

APAC ALMANAC

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WEEKLY TIME MANAGEMENT TIPS

BY: STEFAN

The pull of TikTok or Instagram is unrelenting. How will you, a responsible, diligent student, manage your time? The answer is to make a schedule, of course! The first step is to set down the activities that are fixed, like classes, work, or babysitting your siblings. Next, find time slots where you can fit in your studying. Several smaller segments around 15-30 minutes will not be as productive as a one or two hour session that allows for deep work.

- Start organizing your schedule and notes! Try making a chart for when your exams and major assignments are due.

- Look over your notes and assignments! Take some time to organize your notes and look them over. Highlight areas you are struggling with and add any questions you have at the top of the page. After you finish studying, see if you can answer those questions. If not, reach out to your professor or the Academic Center! We're here to help you with any of your questions.
- Give yourself plenty of time to start learning material. If possible, try to review the material over a few weeks. Make sure to schedule time for breaks to help you stay productive. You are much more likely to remember the material if you review it several times!

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BY: ERIN

This month, Academic Center tutors Katelyn, Erin, and Reva, along with Sarah Shea and Rebecca Troeger, attended and presented at the National Conference for Peer Tutoring in Writing! We led a roundtable discussion discussing the negative implications of productivity expectations on college students and the Academic Center's role in promoting wellness. During this discussion, we focused on discussing other colleges' experiences with wellness events and whether or not they helped to mitigate these effects. Afterward, we discussed how Writing Centers could help disrupt these issues. We're planning to start implementing our findings and we can't wait to see you at our events!



MENTAL HEALTH CHECK-IN

Overwhelmed with upcoming final exams and projects? Find yourself pulling all-nighters to perfect that assignment? You're not alone! While it's probably not the first thing on your mind right now, it's essential to prioritize it! We're here to help you figure out how to structure your studying to include time for sleeping and self-care. Don't forget to set aside time for yourself in the upcoming weeks. Drop by the Academic Center to talk to us about managing stress and assignments!

GROUP SESSIONS

Want to make a tutoring appointment with other students in your class? The Academic Center offers group tutoring sessions! This is a great way to discuss material effectively and stay on task. You can go over assignments or discuss difficult concepts with a tutor and other students.

THE DIFFERENT STAGES OF WRITING

BY KATELYN

Oftentimes, students find trouble with the prewriting stage of an essay. In fact, many students do not include much of a prewriting stage in their papers. To be exact, the prewriting stage includes all the planning someone does before writing an essay. This helps with organization and implementing an idea for the essay. There is an array of ways to efficiently pre-write.

For example, some students utilize freewriting, a process in which they write down every thought they have without editing. This gives students the opportunity to explore ideas early on in the writing process.

By freewriting, some students might recognize a new idea that they hadn't already thought of.

Secondly, another great technique to use during the prewriting stage is outlining. This doesn't have to be your run-of-the-mill bullet-point outline. There are many ways someone can outline. Through outlining, students begin to take their ideas from free-writing and formulate them into more focused thoughts. Because of the attention to the prewriting stage, students can center their focus on their papers.

SLAM-DUNK YOUR FINALS WORKSHOP

BY: ERIN

Worried about preparing for your finals? Dreading having to pull even more all-nighters? We've all been there! But you don't have to do it alone. Come by the Academic Center on Thursday, December 2nd from 12-1 pm and learn about realistically getting ready for finals. Hear from a recent graduate about how they navigated through college successfully.

And feel free to bring your questions or concerns! We're here to talk to you about anything you're concerned about. This workshop is perfect, even if you think you're already prepared for the end of the semester. We can't wait to see you there and good luck with your finals!