

Academic Support & Retention

How to EXCEL at Iowa:

Get Enough Sleep & Exercise Regularly

Keep in Touch with Family & Friends Back Home

Create a communication plan to help with homesickness.

Create a Personal Budget

Make an appointment with a Financial Literacy Specialist through MyUI to help create a budget or discuss loan options.

Connect with Peers In and Out of the Classroom Get Involved!

There are clubs, organizations, volunteer opportunities, & student employment.

Go to Class

Take Good Notes

Complete Readings Before Class

Accept & Seek Out Help

There are lots of people on campus available to assist you.

Some may outreach to you & you can reach out to them.

Talk to Professors & Teaching Assistants (TAs)

They created the course, which makes them the expert!

Utilize Academic Resources

Check out tutor.uiowa.edu for a list of Academic Resources.



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How to get help...

TALK WITH YOUR PROFESSOR OR TA

- Visit during office hours or make an appointment.
- Talk about ways to learn the material and study strategies.
- Ask about your current grade.
- Help create a plan for success in the class.

MEET WITH YOUR ACADEMIC ADVISOR

- Visit during walk-in hours or make an appointment.
- Talk about how you're doing in classes and plan ahead for the future.
- Find your academic advisor on **MyUI** under *Student Records/Program of Study and Advisor* or call the Academic Advising Center at (319) 353-5700.

More Ways to get Help

University Counseling Services (UCS)

counseling.studentlife.uiowa.edu

Talk with a counselor about ideas, techniques, strategies for managing stress and emotional distress. Call (319) 335-7294 for an appointment.

Office of the Dean of Students (DOS)

dos.uiowa.edu

Get assistance, support, & access to resources if you are experiencing a crisis or emergency. Call (319) 335-1162 for an appointment.

Student Disability Services (SDS)

sds.studentlife.uiowa.edu

Receive a reasonable accommodation to qualified students who have disabilities. Call (319) 335-1462 for an appointment.

Academic Support & Retention (AS&R)

uc.uiowa.edu/retention & tutor.uiowa.edu

Get connected to campus & academic resources. Call (319) 335-1497 for an appointment.

TIPS FOR TALKING WITH YOUR PROFESSOR

Be Mannerly: Call your professor by their preferred title in all verbal and written communication.

Be Honest: If you're having difficulty in a class, let your professor know you recognize it. Ask them what you can do to improve.

Be Appreciative: Thank them for taking the time to talk with you.

Be on Time: Schedule an appointment if necessary.

Be Prepared: Think about the goal of your meeting, prepare questions in advance, & bring materials you may need with



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