Academic Resource Center
Programs and Services

Step Up
to study skills success!

Online Study Smart Starter Kit
- Online general and subject-specific college study strategies

Online Workshops – “Psych’d Out!”
- Procrastination/Perfectionism, Test Anxiety, and Math Anxiety

NEW! Study Skills Workshop Series
Core Topics Include:
- Managing Test Anxiety
- Time Management for College
- Test Prep and Test-taking Skills
- Concentration and Memory
- Math Study and Test-taking Tips
Other topics as requested.

Supplemental Instruction (SI)
- Supports Gen. Ed. breadth courses
- Study review sessions by trained peer SI leaders

Drop-in Math/Stats Tutoring (TSC 225A)
- Math 0900-2280 and Stats 1040-3000
- Trained, certified peer tutors

Course: PSY 1730 – Strategies for Academic Success: 3 Credits
Appropriate for freshmen, sophomore, provisionally admitted, readmitted, and non-traditional students
- 7 weeks, taught twice Fall and Spring and once during Summer
- Able to add class at mid-term (session 2)
- Essential study strategies taught in an active, applied learning environment with applied skills lab

Online and Broadcast PSY 1730 – Strategies for Academic Success: 3 Credits
Designed for returning or highly motivated students unable to take on-campus class
- 15 weeks, taught Fall and Spring
- 14 weeks, taught Summer

Original Academic Success Model concept
by Penny Findlay; adapted by Debi Jensen,
ARC, Utah State University