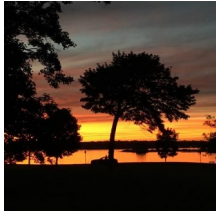
UConn-Avery Point Academic Center

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Top stories in this newsletter



Overcoming the Fear of Asking for Help



Writing Tips for the Semester at Home!

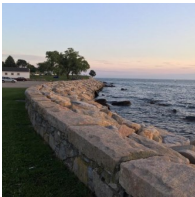


Mental Health Corner



Faculty Highlights: Jamie Kleinman

Overcoming the Fear of Asking for Help



We all feel that we are taking on our college journey alone sometimes, especially in our current era of online learning when the majority of our work is done independently. But even as we are physically disconnected, we must utilize the virtual resources we have in order to get the most out of our time at UConn.

We are in the home-stretch of the semester, but now's not the time to let up. Faculty are eager to help you, whether you're struggling in class or simply want some clarification to carry you through the final weeks. Don't be afraid to ask questions even if they're about topics from several weeks ago.

The novelist Lloyd Anderson once said, "We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself." By reaching out to your professors or classmates, you may stumble upon something more than you originally anticipated. It is never too late to schedule a tutoring session. We are a community of students who are here to help you!

Writing Tips for the Semester at Home!



Getting your writing assignments finished and perfected can be difficult even at the best of times. Add in everything that has been affecting us in the world of 2020, and the prospect of writing a paper can understandably seem overwhelming. Here's a pro-tip from Gemma, an Academic Center Writing Tutor!

Struggling with motivation? Tell yourself to work on the assignment for just five minutes. It may sound silly, but, since five minutes does not appear daunting, it could be enough of a push to get you started. Once you're started, you should be in the work mindset that will keep you writing.

Mental Health Corner



One of the basic concepts of psychology is that anything that causes a significant change in your life and daily activities causes stress. In addition to losing opportunities for social interactions with fellow students, many individuals have lost jobs and family members. Not to mention the news is filled with civil unrest and political polarization. So how do we address this mental health crisis?

Here's a coping skill from Quinn, an Academic Center writing and psychology tutor:

Mindfulness: Being able to focus on the present moment and allow emotions to come and go as they are is a relevant and helpful skill. This involves focusing on the task at hand, rather than the past or the future. Whether that be homework, a meeting, cooking, or even breathing, allowing emotions to be without pushing them away or letting them overwhelm you can help you through a task.

Exercise: inhale 5 seconds, hold 7 seconds, exhale 8 seconds.

Faculty Highlights: Dr. Jamie Kleinman



My name is Jamie Kleinman, I am an Associate Professor in Residence in the Department of Psychological Science and I teach an assortment of 1000 and 2000 level psychology courses as well as a 1-credit Tools for Emotional Wellness course. I live on a small farm and have cows and sheep and love making everything from hats to shoes with yarn.

Q: Why is the Academic Center a valuable resource to your students?

A: "My psychology students benefit greatly from the tutoring services at the Academic Center, especially for PSYC 1100. Those students who need help with writing or critical thinking can work directly with tutors who have taken my course before and develop the skills they need to be successful."