Optimize Learning Strategies

# Learning Tips and Tools

* Self-guided format located online on the CAS website or as printed materials at B-31 Coates Hall.
* Explore proven strategies for **taking charge of learning, managing time, acing tests,** and **reducing stress** to become a better learner.

# Learning Journey

* Self-guided format located online on Moodle.
* An online, self-guided exploration of CAS resources accessed in Moodle. Students can watch video on **new learning techniques**, hear about ways to **increase GPA** and take quizzes to better **manage time** and **prepare for tests**.

# CAS Workshops

* Group format located on Zoom or at the on-campus locations.
* Workshops that address common challenges students face, including **time management, goal setting**, efficient learning strategies to **improve grades, test preparation,** and academic **stress management**.

# Academic Coaching

* One-on-one format located on Zoom or at B-31 Coates Hall.
* **Personalized assistance** to help students address common college learning challenges. An Academic Coach meets with students **one-on-one** to tailor strategies that can help them **earn their best grades**.

Content Support

# Supplemental Instruction

* Group format located at various on-campus locations.
* Weekly **study sessions** offered for students enrolled in historically challenging courses.

# SI Office Hours

* One-on-one format located at the Shell Tutorial Center in the LSU Library.
* Meet with the SI leader to get **individualized attention**, receive **further clarification** on topics, go over concepts and ask **specific questions**.

# Tutoring

* Group or one-on-one format located at the Shell Tutorial Center or online through NetTutor.
* Trained peer tutors offer **assistance with homework concepts, test preparation,** and **study strategies** in many subject areas.