

Hey there, Class of 2015! My name is Erica Krasienko and I am the Special Programs Coordinator for **Manresa: Xavier's New Student Orientation Program**. I hope your summer is going well! Soon enough you will be at Xavier and yes, the really exciting, but sometimes dreaded first day of school will come. So today, I'm going to talk about academics. I am a Sophomore Psychology Major with a French Minor and I'm pretty involved in extracurriculars, so time management is kind of my thing. You might want to take my advice. =)

### **Study Habits**

Coming to college means that some things are going to change. One of those changes happens to be academics. During my first semester, I had a hard time adjusting to my classes. I had a lead role in a musical on campus, and was working 10 hours a week in addition to taking over 18 credit hours. I let my academics take the back seat and my GPA suffered because of it. Now, I am much more focused on my academics and I know the things I have to do to get the grades I get. It took me a semester to figure out where I could do homework and who I could do my homework with, but better late than never, right? I over committed myself to my extra-curricular activities instead of focusing on my classes and I don't want you to make the same mistake! The college load can sometimes come as a shocker, and you don't want to learn your study habits the hard way, like I did. College classes are different from high school. You spend a lot less time actually in class, but you spend a lot more time doing homework. That being said, set your priorities from the beginning and try to form a study schedule (it really helps!). At Xavier, there are plenty of good ways to keep up with your studies. Make sure to pay close attention to the syllabus from your professor. Keeping a planner might help you work on projects piece by piece and ensure that nothing sneaks up on you. You will also need to figure out the best approach to each individual class. In addition, many people have a favorite study spot like the Conaton Learning Commons, Gallagher Student Center, residence hall study lounges, or out on the Greenspace.

### **Professors**

The most helpful resources on campus are your professors. All of your professors are required to have office hours, so go see them! Many will give you their email address and some may even give you their cell phone numbers for questions. From a simple question about class to helping you with your paper to study prep for a test, your teachers are there for you. They want you to do well in their classes. They also like to see that you are interested and willing to learn. They truly want to get to know you. I cannot stress enough the importance of making yourself present to your teachers. If you take the extra mile to go see them, they'll be more apt to take the extra mile for you too.

### **Academic Support Services**

There are lots of specialized services available to help you succeed academically. Your tuition is paying for them, so you might as well take advantage of them. The **Learning Assistance Center (LAC)**, located on the **5<sup>th</sup> Floor of the Conaton Learning Commons (CLC)**, provides tutoring and study groups. If you know that you struggle with a specific class, sign up for a tutor within the first couple of weeks of school so that you don't get behind. I did, and it was extremely helpful for me. The LAC also provides services for students with disabilities. They have a library which provides information about learning disabilities, study skills, and other related topics, and they have discussion groups about AD(H)D. Check out [www.xavier.edu/lac](http://www.xavier.edu/lac) for more

information. Another fantastic academic resource is the **Writing Center**, located on the **4<sup>th</sup> Floor of the CLC**. Tutors at the Writing Center will help you edit papers **from any subject** for grammar, format, clarity, and content. Call ahead for a Writing Center appointment, and visit [www.xavier.edu/writing\\_center](http://www.xavier.edu/writing_center) for more information. The **Math Tutoring Lab**, also located on the **4<sup>th</sup> Floor of the CLC**, provides free tutoring to Xavier students in math classes numbered MATH 105-171. No appointment is necessary. You can visit <http://www.xavier.edu/mathematics/Math-Lab.cfm> for hours and additional information.

The **Conaton Learning Commons** is of course a resource. It has a lot more than just books. It has group study rooms, laptops, and televisions for presentations. The librarians are a huge resource. You can IM a librarian 24 hours a day! They are there to help you with any research and really want to ease your process. You can visit the website at [www.xavier.edu/library](http://www.xavier.edu/library) to see all the library has to offer.

Your **Academic Advisor** can also be a valuable resource. Not only will your advisor be willing to assist you with general life advice, but they will provide direction about which classes to take. School can be difficult, but it can also be fun—you have to find the right balance. Starting off on the right foot will make all the difference. Hopefully, my bits of advice help. Enjoy the rest of your summer. I can't wait to see you during Manresa!

I hope that you find this information helpful and informative as you prepare to enter Xavier this fall. Please feel free to contact us with any questions you have about Manresa and the content of this letter. Visit Manresa on the web at [www.xavier.edu/orientation](http://www.xavier.edu/orientation), call us at (513) 745-3662, or email us at [manresa@xavier.edu](mailto:manresa@xavier.edu).

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