

ACADEMIC SUCCESS CENTER



What is the Academic Success Center (ASC)?

The Academic Success Center enhances the academic development of students and reinforces the student centered learning environment at Iowa State University.

Through proactive, intentional, and innovative programs, the Academic Success Center designs opportunities for students to achieve academic goals, develop as reflective learners, experience peer facilitated learning, and lead their peers through academic accomplishments.

As a partner in the Iowa State University community, the Academic Success Center does this by:

- Creating transformative learning experiences for students
- Collaborating to meet the university's academic success, retention, and graduation goals and objectives
- Incorporating relevant research and implementing best practices into programming and activities
- Providing individual and small group assistance for a wide range of academic disciplines and courses
- Offering individual consultations to assess strengths and limitations and develop personalized action plans and goals

How Can I Contact the ASC?

Our main office contact information is listed below. For information about a specific program, contact that program directly using the email addresses below.

Academic Coaching
improvemygpa@iastate.edu

Psych 131: Academic Learning Skills Seminar
success@iastate.edu

Supplemental Instruction
sistaff@iastate.edu

Tutoring Services
tutorsrv@iastate.edu

**Additional information and resources are
available online:**
www.dso.iastate.edu/asc/

Overview of the Programs and Services

Academic Coaching

Academic Coaching assists in a student's recognition of the obstacles interrupting his or her academic progress and achievement through study strategy assessment, goal setting and accountability.

Coaches provide free one-on-one meetings aimed at further developing skills such as:

- time management
- prioritizing & motivation
- test-preparation/ test anxiety
- memory strategies
- note-taking and more!

Coaches are trained in teaching effective college success skills and also promote healthy approaches to balancing the demands of college, work, family, and personal time.

Psych 131

Psychology 131 is a one-credit course designed to develop a variety of skills and strategies to be successful including those listed above. The course is graded as pass/non-pass and class size is small to encourage individual student growth and development. Multiple sections are available in the fall and spring semesters with half semester and online sections offered as well.

Presentations and Workshops

Staff members are trained to facilitate presentations on basic academic skill development as well as topics tailored to campus organizations, classes and other groups. Topics commonly requested include an overview of the ASC programs, time management, study skills, exam preparation, and learning styles. Handouts frequently used in consultations and presentations are available online.

Supplemental Instruction

Supplemental Instruction (SI) is a program providing peer-facilitated study sessions for selected difficult 100-200 level courses. SI leaders, who have demonstrated competence in the course, attend lecture and conduct three regularly-scheduled 50-minute sessions to help students with course content and study skills. SI is free and participation is voluntary. Research shows that students who regularly participate in SI earn a ½ to 1 full letter grade higher than non-participants.

Tutoring

Tutoring is available for most undergraduate courses. Tutoring occurs in groups of 2-4 students. Tutoring sessions are generally held two hours per week. A fee of \$4 per hour is charged to your U-bill, and financial assistance may be available from a variety of sources. Tutors can help you clarify course content and meet your academic goals. You can apply on-line to receive a tutor or to become a tutor (a part-time paid position).

Online Academic Resources

Numerous online resources are available for 24/7 access to study skill development, tutoring applications, SI Schedules and more. Also included online are:

- locations for 15 help rooms on campus
- web links to handouts and resources related to study skills such as time management, note-taking, exam preparation, goal setting and more!

Visit the ASC online to access these resources and call with questions!

Not Sure Where to Begin?

Just start by calling the Academic Success Center (515-294-6624) to get your questions answered or to schedule a one-on-one appointment.



Academic Success Center 1060 Hixson-Lied 515-294-6624 success@iastate.edu

www.dso.iastate.edu/asc/