WEEK 2 /

EDUCATIONAL WELLNESS:

is the ongoing process of achieving a state of well-being related to the pursuit of education, knowledge and development, and maximizing one’s educational opportunities. This is accomplished in part by becoming involved in campus and class, engaging in one’s learning process and taking personal responsibility for the learning and education outcomes. Educational wellness involves balancing the many aspects of student life, while preparing for life after graduation.
UNIVERSITY LEARNING CENTER (ULC)
Resources include providing students with study guides and strategies, graduate study information, tutoring center referrals, and online writing tutors.
- Located in Pollack Library North, 2nd Floor
- Phone: (657) 278-2738
- Email: ulc@fullerton.edu
- Website: http://www.fullerton.edu/ulc/

MIHAYLO COLLEGE TUTORING CENTER
The College Tutoring Center is operated by the Mihaylo College of Business and Economics and is committed to assist business students to become more successful by offering tutoring assistance in a friendly and supportive learning environment.
- Located in SGMH 2404 West Pavilion
- Phone: 657-278-2704
- Hours: Mon. – Thur. 9:00 a.m. – 7:00 p.m.
- Skype Hours: Mon. 7:00 – p.m. – 9:00 p.m.

MATH TUTORING CENTER
The Mathematics Department's Tutoring Center offers tutoring on a drop-in basis. Tutors are available at all times to help with courses through second-semester Calculus.

Tutoring in higher-level courses is also available; students wishing for help with more advanced courses should speak with the Tutoring Center to consult a list of tutors and schedules.
- Located in MH 553
- Phone: 657-278-3631

OPPORTUNITY CENTER FOR SCIENCE AND MATHEMATICS STUDENTS (OCSAMS)
OCSAMS provides free tutoring for students on a drop-in basis in Biology, Chemistry, Biochemistry and Physics. Tutoring is available for many lower division core courses, as well as in a number of upper division courses based on expertise of tutors.

Visit http://nsm.fullerton.edu/student-resources/tutoring to find this semester’s tutoring calendar.
PHYSICS TUTORING CENTER
The Physics Tutoring Center offers drop-in tutoring for all levels of Physics. The Physics department has a calendar posted in the office at the start of each semester with the tutoring schedule.
   • Located in MH 600
   • Phone: 657-278-3366

WRITING CENTER
The Writing Center offers 30-minute, one-on-one peer tutoring sessions and workshops, aimed at providing assistance for all written assignments and student writing concerns.

Writing Center services are available to students from all disciplines, and registration and appointment schedules are available at http://fullerton.mywconline.com. Walk-in appointments are also available on a first come, first served basis, to students who have registered online.
   • Located at PLN 1st floor
   • Phone: (657) 278-3650

For more information visit http://english.fullerton.edu/writing_center/.

TIPS & TECHNIQUES
1. Define your educational goals as early as possible
2. Practice time management and don’t procrastinate
3. Be actively involved in class
4. Meet with your professor during office hours
5. Ask a lot of questions, and don’t be afraid to ask for help
6. Set aside time to review notes before and/or after class
7. Form study groups with classmates in each class
8. Experiment with different methods of learning, such as audio notes or re-writing notes
9. Take personal responsibility for outcomes and goals

Remember, everyone has a different learning style that is optimal for individual learning experiences. Examples include auditory, visual and kinesthetic (hands-on). Experimenting with different learning styles helps find what works the best for you. This could be recording your notes or material review, and listening to that recording later while driving or working out. It may help to draw pictures of the material that you are learning, watch videos of related information, or to rewrite notes.
ULC ACADEMIC MAKEOVER WORKSHOPS – A workshop series designed to provide applicable strategies to improve learning and study habits.

Listening & Note Taking
• Thursday Oct. 13, 2:30 – 3:30 p.m. @ PLS-360

Study Skills
• Thursday Nov. 10, 2:30 – 3:30 p.m. @ PLS-360

Test Anxiety & Test Taking Strategies
• Thursday Dec. 8, 2:30 – 3:30 p.m. @ PLS-360

TWW GROUPS
Titan Warrior Wellness supports a number of no-commitment groups that promote educational wellness throughout the semester. For information on joining a team or group contact Stephen Coffey or Andy Romo at the VRC or email tww@exchange.fullerton.edu.

Fall 2016 wellness groups include:
Study Group
The VRC will open the student lounge early every other Thursday to offer students a quiet space to come together and study early in the day.
• Location: VRC Student Lounge (UH-229)
• Every other Thursday 5:15 – 6:30 a.m. (beginning September 29)
• Contact meromo@fullerton.edu for more information.