Greetings from University Tutoring Services

BRRRRR! I believe the unrelenting arctic temperatures have certainly taken their toll on nearly everyone. This extreme weather pattern has been the cause of unprecedented low temperatures and much chaos during the past several weeks. Many of us find ourselves fantasizing about the warmth and sunshine of spring. With the end of the semester just around the corner, make sure to perform a reality check. Could those grades use a boost? Are you having a difficult time managing all of your responsibilities? Not sure how to start that report? Feeling sluggish? UW-Platteville is full of resources—take advantage of them.

TIPS FOR IMPROVING YOUR MOTIVATION

- **Trim your schedule**: You are attending college to earn a degree, which means your grades are the utmost priority. If you find that you are stretching yourself too thin and your grades are suffering as a result, then you need to cut back on your activities. Choose a couple of the most meaningful extracurricular activities and devote your time and energy to them.

- **Surround yourself with positive people**: Having friends, family members, and peers with positive attitudes will help motivate you to continue working hard throughout the semester. These individuals will not only encourage you to do your best, but they can also offer tips on how to be successful.

- **Ditch the social media and other distractions**: Saying goodbye (temporarily) to Facebook, Twitter, Pinterest, and yes, even Netflix will allow you to focus on what’s important, such as school work and self-discovery. Consider volunteering or joining an organization, both of which will prepare you for life after college. Your boss will be more impressed with your knowledge of global events than with your daily status updates.

- **Find a mentor**: Talk with a professor or upperclassman who you regard highly. Mentors can provide valuable advice about internship possibilities, course suggestions, and potential graduate schools. They will also be a source for recommendations and networking possibilities, which will increase your career options beyond college.

- **Master your organizational and time management skills**: Stay organized and on top of assignments and papers for the rest of the semester. These important skills will relieve a lot of the stress in your life and will enable you to be successful in your classes and future careers. See the back page of the newsletter for some great time management tips.

- **Seek help when you need it**: If you are struggling in a class, seek help now. Visit your professor, talk with your classmates, attend PAL hours, or sign up for a tutor. UW-Platteville has a multitude of resources, so take advantage of them.

- **… and just relax!**

—Adapted from www.wikihow.com
UTS TUTOR SPOTLIGHT

Chad Landes, Senior

Major: Animal science with aspirations of attending veterinary school

Background information: Landes is from Dane, Wis. He is currently the traditional student representative to the UW System Board of Regents.

What subjects do you tutor? Chemistry and animal science courses

What do you like best about being a UTS tutor? I love the individuals that I work with as a UTS tutor.

Immediate plans after graduation: Upon graduation this May, I will be attending veterinary school in hopes of graduating with my doctorate in veterinary medicine.

Best tutoring tip: Be patient. When it comes to learning material, individuals will not understand it after the first few explanations. This is the reason they have sought you out as a tutor. After enough repetition, students will begin to understand the material. As someone once said, “Every student is intelligent. Students lack an understanding of a subject not because of the material, but because the information needs to be presented in various forms to comprehend.”

PAL SPOTLIGHT

Meaghan McGuire, Senior

Major: Broad field science major with an emphasis in secondary education and a minor in biology

Background information: McGuire is from Brodhead, Wis. Her hobbies include scrapbooking and spending time with her family. She is currently a member of Biology Club and Student WEA.

What subjects do you tutor? General chemistry 1 and 2; PAL for Unity of Life

What do you like best about being a PAL? I like being creative and looking at things differently, which is very helpful when trying to explain topics to people with different learning styles. As a PAL, it has been great meeting a lot of people and seeing their perspectives. It has definitely helped me improve my communication skills, including how to listen and how to ask questions.

Immediate plans after graduation: I hope to teach middle school science or high school biology in a small town in the area. Eventually, I would like to come back as a graduate student for cross-categorical in special education.

Best tutoring tip: Be excited, and enjoy the topics you tutor and tutoring itself—it makes it more enjoyable and productive for everyone.

WHERE ARE THEY NOW?

Brianna Luebke, Former UTS Math Tutor

What is your current position and with what employer? I currently work as a high school math teacher at Bonduel High School in Bonduel, Wis. I am also coaching the freshman girls’ basketball team.

What are your main responsibilities? I teach geometry, algebra, and calculus.

What courses did you tutor while employed with UTS? Calculus 1, Calculus 2, and Discrete Math

Do you feel your position as a tutor helped secure a job post-graduation? Yes I do because being a tutor taught me to be patient with my students and taught me how to work one-on-one with them.

Do you have any words of advice for tutors and/or tutees? Everything is hard until you understand it. Keep going. Don’t give up. It feels amazing once you have accomplished something you did not think you could. I miss being in college, so really enjoy it while you are there.

