

Academic achievement center opens in CUE

Lindsay Larsen

Daily Campus: Issue date: 3/5/09 **Section:** [News](#)

Whether they are on academic probation or just want some help with their schoolwork, students now have a new resource for help.

The Academic Achievement Center (AAC) opened at the beginning of the spring semester in the CUE building. The center is run by the Office of First Year Programs and provides help with study skills. It will also refer students to the Q-Center, Writing Center, or an academic department if specific help with an academic subject is needed, according to Kevin Sullivan, the Director of Academic Support.

"It is a service to all students," said Melissa Foreman, program coordinator at the Office of First Year programs. "They can learn to find more efficient methods for doing academic work."

A team of trained undergraduate student coaches and staff, under the direction of Sullivan, works with students one on one or in small groups, Foreman said. They teach skills such as taking good notes or comprehend the assigned reading in textbooks. This will help students remember and use information in the most effective manner possible, according to Sullivan.

The center also helps with study tips so students can retain information from class materials, text books, lab manuals, and journal articles better. Time and stress management coaching is also available so students can be more relaxed.

The goal of the AAC is to help students develop skills and behaviors so they can achieve at their highest levels, Sullivan said.

The AAC is open to anyone, from students struggling with school to those who are high achievers and need to get their grades up for applying to graduate school or a scholarship, Foreman said.

"My experience here at UConn has been that we bring in students who have amazing backgrounds and potential, but may not know the best way to deal with the academics they encounter at the university," Sullivan said. "The group that the AAC is designed for is comprised of those students who have enough motivation, and want to consciously and intentionally produce academic results effectively and efficiently."

The AAC has seen a good amount of usage as the semester continues. "The numbers have been growing as the word is getting out," Foreman said. She noted that, as midterm exams approached, students have been coming to the AAC more often.

"It seems like a good program to make students aware of academic resources on campus, such as tutoring and the Writing and Q Centers," said Sarah Morris, an 8th-semester political science major.

The Center is located in room 130 in CUE and is open Monday through Thursday from 5 p.m. to 9 p.m. No appointment is needed to visit the AAC, as walk-ins are welcomed. The services are provided for free.