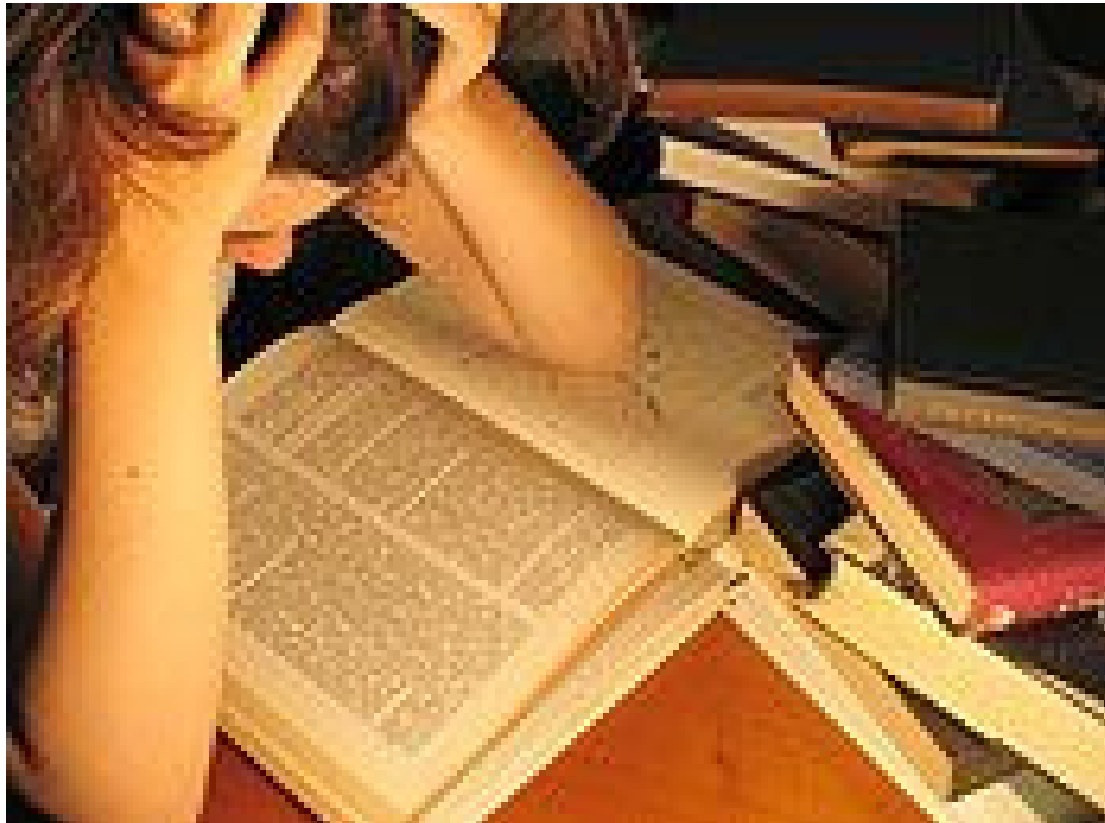


Falling Behind? Tutoring can help you catch up!



Tutoring and academic support are great tools to improve academic performance. They can provide an informal atmosphere, one-on-one attention or small group instruction, and identification of learning problems.¹

¹ Hollowell, Karen. "Benefits of Tutoring." *EHow*. Web. <http://www.ehow.com/facts_4870532_benefits-of-tutoring.html>.



Offers UMass Amherst students a peer-supported environment to meet academic challenges.

**10th Floor W.E.B. DuBois Library
(413) 545-5334**

www.umass.edu/lrc/



The Committee for the Collegiate Education of Black & Other

Facilitates the enrollment, development and graduation of those students who historically have been underrepresented through the admission process.

**218 New Africa House
(413) 545-0031**

www.umass.edu/ccebms/



Has a computer lab and a study center, which offer a comfortable learning and working environment. Also has a mentor program to help freshmen transition to the university life.

