

## Academic Success

It's more than just showing up

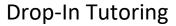


What are some student support services that you already know about at Montana Tech?



# What Subjects Does ACE Offer for Tutoring?





- Math Lab (M065-M171)
- Calculus (M172-M274)
- Chemistry (CHMY 121-142)



Physics (PHSX 121-238) Appointment-Based



#### **Tutoring**

- Writing Consultants
- Organic Chemistry

## Why should I go to tutoring?

Strengthen subject comprehension

- Engineering Courses
- Statics Business Courses
- Other just ask!

Boost confidence



- Build learning skills (Academic coaching)
- Required for class? (Writing Consultant)
- Earn better grades
- Connect to other students in your class or program

Tutoring ≠ you are not smart



#### Meet your Montana Tech Advisor!

https://mtech.edu/advising/advisors.html





- Schedule regular appointments with your advisor
- Check In
- 20<sup>th</sup> Day
- 40<sup>th</sup> Day/Mid Terms
- Registration

Whenever you have a question or concern



about your academics Collaborate to Graduate Connect with your program Lear n abou t what 's happ enin g on cam pus

Rais e aspir ation S and set goal S \*\*It's more than just registrati on\*\*

### What's the point of academic advising?



68% of returning students and 70% of faculty report that advising is "Very Important"



"For this semester, I didn't go to an advisor. I chose to skip, and I think I'm sort of paying the price for it"



up to 80% of students change their major—academic advising can help you stay on a path toward graduation instead of going in reverse



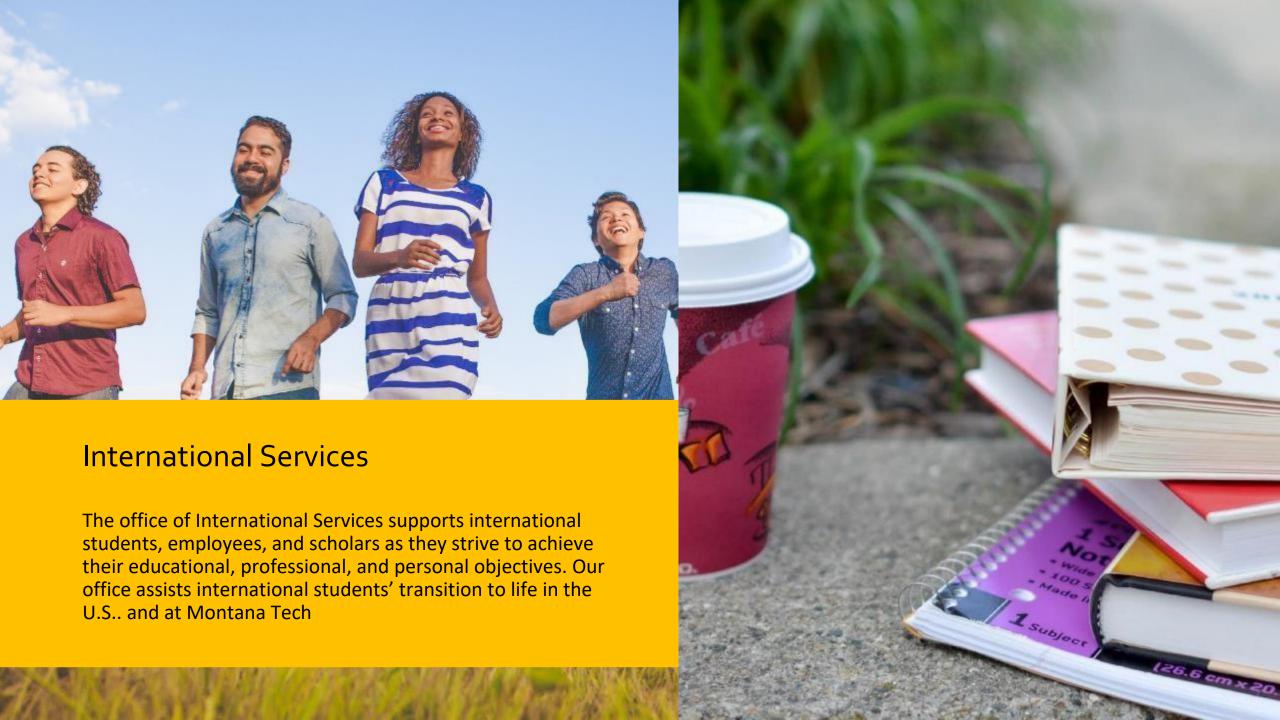




#### Disability Services and Accommodations Support

- If you had accommodations in high school (IEP or 504 Plan)
- Diagnosed with a disability
- Temporary disability/injury

- "Level playing field"
- Access, not success



## Common Questions and Helpful Hints for International Students

- How many credits do I need to take each semester?
- What documents do I need to have legal status as a students?
- Can I work while I'm in the United States?
- Do I need to file taxes?
- Can I change my major?

Check in with Margie every semester

• Engage with campus and other members of the community • Join a club, participate in activities, explore Butte!



## Why is sleep so important?



- Removal of waste products from brain cells
- Organization/consolidation of memories
- Increased "plasticity" or ability to adapt to input



- Better quality, longer duration, greater consistency correlated with higher grades overall
- Sleep inconsistency (little sleep during the week and trying to catch up on "sleep debt" over the weekend) correlated with lower grades
- Aim for approximately 8hrs, wind down for quality sleep