“It isn’t what the book costs. It’s what it will cost you if you don’t read it.” – Jim Rohn

Check out the online PAL schedule at: www.uwplatt.edu/watr/pal-program-schedule
2013 FALL SURVEY RESULTS

What were your tutor’s strengths?
- My tutor was very patient and used real life situations to apply concepts learned in class.
- If he didn’t know how to do something, he was honest and suggested I consult my professor.
- He always had a smile on his face. He knew a considerable amount of the course material and helped me a great deal when I couldn’t see how to approach a problem.

Would you recommend this tutor to other students?
- Absolutely. He did everything I needed and more. He didn’t treat it as a job; instead, he acted like he wanted to be there and even stuck around late, if needed, or just to chat.
- My tutor answered all my questions, had a strong background knowledge on the topic, and improved my general understanding of course concepts. He worked around my schedule, and he never made me feel as though I was asking a “stupid question.”

STUDY TIPS FROM OUR UTS TUTORS AND PALS
- Attend class every day
- Visit your professor during office hours
- Make a game out of studying
- Redraw charts used in class
- Create flashcards
- Create sample test questions
- Read the textbook
- Take breaks from studying to allow the information to sink in
- NEVER be afraid to ask for help
- Explain concepts and problems out loud to another person
- Collaborate with other students
- Use a whiteboard to work through problems and concepts

CONGRATULATIONS GRADUATING PALS AND TUTORS
Thank you for all of your hard work and dedication. We wish you the best of luck on all your future endeavors.

UTS TUTEE

Brian Quinn, Senior

Background: I’m from Kenosha, Wis. I’m a business major, computer science minor, with a marketing emphasis. I’m a junior here at the University of Wisconsin-Platteville. I am the owner and operator of an entertainment company called the Big Balloon Tycoon. I enjoy listening to and programming music, working out, playing sports, spending time with loved ones, and of course, twisting sculptures out of balloons.

How long have you used University Tutoring Services? Four out of my six semesters.

What prompted you to request a tutor? Originally, I requested a tutor after struggling to comprehend class materials and failing to perform well academically. Since this experience, I’ve learned the value of acting early and requesting tutors for my more challenging courses before things get out of hand. In doing so, I have been able to retain valuable course concepts and perform much higher academically in class.

What is the best advice that a tutor ever shared with you? It’s tough to pinpoint the best piece of advice that I’ve ever received from a tutor. Each and every one of them had relevant tips, suggestions, and insight that helped aid my ability to excel in the classroom, including advice on how to study. Overall, I’m sure every tutor has valuable information to share.

What advice would you like to share with other students? Don’t wait until you are struggling to get a tutor. Tutors are most effective when they can work with you for an entire semester versus just a few weeks, and at $1.50 an hour, they are very affordable, too.

What is your dream job? I hope to land a management position in a company that specializes in technology. I’m still working on the specifics of my dream job but this is the direction I want to go in. Technology fascinates me, and after all the time I’ve spent running the Big Balloon Tycoon, business has grown on me as well.

Interesting Fact: I’ve been twisting animals out of balloons since I was 9 years old.

UTS is always seeking strong math and science tutors. Pay starts at $8 an hour.
TEN TIME MANAGEMENT TIPS

1. Make a daily to-do list and prioritize each task. Make sure that what you think is important is actually important.
2. Do the hardest, least fun task first.
3. Complete any tasks that take less than five minutes right away.
4. For larger tasks, set aside 10 minutes to begin working on it. When 10 minutes are up, decide whether or not you can finish the task or will set it aside for later. Chances are you will want to keep working until it is completed.
5. Set aside a specific time during the day to check and answer e-mails.
6. Eliminate the time wasters (cell phone, social media, television, video games, etc.). Use them as rewards after a task is finished.
7. Cut large projects (studying for finals, papers, etc.) into several smaller tasks to be completed throughout the semester.
8. Always schedule extra time for yourself. Projects tend to take longer than you expect. If you finish early, you will have spare time to relax or start another task.
9. Learn to say “no”. Don’t overschedule yourself and make promises you can’t keep.
10. Reward yourself for completing tasks on time.

“I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything, I will not refuse to do the something that I can do.”

– Helen Keller

HEALTHY RECIPE – Crunchy Tuna Wraps

Prep/Total Time: 20 min.
MAKES: 2 servings (1 wrap equals 340 calories)

Ingredients
2 tablespoons reduced-fat mayo
2¼ teaspoons prepared mustard
1 pouch (7.06 ounces) light water-packed tuna
¼ cup sliced water chestnuts, chopped
¼ cup chopped green onions
¼ cup finely chopped celery
3 tablespoons chopped red pepper
2 spinach tortillas (8 inches)
1 cup shredded lettuce

Directions
In a small bowl, combine mayo and mustard. Stir in the tuna, water chestnuts, onions, celery, and red pepper. Spread over tortillas; top with lettuce. Roll up tightly.

Recipe and photo from Taste of Home

We want to hear from you. Did you like what you read? Would you like to contribute? We would love to hear any questions, comments, or concerns you may have.
Call us at 608.342.1615 or e-mail tutoring@uwplatt.edu.