

APAC ALMANAC

A Newsletter of the UConn-Avery Point Academic Center

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FALL 2020 FINALS

12.11.2020

APAC Open During Finals Week!

The Avery Point Academic Center is open through Thursday, December 17th for individual and group tutoring.

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!

Accountability Sessions!

Final exams are approaching fast! Having trouble staying focused so that you can study? Make an appointment on [WConline](#) for an Accountability Session!

During an Accountability Session, you meet with a tutor to discuss your goals for that session. Plan on something that you can achieve within an hour: brainstorm ideas, write a thesis statement, study for an hour, or make flashcards. Then do what you need to do! Your tutor will stay in a video call with you in case you have questions or need a pep talk. At the end of the session, you'll discuss your accomplishments and next steps!

Review Sessions!

In addition to our one-on-one tutoring, we are also offering focused review sessions with the APAC tutors to help you prepare for finals:

Pre-Calculus: Friday, Dec. 11, 11AM to 12PM at s.uconn.edu/apacprecalcfinalreview

General math review: Friday, Dec. 11, 5PM to 6PM at s.uconn.edu/apacmathreview

Chemistry 1127Q: Sunday, Dec. 13, 6PM to 8PM at

<https://uconn-cmr.webex.com/meet/jmr18015>

Organic Chemistry: Friday, Dec. 11, 7PM to 9PM AND Sunday, Dec. 13, 8PM to 10PM

Both Organic Chemistry reviews will be at <https://uconn-cmr.webex.com/meet/fab17006>

Quick Study Tip!

By Gemma

Are you studying from your textbooks? Feeling overwhelmed with the material in front of you? Here's a study technique that helps you break down your chapters step by step: The SQ3R method!

- Survey: Go through a chapter and note anything that pops out at you: titles, headings, figures, tables, summary paragraphs, etc. This way you'll have outlined the chapter.
- Questions: Come up with any questions you may have about the chapter, even something as simple as "What is this about?"
- Read: Read the chapter, keeping in mind your outline and questions.
- Recite: Recite what you just learned from memory, almost as if you're trying to explain it to someone else. This could be written or oral.
- Review: Review the material. Repeat the previous steps again if necessary.

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."

-Nora Roberts

UConn-Avery Point Academic Center

[Tutoring Schedule](#)

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Tips for Finals Week:

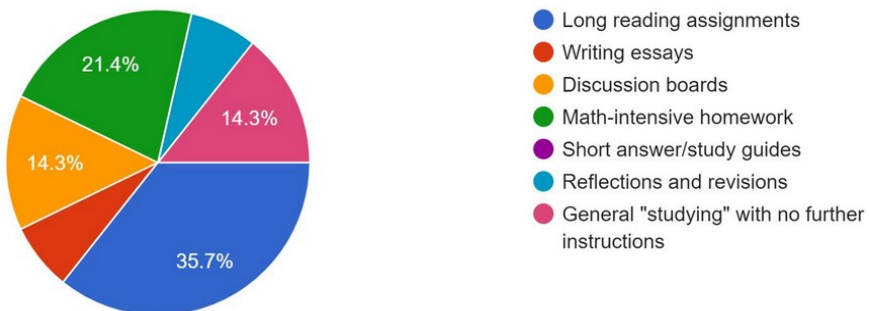
By Deja

- Clear your study space of distractions and study in a quiet place.
- Make a study schedule and stick to it. Consider the material you need to study and your exam schedule, and plan out the best use of your time.
- Make sure to eat right! You cannot keep your mind engaged on studying if you are running on coffee and junk food. Take time to eat well-rounded meals that will keep you full and energized!
- Take a break! For every hour you spend studying, take a 15 minute break. This will allow your mind to stay refreshed without completely disengaging your brain from its task.
- Quiz yourself. Come up with possible questions that the exams could ask and practice answering them, and create flashcards with important terms or concepts. The more you practice, the easier it will be to remember it for the exam.
- Reach out to your professor with questions and concerns.
- Make an appointment with an APAC tutor to set your study goals and talk through the material!

APAC Almanac Poll of the Month: Which of the following assignments to you most dread doing?

By Julie

This November, we polled Avery Point students, faculty, and staff to find out what kind of work they dread the most, and discovered that many people struggle with long reading assignments. Our APAC tip? Try to find an audiobook or e-reader of the assignment text. Many audiobooks are available for free on YouTube! Try listening to the text while reading to help you focus: you can usually adjust a video or e-reader's speed settings to match your natural reading speed.



Mental Health Corner

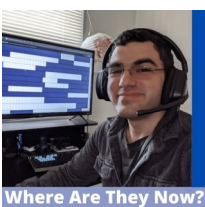
By Quinn

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:

Compassion: This encompasses compassion both towards yourself and others. As a community, most people are trying their best and doing what they can. Although sometimes doing our best doesn't end up being good enough, it doesn't make us less good, valuable, or worthy as a person.

Exercise: Pay attention to what you think about yourself. Catch negative and self-deprecating thoughts and replace them with positive affirmations.



Where Are They Now?: Jacob Cuevas

By Maxx

Hi, I'm Jacob. I have a Bachelor's degree in Maritime Studies concentrating on economics from Avery Point. I'm currently serving as an Academic Specialist for the University, predominantly as a supervisor for the Academic Center. Having graduated during the middle of a global pandemic has made things interesting, but I'm very grateful to have the support and continued interactions with the number of connections I made as a student.

Q: What have you learned through working at the academic center?

A: It can be difficult in life to see beyond yourself at times, I find having worked at the APAC, I'm more aware that my struggles may not be alone, and the knowledge I do have may not be universal. The APAC helped me learn to get out of myself and recognize how we all come from different skill levels and backgrounds.