



Resource Guide

This worksheet goes over tips and links to available resources offered through the University of Arizona. These tips and resources will help student become a successful Wildcat.

This is meant to be an exhaustive list. If you are not sure where to begin, start with reaching out to your academic advisor. Your academic advisor is here to help you find resources and keep track of your academic process.

Academic Advising



Your academic advisor is Megan Caton. Mrs. Caton schedules advisement appointments during her office hours on Wednesday, Thursday, and Friday mornings, 8:30 am to 9:30am (Vietnam time). You can schedule an appointment by emailing megancaton@arizona.edu.

You can also email her directly with any questions or concerns you may have.

Reading Strategies

- [Tips for Difficult Readings](#). THINK TANK has developed several tips to get through long and difficult readings.
- [Reading to Learn and Remember \(SQRRR\)](#). This is the Survey, Question, Read, Recite, Review method that can help you retain what you have learned and be able to apply it later. There is also a [worksheet](#) you can use while reading to practice this method.

Writing Help and Strategies

- [The Writing Center](#). The Writing Center is a one stop shop for writing help. Students can access free tutors, submit assignments for review, and attend workshop designed to improve their writing skills.
 - [Free Zoom Appointments](#). Students can use the scheduling system to schedule a one-on-one appointment with a writing tutor.
 - [Feedback Loop](#). This service is ideal for students who would like feedback to better understand how an outside reader would respond to their assignment. Comments from a writing tutor would be returned with 3 to 5 business days from submission.





Writing Help and Strategies Continued

- [Writing Skills Improvement Program \(WSIP\)](#). This program has been developed to help students improve their writing skills. Students can register with this program and then make an appointment for tutoring.
 - [WSIP Tips](#). Under this section, you can find many handouts on specific writing styles.
- [The Center for English as a Second Language \(CESL\)](#). CESL offered fee-based tutoring and classes on English for academic purposes, pronunciation, and conversation.

General Tips to use in all courses:

- **Read the Syllabus.**
 - A syllabus serves as an agreement between you and the instructor regarding what is required for the class. It will contain class topics, the assignment and exam dates, rules and expectations, grading methods, and instructor contact methods with their office hours.
 - You can usually find the course syllabus on [Desire2Learn \(D2L\)](#)
- [Login into your D2L Site everyday](#). It is important to develop a good habit of checking your D2L site daily, even if you do not have assignments or quizzes/exams due that day.
 - [How to navigate your D2L Homepage](#). This site has step by step instructions on how to navigate their D2L homepage.
 - If you cannot access your D2L site, students should contact [24/7 IT Support](#) as soon as possible.
- **Meet with your instructor during their Office Hours.** Students should use your Instructor's Office Hours. These office hours are set times that your instructor is available to one-on-one with you. This time is great opportunity to ask questions on course material, review exams, or clarify assignment instructions. The instructor should list their office hours in the syllabus.
- [Time Management](#)
 - For students in the dual degree program, time management is essential for a successful semester. It may be challenging to figure out how to plan your time efficiently, so here are some resources to help you plan.
 - [This Video module](#) that walks you through how to plan out time management schedule.





General Tips to use in all courses Continued:

- [Using a Weekly Planner](#) to map out time spent in classes so you can find time to do homework and study. THINK TANK has created a free template to use.
- [Spaced Review](#). Spaced Review is a study method that relies on time management.
- [Use active Study Strategies](#):
 - Lecture Notes- Write down what the professor says in class. Identify main points in notes and rewrite them in your own words. Re-read these notes often.
 - Print Out PowerPoint Slides- If your instructor provides their lectures in PowerPoint, print them out to read and take notes on them.
 - For Assigned Texts and Articles- Take notes and underline points while reading. After a few pages, pause to summarize what you have learned in a few sentences.

Exam Strategies

- [Understand the Study Cycle](#). To be successful in your courses, it is important to develop positive study habits. This worksheet goes over the study cycle in what you should do before class, during class, and after class to best retain information.
- [Understanding the different types of Exams](#). By understanding and becoming familiar with the type of exam can help you better prepare and study. This tool will review different exam types and how to best study for them.
- [Strategies for Multiple Choice Exam Questions](#). General strategies to help with multiple choice exams.
- [Strategic Testing Taking for Before, During, and After the Exam](#). The key for earning good grades in exams includes longer term planning and preparation before and after the exam. This resource will go over basic strategies to improve test performance.
- [Create Concept Cards](#). This strategy is best suited for classes that emphasize vocabulary.
- [Free Online Workshop](#) on a variety of skills.
 - Examples: Staying Focused and Motivated, Amplify your Knowledge in PowerPoint, and Strategies for Success in Online Classes.
- [Understanding test anxiety](#). Taking exams can be challenging even if you understand and know the material well. This worksheet reviews how you can help alleviate test anxiety.





Helpful Departments to know:

- [The University of Arizona Library](#)
 - No matter where you are located, this is your library. You can access the library anywhere in the world at any time. You have access to find journal, eBooks, databases, and more.
 - To get help, please visit: <https://lib.arizona.edu/online>
 - Not sure where to start with research or need help with the library, you can visit this [interactive guide](#).
- [IT Help for Students](#)
 - If students have technology issues or have questions, they can reach out to the University of Arizona's 24/7 IT Support. Students can contact IT [here](#).
- [Disability Resource Center](#)
 - The University of Arizona DRC leads campus in a progressive and proactive approach to accessibility. Our goal is to ensure disabled students, employees and visitors have a similar, if not identical, experience to their non-disabled counterparts. We work to reduce the need for individual accommodations through proactive collaboration with University partners to impact the systemic design of campus environments.

[Mental Health Resources.](#)

- It is normal to feel a range of emotions when you are impacted by what is happening in the world while managing your studies. Know that you are not alone and we are here to support you.
 - If you need support you can contact [Counseling and Psych Services \(CAPS\)](#) at 520-621-9202 or through their contact us button. They can show you what help is available to you.
- There are a lot of free resources and programs available that students can access immediately to create personal care plan.
 - [Mental Health and Wellness Tools](#)
 - These go over tips like how to sleep better, manage anxiety, and other tips to lead to better mental and emotional well being. Adding small changes can make a big impact on your daily life.





Mental Health Resources Continued:

- [Pathways to Wellness.](#)
 - Wellness is a combination of many parts of you including: health, home, job, and environment. By utilizing these resources, you can improve certain aspects of your life and create a personal wellness plan. Some examples are: Academic Wellness, Financial Wellness, and Physical Wellness. If you feel like there is a certain area in your life that could need some help, look at Pathways to Wellness to find some help.
- [Tools for What's Happening Now.](#)
 - There is a lot happening in the world right now. Know that there is help available to you.
- [Mental Health Screenings.](#)
 - You can take a free mental health survey to learn more about yourself and experiences.
 - If you took a mental health screening and have some questions, this page will also review what you can do next.

