



TIP SHEET – Getting the most out of your tutoring time

The best way to get the most out of tutoring is to be prepared for your session. These tips will show you how to prepare for and best benefit from your time with a tutor.

1. Have as much of your course materials, as you can, available for the tutoring sessions. This includes: the course syllabus, books, notes, and links provided by the Professor.
2. Ask questions. It's a good idea to come to each session with questions written out for you and your tutor which details and includes questions where you may be having difficulty. Make sure your questions are specific so that your tutor can answer you effectively. Explain any concerns you may have about the assignment or the skills that are necessary to complete the problem, assignment, or skill review.
3. Get to work. Learning is not a passive process, so it's important to try things out on your own. Write a draft, make an attempt at solving a problem, or write down what you "think" you should do to complete the assignment.
4. Keep the work going after your session. Learning isn't just for class time and tutoring sessions, and it takes practice. Practice what you are working on after your tutor sessions, just like you do after class. Take some time to reinforce what you're learning.
5. Think about how you learn. Everyone has different styles of learning. If you don't understand what your tutor is telling you, ask if you can try a different approach more in line with our learning style. Think about: what do you already know, for example: prior knowledge, background, and skills.
6. Don't expect your tutor to replace your professor. Your tutor is there to help you to understand the material and retain it longer.
7. Be patient. Have patience with your tutor and with yourself. Because learning is a process, the material is not likely to come all at once. Try to reduce your anxiety and frustration by practicing some stress relief strategies.
8. Stay engaged and confident! While you may not always be interested in your subject, try to find something you can connect to in what you are learning. If you're having trouble, ask your tutor to help you relate material to something that makes sense to you. The learning process may be a time for self-reflection.
9. Reduce distractions. Try to work in a quiet space and put away things like cell phones, excess materials, or anything that draws your attention away from you work.
10. Get started early. The best way to succeed in class is to stay on top of it from the beginning. Seek help as soon as you start to struggle.



Tutors cannot:

- Do your assignments for you
- Ensure that your assignments are free of mistakes
- Teach materials that you may have missed
- Help with tests or quizzes

Tutors CAN AND WILL:

- Be honest
- Be a good listener
- Be professional
- Provide you with support & resources
- Help you to learn how to learn

Adapted from the University of New Hampshire Center for Academic Resources and Student Support Services