



## Academic Resources for a Responsible Retriever

*Use this as a guide to seek out important campus resources to make your academic career at UMBC a success!*



**Foster a Community of Learners**

# Feeling Stressed?

Managing stress can be difficult, especially if you have a number of academic, social, work and/or family obligations all happening at the same time. Here are a few ways to help you start working towards better management of your time and stress.



- Take a breath before you start anything.
- Always separate your task! It is much easier to manage a longer list of small task versus only a few much larger tasks.
- Use a time tracker of some kind. This could be Google Calendar, a planner, post-it notes, etc. Just develop a system that works for you!
- Plan ahead and schedule study breaks while you study.
- Set manageable and attainable goals for yourself.
- Study with peers in a study group.
- Get involved outside of your classes! You can always find something fun to do to get your mind off what might be stressing you out!

# Academic Success

You should interact with your faculty members for a few important reasons. First, if you don't understand the course material, the best person to ask about it is the instructor. Second, UMBC faculty members enjoy the opportunity to talk with students about their academic disciplines. Third, talking to your professors also indicates that you want to learn the material and they may provide you with hints and tips about how to study, what to study, and how to prepare for projects and exams. Here are few ways you are encouraged to interact with faculty members:

- Discuss grades or assignments with your faculty member.
- Talk about career plans with your faculty member or academic advisor.
- Discuss ideas from your readings or classes with faculty members outside of class.
- Work with faculty members on activities other than course work (committees, residence hall programs, orientation, etc.).
- Request written or oral feedback on your academic performance.
- Work with a faculty member on an undergraduate research project.

# Academic Advising

Here you can find information on advising, registration for courses, adding or dropping classes, changing your major, applications for graduation, and more!

Please refer to the Academic Resource Insert (Yellow Half Sheet) to learn about specific dates/times of workshops offered by Academic Advising.

## Academic Services Building Hours of Operation:

(M-F)8:30am-4:30pm

Phone: 410-455-2729

Email: [arc@umbc.edu](mailto:arc@umbc.edu)

Website: [www.umbc.edu/advising](http://www.umbc.edu/advising)

# The Shriver Center

The Shriver Center serves to support applied learning, civic engagement, and community-based service delivery programs to all UMBC students. The Shriver Center can help you engage in weekly service with a designated service placement.

## Public Policy, 1st Floor Hours of Operation:

(M-F)8:30am-5pm

Phone: 410-455-2493

Email: [shrivercenter@umbc.edu](mailto:shrivercenter@umbc.edu)

Website: [www.shrivercenter.org](http://www.shrivercenter.org)



# The Learning Resource Center

This center offers plenty of resources to help you become a better student in an honors university atmosphere. All services are free of charge and include tutorial centers, placement testing programs, and supplemental instruction through peer-assisted studying.

## Tutoring at the LRC

The LRC offers one-on-one and small group tutoring in most 100 and 200-level courses. All tutors are UMBC students with at least a 3.00 GPA and 28 credits who have been recommended by an instructor and have gone through a tutor-training program.

Please check this website for a full list of course-tutoring options available through the LRC:

<http://www.umbc.edu/lrc/tutoring.html>

## Writing Center

The Writing Center provides tutoring in writing to all UMBC students. You can bring in a writing assignment for any UMBC course as well as seek help with resumes, application essays (or personal statements) and letters, and personal writing. Tutoring from peers is available on a walk-in basis.

AOK Library, first floor  
(in the back of the RLC)

Hours of Operation:

(MTW) 10:00am-7:00pm

(Th) 10:00am-5:00pm

(F) 10:00am-2:00pm

Phone:

410-455-3291

Email:

[lrc\\_comments@umbc.edu](mailto:lrc_comments@umbc.edu)

Website:

[http://www.umbc.edu/lrc/writing\\_center.html](http://www.umbc.edu/lrc/writing_center.html)

# Supplemental Instruction

Supplemental Instruction (SI) is an academic assistance program that utilizes peer-assisted study sessions. SI sessions are regularly-scheduled, informal review sessions in which students compare notes, discuss readings, develop organizational tools, and predict test items.

Sherman Hall, B-Wing, Room 345

Hours of Operation: Please refer to the Academic Resource Insert (Yellow Half Sheet)

Email:

[lrc\\_comments@umbc.edu](mailto:lrc_comments@umbc.edu)

Website:

[http://www.umbc.edu/lrc/si\\_index.html](http://www.umbc.edu/lrc/si_index.html)

# Math Lab

The Math Lab is a walk-in tutoring center designed to support the most high-demand Math courses at UMBC. Walk-in tutoring is available for the following courses: LRC 99, MATH 106, 150, 151 and 152. You can refer to the Math Lab website (see below) to see the scheduled hours for MATH 131, 155, 221, 225, 251, and STAT 121.

