

A Guide to Academic Support Resources

Navigating coursework can be challenging, but there are several free resources you can use for success in your courses.



INSTRUCTOR OFFICE HOURS

Use this designated time to meet with your instructor, in person or virtually, to ask questions about course content. You're never bothering your instructor by going.

How Should I Use It?

- Ask questions about course content, homework, or assignment requirements.
- Get feedback on an assignment before it's due.
- Review graded work to learn how to improve.

How Can I Connect?

Check your course syllabus to determine designated office hours with your instructor (including where to meet and whether an appointment is necessary).

ASC TUTORING

Get individual or small group help from a peer tutor who previously passed your exact course. Ask questions about course concepts and work through non-graded practice problems. ASC Tutoring is included in tuition, in person or virtual, and open to all undergraduate students.

How Should I Use It?

- Ask questions about course content from a peer tutor who was successful in the course.
- Engage in specific course concepts and material (not graded assignments).
- Bring relevant course materials (textbooks, notes, slides, etc.) to sessions.

How Can I Connect?

- Tutoring appointments are scheduled in CU Navigate.
- Check the [Tutoring](#) schedule on the ASC website to determine what courses are supported and what times support is offered.



PEER-ASSISTED LEARNING (PAL)

Connect with peers in collaborative study sessions related to course topics and strategies for addressing content led by a student who has taken the course. PAL sessions are included in tuition, in person, and open to all undergraduate students.

How Should I Use It?

- Practice course content with the support of a peer leader and other students in the course.
- Connect with a community that can relate to the challenges of the course and study together.
- Attend regularly to build strong study habits and stay connected to support.

How Can I Connect?

- You can attend any PAL session that fits your schedule and do not need to sign up ahead of time.
- Check the [PAL](#) schedule on the ASC website to determine what courses are supported and what times support is offered.



PEER-ASSISTED STUDY SUPPORT (PASS)

Connect with peer specialists who can help you develop personalized study strategies and navigate campus resources. PASS is included in tuition, in person, and open to all undergraduate students.

How Should I Use It?

- Learn test prep and time management strategies for any course.
- Work individually with a peer to design actionable study plans.
- Get connected to ASC tutoring, PAL, academic coaching, and other support services.

How Can I Connect?

- Drop in at the Learning Commons (Cooper Library, 3rd Floor).
- Check the [PASS](#) schedule on the ASC website for current daily hours.



ACADEMIC COACHING

Schedule a one-on-one session with a trained academic coach focused on academic skill development, not specific course content. Academic coaching appointments are included in tuition, in person or virtual, and open to all undergraduate students.

How Should I Use It?

- Reflect on the problems you're hoping to address and be open to developing new strategies for studying and managing time, regardless of the course.
- Set weekly and/or semester goals and build accountability.
- Get connected with other campus resources.
- Follow through on your goals and meet with your coach regularly.

How Can I Connect?

- Check the [Academic Coaching](#) page on the ASC website to **Complete the Questionnaire and Schedule Your First Academic Coaching Appointment.**
- Schedule follow-up appointments in CU Navigate.