

Success Tip: How Do I Know If I Need Academic Assistance?

Ask yourself the following questions:

- Have I always had difficulty with a particular subject?
- Do I fall behind with reading and/or homework?
- Am I overwhelmed by the speed at which professors cover material?
- Do I come away from lectures feeling more confused than when I went in?
- Do I have trouble understanding what is important to read in textbooks?
- Are my notes a mess and useless when preparing for exams?
- Do I have difficulty applying information from one situation to another?
- Do I feel overwhelmed by the time required to do well in my courses?
- Can I follow the professor in class, but get lost when tackling homework?
- Do I have difficulty with word problems?
- Do I rely on memorizing instead of learning the material in order to prepare for exams?
- Do I have difficulty with multiple-choice exams? Essay exams?
- Do I frequently misread exam questions?
- Am I on academic probation?

If you answered yes to three or more of these questions, you should:

- Seek help from your professors
- Work regularly with other students and/or the TA
- Meet with your advisor
- Sign up for a tutor to help with learning strategies and study skill development

The Office of Student Academic Success (OSAS) provides tutoring for UMaine students who need academic assistance in 100 – 400 level courses during the Fall and Spring semesters as well as Winter Session and Summer University. Tutoring is available at no additional cost to students. OSAS uses a digital platform called **Knack** where students can access tutoring services.

OSAS recruits UMaine students to become tutors who work one-on-one or with small groups of students, in person on an as-needed basis or for regular tutoring sessions. Sessions are held in approved locations on campus or in **Knack's** online classroom. Tutors will help students to learn how to conceptualize course material, sharpen their reasoning and questioning skills, and utilize available resources to become stronger learners.

For more information, visit our website, umaine.edu/studentacademicsuccess, stop by our office at 104 Dunn Hall, or call us at 207.581-2351.