Welcome to LSU

Congratulations on your student’s enrollment at LSU and welcome to the Center for Academic Success (CAS), where we believe that every student admitted to LSU has the potential to obtain academic success! College life can be both exciting and challenging as students take on new freedoms and responsibilities. The CAS helps students navigate their way, discover their potential, and meet their academic expectations.

As your students’ champion, you can be a valuable resource and this guide can serve as a reference for information and practical strategies to help you direct your student to appropriate campus resources to help them succeed.

A New Ball Game

LSU academics differ from high school academics in several important ways.

- College academics press past basic memorization to applying, analyzing and evaluating many new concepts and processes in a much briefer time frame so students must learn how to study to get to these higher levels.
- Class lectures may highlight subject concepts but students are expected to spend a considerable amount of time outside of class studying additional sources (textbook etc.) and assessing their own level of material mastery so time management becomes crucial for students success.
- Class testing tends to be more high stakes--maybe only two or three grading opportunities during the semester, and each test is far apart. So students must learn strategies on how to move information to long-term memory.

To help students make a successful transition to college academics, the Center for Academic Success highly recommends students use The Study Cycle to learn efficiently at the higher levels of learning expected at LSU.

CAS Services and Resources

Tutoring
We offer support for students in their courses through content-specific assistance via our on-campus tutorial centers, online tutoring, and by providing a private tutor-for-hire list. For more information about our tutoring services, visit: lsu.edu/tutoring.

Supplemental Instruction (SI)
SI is a series of weekly study sessions offered for students enrolled in historically difficult courses. For specific information about our SI program, including course disciplines and sections, visit: lsu.edu/si.

Individual Learning Strategies Consultations
Professional Learning Strategies Consultants are available to help students with time management and studying/learning strategies, including but not limited to note-taking, reading, test-taking, learning styles, and test-anxiety. After meeting with a consultant, students will better understand how to prepare for their classes and exams, all based on the student’s individual learning style. For more information about individual consultations and how to schedule an appointment, please go to: students.lsu.edu/academicsuccess/studying/consultation.
Study Strategies Workshops and Programs

We provide both on-campus and online workshops for students to discover study strategies that can impact their academics. We also provide award-winning programming to help students obtain optimal academic performance. For more information on our workshops and programs, visit: students.lsu.edu/academicsuccess/events.

Online Resources

There are a number of ways that students can explore our website to discover more information about study strategies and tools for success in college. Our Create My Plan for Success area of our website allows students to explore topics such as How I Learn, Get Organized, Ace My Tests, and Reduce My Stress. For more information, visit Create My Plan for Success: lsu.edu/learningstrategies.

CAS Usage and Success

With over 141,000 total visits to CAS each year, students who utilize CAS services and resources typically do better in their academic courses and disciplines. For example, students who attend SI sessions have lower D, F, and W (withdrawal) rates than students who do not attend. And, students who participate in the IMPACT Program improve their grade point average by 0.5 over students who do not. Students seek help in our tutorial centers, as evidenced by the 29,000 visits each year. And over 8,000 (35,000 visits) students have attended SI sessions. Therefore, we believe that students, with the right tools and encouragement, can reach their academic potential.

Student Activities for Success

There are a number of activities that can give your student an edge in improving their academic performance. These include:

Meeting Professors

Each LSU instructor maintains set office hours in which students can visit to discuss class material and ask questions. These hours are typically listed on the syllabus for the course. It is HIGHLY recommended that students utilize office hours and communicate with their instructors when questions and concerns arise. Instructors are the ultimate experts for the class and should be the first contact when students begin to struggle with a course. Here are some questions that may be useful when talking to your student about meeting professors:

- Have you talked to your instructors?
- Have you gone in to see your instructor during his/her office hours?

Forming Study Groups

When students study together, they often learn the course material better. Many students living in Living Learning Communities on campus might have peers who live in their hall and take the same classes. Talking to their peers and seeking help from each other is a valuable resource for students. You can encourage your student to reach out to others in their class or in their residence halls to establish connections and study together. The CAS Study Group Starter kit can be downloaded at: lsu.edu/studygroups.
Managing Time
Although college students often claim to be time-stressed, many times their have more time on their hands but lack the proper tools to manage that time. Therefore, we encourage students to set up a study strategies consultation at the Center for Academic Success to learn time management skills. Visit this link for helpful hints on time management: lsu.edu/learningstrategies.

