



Academic Resources for Students

Faculty Office Hours

- Faculty in the U.S. value active participation and attendance. Every faculty member is required to have office hours. You can find the hours on your syllabus or by asking the professor.
- Visit office hours once a month or more. Write down your questions in advance.
- This is a great way to participate and to build a relationship with a professor so that you may use them as a reference or recommender for graduate school or internships later on.

A+ Tutoring and Academic Support

- In addition to your academic advisor in the [Academic Support Center](#), A+ Tutoring offers FREE tutoring for undergraduates in a number of classes. You can find the semester schedule and more resources on their website here: <https://www.albany.edu/ascplus/>
- Need help in a class not listed on the schedule? Email aplus@albany.edu
- Tutoring is for **all** students– it is not just remedial or for when you're struggling. Students who regularly go to tutoring tend to earn higher grades on average than those who don't.

Online Tutoring

- Online tutoring is a FREE service for undergraduates available through NetTutor
- To access NetTutor supplemental online tutoring, log in to [Blackboard](#) and go to the Learning Commons course. The NetTutor link is on the left!
- Need more information? Contact A+ Tutoring at aplus@albany.edu

CARSS Tutoring

- CARSS provide tutoring in biology, chemistry, and physics. They are located in CS 09 building.
- Full a full schedule and where to meet, click here: https://www.albany.edu/carss/tutoring_schedules.shtml

University Libraries

- The Library is more than just a quiet study space! University librarians can help you learn how to research and provide you technological aids.
- Have a writing assignment? Meet with a librarian to learn how to cite your sources and avoid plagiarism and other academic integrity violations. There have software to help make it easier.
- Have a long research paper? Get to know the subject librarian in that field. Subject librarians are experts in research within a field, and can help you narrow your search for sources (<https://library.albany.edu/department/subject-librarians>).

The Writing Center

- The Writing Center have special peer consultants who provide advice and support on the writing process to students. They are currently meeting with students by Zoom appointment.
- You can make an appointment online by following the instructions here: <https://www.albany.edu/writing/make-appointment.php>

Online Writing Aids

- [Purdue OWL](#): Purdue University has put together a online guide with writing tips and examples on how to cite sources. There is a tab devoted to students for whom English is a non-native language.
- [Grammarly](#): is a free online service that is a sophisticated spell-checker. It will also explain to you any errors in your writing so that you can learn.
- Nervous about writing academic papers? The key is to start early! Start at least two-three weeks before the paper is due so that you have time to write a draft (or several). If it is a research paper, you should begin your research process at least 6 weeks before it is due.

Information Technology Services (ITS)

- If you are having trouble accessing your UAlbany email, Blackboard, or other academic materials reach out for help right away. Access to technology is vital to academic success, especially during remote learning.
- Contact ITS to request help: <https://www.albany.edu/its/service-desk.php>

But Wait! There's more...



Academic Resources for Students

Counseling and Psychological Services (CAPS)

- It is not uncommon for college students to experience stress, anxiety, and other mental health concerns. If you are experiencing these types of feelings CAPS offers **free and confidential** services to students.
- Counseling and therapy are widely accepted and encouraged in the United States for a wide range of needs. We encourage students to take advantage of these services. If you have concerns please don't hesitate to talk to an ISSS advisor or CAPS.
- You can schedule a one-on-one appointment, or join one of their [groups](#) to receive support and connect other students as well.
- Scheduling an appointment is easy, just call 518-442-5800 or email consultation@albany.edu. All they will ask is your name, student ID, and availability.

Disability Resource Center (DRC)

- In the United States there are laws protecting students with disabilities or other diagnosed medical conditions to ensure they have equal access to an education.
- If you have a documented medical condition or disability that may impact your academic experience, the DRC can help you get academic accommodations or adjustments (examples: extended time on exams, alternate testing environments, excused absences, etc...)
- If you have never been tested or diagnosed, they can also connect you to local doctors who can provide affordable testing for conditions.
- Email DRC@albany.edu or visit the DRC in Campus Center 130

GPA Predictor

- Want to estimate your GPA for the semester? Use the GPA Predictor on Undergraduate Education's website: <https://www.albany.edu/advisement/gpa.shtml>

ISSS

- Not sure who to ask for help, or have questions about any of the above? Need help with something not listed? Visit ISSS and an advisor will help guide you to success!
- Looking for additional resources related to language proficiency? Check out the ISSS website for more: <https://www.albany.edu/iss/85504.php>