101 Wilder Hall (413) 545-3382

www.umass.edu/bcp/



Provides a variety of culturally sensitive support services to Asian and Asian American students at the University of Massachusetts Amherst. The UALRC provides free tutorial services to affiliated students.

**Basement of Knowlton Hall
(413) 545-1844**

www.umass.edu/ualrc

Native American Student Support Services Program Objectives

The goals of the Native American Academic Support Services program at the University of Massachusetts are to provide an academically and culturally enriched environment for the Native American students. The NASSSP offers tutoring as well as academic counseling.

Other Resources

Many colleges offer tutoring. Check with your college to see if they have anything to offer. If you're a student athlete, there is also tutoring available. Check with the Athletics Department (www.umass.edu/sas/).

Can't Concentrate? Think you could have ADD/ADHD?



ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder) are developmental disorders characterized by developmentally inappropriate degrees of inattention, overactivity, and impulsivity. There are difficulties typically associated with deficits in maintaining a consistent pattern of work performance over time.²

² <http://www.umass.edu/counseling/as.html>

For ADD/ADHD screening, try these places:

Psychological Services

135 Tobin Hall

(413) 545-0041

www.umass.edu/psc/

A community mental health clinic, whose primary goal is the provision of low cost mental health services to individuals who have no health insurance or are “underinsured” by their current providers.

Counseling and Assessment Services

123 Berkshire House

(413) 545-0333

www.umass.edu/counseling/

Professional psychologists, career development counselors, psychotherapists, and supervised advanced graduate students providing a broad spectrum of clinical and skills related services to all University students.



Disability Services

231 Whitmore

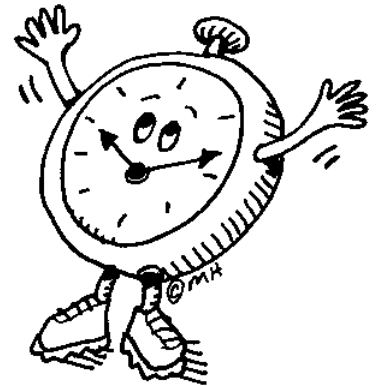
(413) 545-0892

www.umass.edu/disability/

If you have already been diagnosed with a learning disability, you may be eligible for certain accommodations. Services are provided for students, faculty, and staff with disabilities, so that they may successfully learn and work at UMass.

Study Hints

- 1. Study in a place that is free of distractions. Have ready all the things you will need.**
- 2. Study at a time when you are alert and not hungry or sleepy.**
- 3. Set a goal for each study period.**
- 4. Don't wait until the last minute to study!**



5. Repetition is key! Read and reread your class notes and the relevant chapters in the textbook.

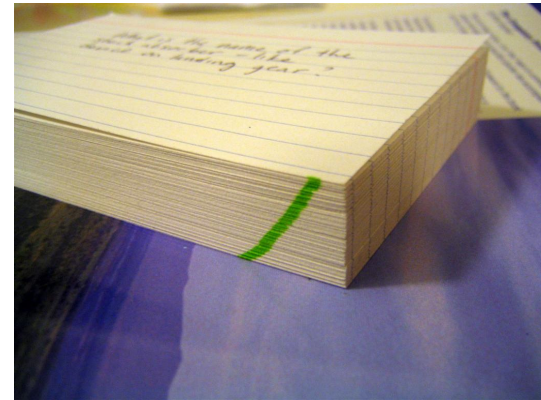
6. While you are reviewing your notes, cover them up periodically and summarize them out loud. Pretend that you are explaining the material to someone else.

7. Do any practice exams or study sheets provided by the teacher.



8. Create your own study aids. You could make an outline, a timeline, flashcards, or your own quiz or test.

9. Get help from the teacher if you do not understand something.³



³ <http://www.infoplease.com/homework/studyskills4.html#before>

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visit us at: www.umass.edu/mycenter