Engaging in Healthy Lifestyles
Students who feel good physically, emotionally, and mentally perform their best in the classroom. Therefore, students need proper nutrition, exercise and sleep. Visit the below campus resources for assistance with student wellness:

<table>
<thead>
<tr>
<th>Health Center</th>
<th>lsu.edu/shc</th>
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</thead>
<tbody>
<tr>
<td>Counseling Center</td>
<td>lsu.edu/shc/mental_health</td>
</tr>
<tr>
<td>Recreation Center</td>
<td>lsu.edu/urec</td>
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Useful Campus Resources

Academic Advising
Academic advisors and counselors within the academic college (i.e. University College) are professional staff members at LSU who assist and guide students in their course selections, registration, major/minor selections, and degree completion. Encourage your student to contact their academic advisor in his or her academic college to help when situations arise as they may be able to help students resolve issues. Most students reside in University College: http://uiswcmsweb.prod.lsu.edu/universitycollege.

Office of Disability Services
Students who have a physical or learning disability may obtain help from the Office of Disability Services by securing resources and accommodations, unique to each student. For more information, visit the ODS website: lsu.edu/ods.

Additional Tutoring Services

GENESIS
The Office of Multicultural Affairs offers tutoring in the LSU Student Union. Hours are Monday through Thursday, 5:00 p.m. – 9:00 p.m. in 335 LSU Student Union.

Writing Center
Students can get one-on-one support for writing assignments with this free resource. Go to this site below for more information:
http://sites01.lsu.edu/wp/cxc/studio151.

Residence Hall Tutoring and Support
LSU Residential Life offers tutoring services in individual dorms as a part of their Residential Colleges Program. For more information, visit: http://uiswcmsweb.prod.lsu.edu/universitycollege/.
Departmental Tutoring
Many departments at LSU offer tutoring services with the department (ex: Accounting, Math, Physics, etc.). Students may contact the department’s main office to inquire about the department tutoring services and academic assistance.

Help Us Help Your Student
Chances are, you are your student's biggest champion. And, we are here to champion your student, too. So, through dialogue, we believe that your powerful voice can encourage students to let us, help them. Here are ways that you can facilitate communication with your student to help them reach their fullest academic potential.

Check In
You may think that no news is good news, but that may not be the case with your student. Checking in with them to see how they are doing, may open the lines of communication in order to help them get the help they need. Asking questions is an easy way to check in. Here are a few examples:

How are you feeling about your semester and/or classes?
Tell me about your professors/courses.

Praise
Praise for small achievements can go a long way to help your student push through to the bigger accomplishments. Students may not know their future grades or occupations, but you can help them begin to work toward creating small successes, like completing homework and extra credit. Encourage them to dream big and prepare small. And, after each small success, students will meet their overall goal. Here are some examples:

Accomplishing Small Achievements => Accomplishing Goals
1. At the beginning of the semester, ask your student about their goals:
   What do you want to achieve this semester?
   What led you to success in previous semesters (or high school)?
2. Throughout the semester, ask your student about their successes and challenges:
   Are you doing well on homework and exams?
   What classes are you finding to be challenging?
   Do you need any help meeting any of your goals?
3. Ask your student if they’ve considered meeting with other students in a study group or getting help from a tutor. You may refer them to the Center for Academic success to inquire about tutoring programs and Supplemental Instruction (SI). Ask them about the other students in the study group:
   How often does your group meet?
   What will the study group do this week?
   A lot of students use the Learning Center, have you tried getting a tutor there?
4. Praise your student for their achievements:
   Great job on completing that big project.
   I know you worked hard on your homework. I’m so proud of you.
Encourage

Encouragement goes a long way with students who are navigating a new terrain or facing obstacles. Your role is as important as professors, academic advisors, and educational mentors and your student may need you to regularly help them work through their challenges. Encourage them through their achievement and to get help if they need. I know this is challenging, but you can do it!

Support

In addition to being your student’s champion, you are probably their support as well. Providing comfort and support when students meet the challenges of college life can be extremely powerful. And, we can help. If your student is experiencing trouble in their academics, encourage them to make an appointment with our staff, attend our workshops, or visit us on the web at lsu.edu/cas.

Here is an example: Maybe you just need some tools to help you earn the grades you want. Let’s check out CAS!

Assistance for Special Circumstances

If you believe your student is having overall difficulty adjusting to college academics and the tips mentioned earlier are not adequate for their situation, you can refer them to the Academic Intervention Team through the LSU CARES website. Someone will contact your student to help provide needed resources.

Let Us Help You

Call or visit us on the web so that we may begin to help you and your student.

LSU Center for Academic Success
B31 Coates Hall
Baton Rouge, LA 70803

Phone: 225-578-2872
Fax: 225-578-2696
Email: cas@lsu.edu

Please read information about the CAS in the monthly Parent and Family Newsletter

Geaux Tigers!

Some text modified from Ball State University’s Family Guide to Academic Support at Ball State University