

## 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 Tutor Program provides academic assistance to UMaine students enrolled in 100 and 200 level, non-web based courses. A staff of peer tutors work with small groups of students to help them learn how to effectively process and apply course material. A group typically consists of 4-6 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 classes at UMaine and be registered for at least 6 credit hours.

For more information, visit our website at [www.umaine.edu/tutorprogram](http://www.umaine.edu/tutorprogram), stop by 104 Dunn Hall, or call the office at 207-581-2351.