

Peer Tutoring Newsletter

Spring, 2008

Peer Tutoring Program office hours are 10 am to 4:30 pm, Monday through Friday, in C. A. Johnson 223. Contact Mary O'Neill at x4374 or moneill to set up an appointment to discuss your tutoring needs and to fill out a tutor request card.

The Quantitative Literacy Center, in C. A. Johnson 224 is open for drop-in tutoring 2-4 p.m. on Sunday, 2-6 p.m. Monday through Thursday, and 7-9 p.m. Sunday through Thursday. Contact Mary O'Neill at x4374 or moneill for more information. **Regular QLit. Center tutoring hours end on Thursday, May 9.**

Good luck on finals, and have a Great summer! Come in early for tutoring help next fall.

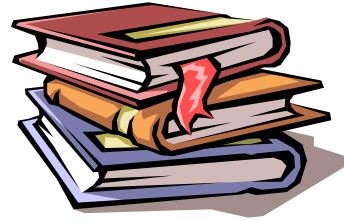
Open house in the QLit. Center!



You are invited to an Open House at the QLit. Center on Monday, April 21 from 4:00 to 5:00 p.m.

Meet the tutors, check out the Math/QLit. Computer lab, and find out more about our services.

Refreshments! ☐ Drawing!



Study Skills 101: Good Health = Success!

Being successful in College takes a lot of hard work and study. It also involves taking care of yourself.

- ❖ Eat regular, balanced meals; don't skip breakfast!
- ❖ Learn your daily rhythms—are you a morning person? Evening person? Study when you are most energetic. Save routine things for your “down” time.
- ❖ Develop your own strategies for stress: make lists, prioritize work, talk to friends, take a walk, change your scenery, write in a personal journal.
- ❖ When you are ill, go to bed! While you are getting better, plan ways to get your work done
- ❖ Value sleep! Bathe often! Brush your teeth!
- ❖ Be sensible about drugs and alcohol.
- ❖ Dress for the weather here--not in Florida!