



APAC ALMANAC

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MIDTERM STUDY TIPS

BY: ERIN

As you're taking notes for class and finishing up some projects, your professors are reminding you about your upcoming exams. Whether you have one or five exams, here are some strategies to make it manageable. You don't have to pull all-nighters to relearn a half semester's worth of material in a night. Here are some tips to help you get started:

- 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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TIME MANAGEMENT WEEKLY TIPS

BY: ERIN

Struggling to figure out what assignments you should start on first? Use sticky notes to remember everything you have to do! Write one thing you have to do on each sticky note and organize them from what has to be done immediately to assignments you have more time for. Hang them on your wall and take one off every time you complete an assignment. Also, try using a chart to see when you have assignments due. If you notice you have a lot of assignments due soon, try to start working a week or two sooner.



CHEMISTRY REVIEW SESSIONS

Want to review concepts in chemistry? Come to our weekly review session! It's held by peer tutors and you can work with other students to go over concepts you are struggling with. It's perfect for working with other students, especially if you want to discuss study strategies and ways to understand the material. It is held every Tuesday in the Academic Center from 12:45 - 1:45pm. Hope to see you there!

GROUP SESSIONS

Want to go 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.

HOW TO PRIORITIZE YOUR MENTAL HEALTH IN COLLEGE

BY KATELYN

Prioritizing your mental health in college isn't always the first thing on your mind.

With projects, readings, essays, exams and still trying to maintain a social life, mental health ends up taking a back burner to academic obligations.

Nevertheless, attention to your mental health is pertinent everywhere you go, regardless of other obligations.

In light of your mental health being important, here are some tips I have learned to help balance college and your mental health:

- If possible, plan your academic schedule to incorporate a three-day weekend.

Tailoring my academic schedule to incorporate a three-day weekend was one of the most important choices I made in my academic career. In order to keep on track with assignments, I utilize part of the weekend to complete assignments. Nevertheless, with a three-day weekend, it's much easier to take at least one day off.

- Don't pull all-nighters!

Pulling an "all-nighter" can have long-lasting negative effects on your mental and physical health.

APAC TO PRESENT AT NATIONAL CONFERENCE

BY: SARAH S.

The Avery Point Academic Center tutors have recently been invited to present at the National Conference on Peer Tutoring in Writing! The theme for this year's annual meeting is Subversion and Subterfuge, to explore "how tutors subvert writing center training or best practices" in alignment with individual ethical principles and/or antiracist practices.

In November, our tutors will lead a roundtable discussion on wellness outreach, with an emphasis on how increasing productivity may reinforce narratives and behaviors that harm students' mental health. We will also explore ideas and solutions for subverting such harm and to promote wellness for wellness' sake.