AOK Library, first floor  
(in the back of the RLC)

Hours of Operation:

(MTW)10:00am-7:00pm

(Th)10:00am-5:00pm

(F)10:00am-2:00pm

Phone:

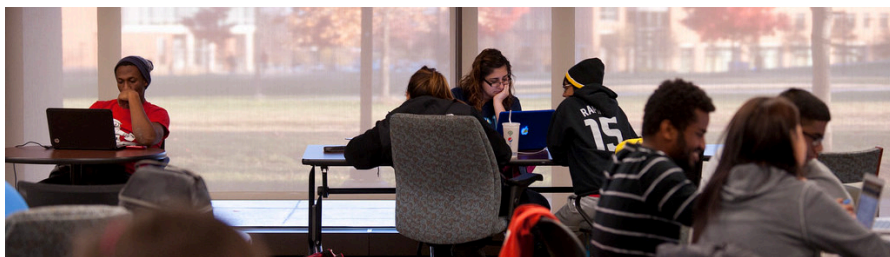
410-455-2444

Email:

[lrc\\_comments@umbc.edu](mailto:lrc_comments@umbc.edu)

Website:

[http://www.umbc.edu/lrc/math\\_lab.html](http://www.umbc.edu/lrc/math_lab.html)



## Career Services

Are you interested in gaining work experience while in school? The Shriver Center has resources to help you find internships during the academic semesters or summer/winter breaks. They will also assist with resume building and can help with searching myUMBCWorks.

Math/Psych, Room 212    Phone: 410-455-2216  
 Hours of Operation:    Email: [careers@umbc.edu](mailto:careers@umbc.edu)  
 (M-F)8:30am-4:30pm    Website: [www.careers.umbc.edu](http://www.careers.umbc.edu)  
 Walk-In Appointments:  
 (M-F)2:00pm-4:00pm

## Student Support Services

Student Support Services strives to provide necessary accommodation to assure all campus programs and services are accessible to enrolled students with disabilities. You are encouraged to contact Student Support Services if any form of disability may prohibit your learning or your ability to be successful at UMBC.

Math/Psych, Room 213    Phone: 410-455-2459  
 Hours of Operation:    Website: <http://www.umbc.edu/ss>  
 8:30am-4:30pm

## Summer, Winter & Special Programs

Interested in accelerating your academic career or do you want to earn a better grade in one of your courses? Check into Summer, Winter, and Special Programs Office for more details on course scheduling.

Sherman Hall, 4th Floor    Phone: 410-455-2335  
 Hours of Operation:    Website: [www.umbc.edu/summer](http://www.umbc.edu/summer)  
 (M-F)8:30am-4:30pm

## A.O.K Library

The Albin O. Kuhn Library & Gallery strives to fulfill the information needs of UMBC with distinctive undergraduate and graduate experiences to foster student success. A.O.K. Library offer resources and services for UMBC's growing and evolving teaching, learning, research, and service environment.

Hours of Operation:                      Phone: 410-455-2232  
 (M-Th)8:00am-12:00am              Website: <http://www.umbc.edu/aok>  
 (F)8:00am-6:00pm  
 (Sat)10:00am-6:00pm  
 (Sun)12:00pm-12:00am

## Counseling Center

The Counseling Center offers confidential individual counseling for stress, anxiety, and personal issues. Additionally, the Counseling Center organizes a number of Skills for Success Workshops during the semester. Workshop topics typically include: time management, procrastination, stress management, and test anxiety.

The Counseling Center also offers a variety of group sessions depending on the need that particular semester. Groups include: Connections on Campus, Interpersonal Dynamics Group, Dissertation Support Group, LGBTQ Support Group, Grief & Loss Support Group

Student Development and Success Center (between Chesapeake & Susquehanna Halls)	Skills for Success Workshops -Please refer to the Academic Resource Insert (Yellow HalfSheet)
Hours of Operation: (M-F)8:30am-5:00pm	Phone: 410-455-2472 Website: <a href="http://www.umbc.edu/counseling">http://www.umbc.edu/counseling</a>

**To schedule an appointment between 8:30am-5:00pm please call 410-455-2472.**

# Retriever Learning Center

The Retriever Learning Center (RLC) is one of the central spaces in UMBC for learning and creative activity and a key point in achieving student success. It will provide:

- Varied and flexible 24/7 work spaces
- Easy access to assistance for research, computing and tutorial needs
- The latest technologies for learning activities
- Comfortable, with access to food and drink

Hours of Operation: Phone: 410-455-2232

24 Hours a Day!

Website: [aok.lib.umbc.edu/spaces/rlc.php](http://aok.lib.umbc.edu/spaces/rlc.php)

For a full list of resources, refer to [www.umbc.edu/current](http://www.umbc.edu/current) and review the Academic & Administrative section and the MyUMBC Academics tab.

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Search us on the web,

[umbc.edu/reslife](http://umbc.edu/reslife)



Residential Life Office  
Erikson Hall 184  
410-455-2591

