



APAC ALMANAC

THE UCONN AVERY POINT ACADEMIC CENTER ALMANAC
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TRANSITIONING FROM ONLINE TO IN-PERSON LEARNING

BY: REVA

As we move back onto campus following two weeks of being solely virtual, it can be difficult to adjust to the different expectations that come with in-person learning. Here are some tips from the APAC to help guide you through it!

- Give yourself plenty of time to commute to campus and walk to class. It's easy to fall into the habit of desperately scrambling for your computer one minute before class starts at home- unfortunately, it's not that simple in person! Check how long your commute is through Google maps (or another navigation service), and check for any traffic delays before you leave.
- Take the opportunity to meet your professors face to face for help! Drop-in for office hours if there is something you're having trouble understanding on your own.
- Make space in your schedule for breaks. While you can grab a snack or relax at home at almost any given time, it will be harder to do so in person. Pack a lunch or drop by Mort's for food, and make sure you have enough time between classes to relax!
- **Keep your physical work organized and accounted for!** When studying online, all of your documents are usually saved to your electronic device. However, some professors teaching in-person may choose to hand out physical papers or assignments- make sure you are saving them in a folder, notebook, or scanning them to your computer so you still have copies!
- **The APAC is back in person; feel free to visit us for face to face appointments!** We are open for in-person tutoring, so drop in any time Monday through Thursday between 9 and 6. We are also hosting the Shut up and Write Club on the first Monday of each month from 5 to 8- it's a great way to get work done!

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BY: ERIN

Want to review a topic or get to know your professor? Office hours are perfect for discussing class material or cementing your understanding of a topic. They're an essential part of college, and they can be a great opportunity to talk about the field in more depth. Feel free to drop by and get to know your professors more!

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MENTAL HEALTH & ACADEMIA

Feel like the semester just started, and it's already midterms? Trying to find time to write those six-page essays and study? Well, you're not alone. While it's easy to fixate on those upcoming midterms, it's essential to prioritize your mental health. Take the first step by coming to the Academic Center. We're here to help you with every step of your academic success, from scheduling to tutoring appointments. Make sure to set time aside for yourself and avoid pulling all-nighters! We can't wait to talk to you at the Academic Center.

GROUP SESSIONS

Are you and your classmates confused on a few topics in class? You don't have to make an individual tutoring schedule! The Academic Center offers group tutoring sessions, perfect for discussing complicated material with peers. You can focus on staying on task and reviewing material with a tutor and other students.

Balancing the Mental Taxation of Switching Learning Modalities

BY KATELYN

Switching back and forth between in-person and online learning can be, and often is, mentally jolting. Just as your brain and your body get used to a new format and schedule of learning, you are switched to a different modality. Additionally, each modality has challenges you must face—and all of this happens before the difficulty of academics itself! Nonetheless, this tiny and anything-but-comprehensive guide will work as an introduction to prioritizing your livelihood, mental health and learning during your undergraduate years.

1. Seeing a school counselor or therapist

Often, therapists are viewed as people only needed during specific times by specific people. Nonetheless, therapists/mental health counselors can and should be utilized at any time. Having someone to communicate with about your

everyday life provides you with the tools to combat the issues you're facing in academia. Our school counselor is Jessica Musgrove and can be reached by email to make an appointment at Jessica.Musgrove@uconn.edu.

2. Speak up!

If something is affecting you about the structure of your learning, you deserve to speak. For personal concerns about academic issues, you can reach out to an advisor trained to help you navigate the difficulties of academia—and choose the best option for your personal life and future. One large piece of college is having the opportunity to view the structures around you and speak up about what is or isn't working. You can reach out to the Associated Student Government or attend one of their meetings on Mondays, 12:30 PM-1:30 PM in ACD 109.