

## **HELP!**

Tobin Quereau  
Professor, Human Development

### **Help! Where Can I Get Help at ACC?**

One mark of an effective learner is knowing how, when, and where to go for help. Unfortunately, many students think that they must struggle alone whether they are “getting it” or not. The reality is that we all need help in learning from time to time and ACC has lots of resources you can take advantage of when the going gets tough.

#### ▪ **Instructors**

Instructors are there to help you learn! All instructors set aside office hours to work with their students. Visiting your instructor can help you grasp the information and give your instructor a chance to clarify concepts and assignments that have you stumped. Don't wait until it is too late to take that step!

#### ▪ **Classmates**

Have you tried forming study groups or found a study buddy? When you review notes together or explain concepts to your classmates, you reinforce them in your own memory. And if you have questions, chances are that your classmates will have similar questions. Working together to find answers is much easier than struggling on your own!

#### ▪ **Learning Labs**

The Learning Labs on every campus provide free individual tutoring for a variety of courses and topics. You can get guidance and feedback on papers and projects and the labs offer access to computers and tutorials, as well. You don't even need to make an appointment – just walk in and ask for help!

#### ▪ **Library**

Reference librarians can be powerful allies in the search for information. Did you know that ACC librarians are actually faculty members who have expertise in the practices of library science? Librarians can help you find information for research papers or class projects and also help you make appropriate documentation of it.

#### ▪ **Student Services**

The Student Service counselors help with educational planning, self-management and study strategies, career exploration, and with handling the crises that we all experience from time to time. If a personal situation is beginning to disrupt your studies or you aren't sure where to go next, check in with a counselor for support and guidance.

- **Human Development**

ACC's Human Development department offers support courses that teach you the knowledge, skills, and behaviors that lead to college success. Our 8-week course, Transition to College Success (HUDE 0111) for developmental level students, and our full-semester courses in Effective Learning (PSYC 1300) or Career Exploration/Planning (POFT 1310) can help you build and maintain the momentum that you need to succeed in college. Check the college schedule under Human Development for details or call 223-3391 for more information.

All of these resources won't do you any good until you access them! Take full advantage of what is available to make the most of your college studies.