Supporting Your Student’s Academic Success

Learning Services
Summer 2020
What we do

Learning Services is dedicated to helping all George Mason University students achieve their academic goals. We do this by helping students understand the academic expectations at Mason, by helping students understand their own metacognition, and by helping students establish good self-regulation habits.
Learning Services

Academic Success Workshops
Academic Coaching
Academic Success Videos
Tutoring Resource List
UNIV 110/310

All services are virtual for Fall 2020
Academic Success Workshops

Register for workshops on our website:
Learningservices.gmu.edu
Academic Coaching

• Take the Learning and Study Strategies Inventory
• Discuss academic goals and current study habits.
• Develop a study plan
• Help hold student accountable for following plan

• Once a week for 45 minutes
• Recommended to come in 3-4 sessions
How students can make an appointment

http://tinyurl.com/masonlearning

Call 703-993-2380
Academic Skills Videos

The development of effective academic skills is essential to academic success. There are many resources available online to help you improve your academic performance. We will be adding to this list over time. For now, you may want to watch our introductory video on the topic of Preparing for College Classes.

Learning Services Video Series

The Study Cycle

Study Time Management
Tutoring Resources

- We do **not** provide content tutoring
- There are multiple tutoring resources on campus
- If there is not tutoring available, recommend students come in for **academic coaching**
Supporting Academic Success:

Ten Tips to Ease the Transition to College
1. Learning

Students are responsible for their own learning.

- Midterm grades will be posted in PatriotWeb for 100- and 200-level classes.
- Students should monitor Blackboard regularly.
2. Time Management

Encourage your student to utilize a calendar.
3. Study Location

The location where your student studies needs to be free from distractions.
4. Course Materials

Make sure your student has all of the necessary course materials.
5. Multiple Information Sources

Students will need to manage multiple information sources to find out about assignments and exams.
6. Longer Study Time

The coursework at Mason will take students a good deal longer than the homework in high school.

<table>
<thead>
<tr>
<th>Number of Credits</th>
<th>Number of Study Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>6/week</td>
</tr>
<tr>
<td>15</td>
<td>30/week</td>
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</tbody>
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7. Study Cycle

Phase 1
Preview material to be covered in class… before class

Phase 2
Go to class! Listen actively, take notes, and participate in class.

Phase 3
Review and process class notes as soon after class as possible.

Phase 4
Use intentional study sessions.

The Study Cycle
8. Self-Testing

- Summarize a lecture
- Summarize a chapter
- Create practice questions
- Flash cards
- End of chapter questions
### 9. Challenge and Support

<table>
<thead>
<tr>
<th></th>
<th>Low Challenge</th>
<th>High Challenge</th>
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</thead>
<tbody>
<tr>
<td><strong>Low Support</strong></td>
<td>Disengage</td>
<td>Retreat</td>
</tr>
<tr>
<td><strong>High Support</strong></td>
<td>Stagnate</td>
<td>Maximum Growth</td>
</tr>
</tbody>
</table>

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10. Campus Resources

- Writing Center
- Math Center
- Communication Center
- Libraries
Questions?