Tutor Program Tip: How do I know if I need academic assistance?

Ask yourself the following questions:

1. Have I always had difficulty with this subject?
2. Do I fall behind in any of my reading or homework for more than one class?
3. Am I overwhelmed by the speed at which professors cover material?
4. Do I come away from lectures feeling more confused than when I went in?
5. Do I have trouble understanding what is important to read in texts?
6. Are my notes a mess and useless when preparing for exams?
7. Do I have difficulty applying information/terms/concepts from one situation to another?
8. Do I feel overwhelmed by the time required for my courses?
9. Can I follow the professor in class, but can’t do it on my own when tackling homework?
10. Do I have difficulty with word problems?
11. Do I rely on memorizing information to prepare for exams?
12. Do I have difficulty with multiple-choice exams? Essay exams?
13. Do I frequently misread exam questions?
14. Am I on academic probation?

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

- Seek help from your professors
- Work with your advisors
- Sign up for a tutor to help with learning strategies

The Tutor Program provides academic assistance to UMaine students enrolled in 100 and 200 level, non-web based courses. We hire a staff of peer tutors who work with small groups of students to help them learn how to effectively process and apply course material. A group consists of up to six students, all of whom are in the same course and have the same professor. Groups meet twice a week, during the weekday or evening, in classrooms on campus. To be eligible for services, students must be taking at least 6 credit hours and be in a degree and certificate program at UMaine.