

ASAP Newsletter

What is ASAP?

By Mariangela Chandler, Director of ASAP

The Academic Support and Achievement Program (ASAP) helps students learn how they learn best. ASAP staff provides academic support to students of all ability and achievement levels, both undergraduate and graduate, through tutoring in writing, reading, math and study skills.

Students may use the services through self-referral or faculty referral by an advisor, faculty member, or a dean and can take advantage of: professional staff and professionally trained tutors, one-on-one instruction, small group instruction, workshops, consultations with certified peer tutors, and supplemental instruction attached to challenging courses.

Students who have regularly attended ASAP sessions have developed increased confidence in their abilities, have acquired independent learning skills, and have shown marked improvement in their

You might come to us:

- To work on note-taking, or
- Because your writing is OK and you want it to be terrific, or
- Because you feel you don't comprehend what you read well, or
- Because you suffer from test anxiety, or
- Because you want to improve your college math skills, or
- To expand your ideas, or
- To learn how to edit your writing, or
- Just because you'd like to figure out what strengths you have

Learning is not attained by chance; it must be sought for with ardor and attended to with diligence.
-Abigail Adams

February 2008

ASAP Hours

Monday: 8:30 am– 5:00 pm
 Tuesday: 8:30 am– 5:00 pm
 Wednesday: 8:30 am– 5:00 pm
 Thursday: 8:30 am– 5:00 pm



Dates to Remember

March 1: FASFA deadline
 March 7: Spring Break begins
 March 17: Classes resume

Online Tutoring Offers Students a New Option

By Jen Drake, Academic Tutor

In October 2007, ASAP and the Learning Commons Writing Center piloted a new real - time online tutoring program for Academic Writing students.

The service, staffed by Cortland-trained, certified Peer Tutors, is now open **9pm-12am, Monday-Thursday** for the Spring 2008 Semester, and will be available through the last week of classes.

This semester, support is offered for Academic Writing (CPN 100/102 and 101/103) on all four nights, and Chemistry (CHE 222) on Tuesdays. This service operates on a drop-in basis (first-come, first-served), and is designed to complement the face-to-face daytime and early evening services provided by ASAP.

In the future, the program will add support for 100 and 200 level

foreign language and math courses, among others.

To access the service, go to <http://www.cortland.edu/asap/online/>. Questions about the service may be directed to onlinetutoring@cortland.edu.

I Just Don't Have the Time!

By Esa Merson, Academic Tutor

You go to class. You may work, play a sport, or belong to a club. In addition to all this, you try to catch your favorite shows, get online and have a decent social life. How can you fit in consistent study time?

Time Management

“Okay”, you say. “I know I could better manage my time, but I just don't have much time to begin with.” Let's start there. Everyone starts with 168 hours a week. Optimistically, let's say you get eight hours of sleep a night. (I know, but let's just say you do.) That's 56 hours a week.

If you're taking 18 credits, that leaves 94 hours a week.

Now, it's recommended that students study two hours for every hour in class. Stop laughing. I'll wait.

Ready?

You have 58 hours left in the week to eat, work, play sports, go to the gym, and be social. That's over eight hours a day! Now, how do you use your study time effectively? Here are some general tips:

1. **Schedule study times for when you're typically most alert and feel like studying.** Don't schedule your study time at 7am when you usually wake at noon if it means you'll be falling asleep over your books.

2. **Try to study when you can get some quiet time.**

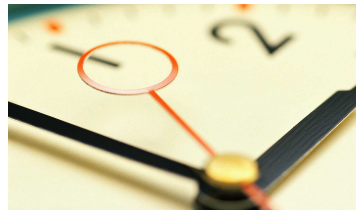
If you study at 6pm but that's when everyone around you is hanging out and watching TV, you either have to relocate or pick a quieter time.

3. **Study difficult subjects first.** It may seem less overwhelming to start with the easier tasks, but it's best to study more difficult or complicated subjects when your mind is fresh and you can concentrate. This brings us to:

4. **Leave the routine activities for last.** Recopying notes and alphabetizing your Works Cited page are better left for later in your study session when you're tired. These activities don't usually require a lot of concentration.

5. **Build in breaks.** You should build into your study schedule short (10-minute) breaks when you're switching subjects or when you're working on one subject for a long time. It'll be easier to concentrate when you come back to your books. Just stay off AIM. :)

That's it. Remember that, if you make (and stick to) a good time management schedule, you'll have plenty of time to study, and to have fun too!



How Math Is Different from Other Subjects

By Jeanine Rose and Ricki McClure, Academic Tutors

1. Math requires different study processes. In other courses, you learn and understand the material, but you seldom have to actually APPLY IT. In math, you have to do the problems.

2. Math is a linear learning process. What is used one day is used the next, and so forth. (In history you can learn chapter 2 and not 3 and do okay on 4. In math, you must understand the material in chapter 1 before you go on to chapter 2.)

3. Math is much like a foreign language. It must be practiced EVERY DAY, and often the VOCABULARY is unfamiliar.

4. Math in the university is different from math in high school. Instead of going to class every day, in college you go only two or three times a week. What took a year to learn in high school is now covered in only fifteen weeks.

ASAP is your resource for a successful transition to college and a place to build better academic habits. We have Peer Tutors to help in a variety of subjects and Professional Tutors who can work with you to develop your academic skills. Call **753-4309** or stop by **B 205 Van Hoesen Hall** to make an appointment.