

# Struggling at Midterms?

## Let's Reflect!

What do I struggle with?

Time Management

Yes

No

Procrastination

Yes

No

Assignments,  
Exams, Projects

Yes

No

Concentrating

Yes

No

Attending Class

Yes

No

What study strategies do I use?



Do I know where to get help?

Yes

No

Have these proven effective?

Yes

No

Have I tried to get help?

Yes

No

# Let's Get Help!



## Tutor Iowa

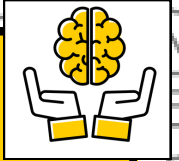
Whether you need help with:

Private Tutors

Academic Soft Skills

Help Centers

Tutor Iowa has got you covered!



## Instructors

Instructors don't know you're struggling until you **communicate with them!**

Questions about Class

Extra Support

Visit Office Hours & Advocate for yourself!



## Supplemental Instruction

**Free** peer-led sessions that help with:

Exam Prep

Studying Smarter

Improved Understanding of Course Material

## Academic Advisors

Whether you need help with:

Academic Goal-Setting

Academic Policy

Academic Problem-Solving

Advisors are happy to help!

