

Optimize Learning Strategies

	FORMAT			LOCATION	
	SELF GUIDED	GROUP	1:1	ONLINE	IN PERSON
Learning Tips and Tools	✓			CAS Website	Printed materials: B-31 Coates Hall
Learning Journey	✓			Moodle	
CAS Workshops		✓		Zoom	On-campus locations
Academic Coaching			✓	Zoom	B-31 Coates Hall

Content Support

Supplemental Instruction

Weekly **study sessions** offered for students enrolled in historically challenging courses.

SI Office Hours

Meet with the SI leader to get **individualized attention**, receive **further clarification** on topics, go over concepts and ask **specific questions**.

Shell Tutoring

Trained peer tutors offer **assistance with homework concepts**, **test preparation** and **study strategies** in many subject areas.

Content Support

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	SELF GUIDED	GROUP	1:1	ONLINE	IN PERSON
Supplemental Instruction		✓			On-campus locations
SI Office Hours			✓		B-39 Allen Hall
Tutoring		✓	✓	Online through NetTutor	Shell Tutorial Center in the LSU Library

Optimize Learning Strategies

Learning Tips and Tools

Explore proven strategies for **taking charge of learning, managing time, acing tests** and **reducing stress** to become a better learner.

Learning Journey

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

CAS Workshops

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

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**.