

How to Achieve Academic Success

There may have been a number of factors that contributed to you not doing as well academically as you are capable of doing. The Academic Planning and Consultation Record (APCR) will help you reflect on the previous semester and help you plan for a better semester. Although class attendance may not have been an issue for you, for many students not attending class is a major contributing factor to poor academic performance. In addition



Success is within reach!

to making it to class, you need to develop a relationship with your instructors. Your instructors need to know that you are interested in the class and the learning

process. Although your motivation for some classes may not be as high as others, it is important to find the benefit of each class and remain committed to doing well academically. This brochure will highlight some resources that are available to you. Please do not hesitate to contact the Center for Advising & Academic Services for assistance and questions. We know that you can be successful academically and we look forward to removing you from probation next semester.

MARIST

CENTER FOR ADVISING & ACADEMIC SERVICES

Donnelly 224
3399 North Road
Poughkeepsie, NY 12601

Phone: 845 575-3500
Fax: 845 575-3502
E-mail: Advising@marist.edu
Website: www.marist.edu/academics/advise
AIM Screen Name: AdvisingAtMarist
Facebook: Center for Advising & Academic Services
Twitter: MaristCAAS

CENTER FOR ADVISING & ACADEMIC SERVICES

Academic Resource Information



CAAS

On-Campus Resources

The following is a list of offices on campus that may assist you with academic, personal, financial and career concerns.

- **Academic Learning Center**
Tutoring and proofreading services
 - (845) 575-3300
 - Library 331
 - <http://www.marist.edu/academics/alc>
- **Athletes**
Athletes should seek the services available to you through the Center for Student-Athlete Enhancement
 - (845) 575-3000 ext. 2325
 - McCann Center
 - <http://www.marist.edu/athletics/studentathlete/>
- **Center for Advising & Academic Services**
Probationary counseling, assistance with academic planning
 - (845) 575-3500
 - Donnelly Hall 224
 - www.marist.edu/academics/advise
 - AIM Screen Name: AdvisingAtMarist
 - Facebook: Center for Advising & Academic Services
 - Twitter: MaristCAAS
- **Center for Career Services**
Services are available to help you explore your major and subsequent career options
 - (845) 575-3547
 - Library 332
 - www.marist.edu/careerservices
- **Counseling Center**
Discuss personal concerns that may be affecting your academics
 - (845) 575-3314
 - Student Center 350
 - <http://www.marist.edu/counseling>
- **Health Services**
Discuss health concerns that may be affecting your academics
 - (845) 575-3270
 - Student Center 350
 - www.marist.edu/healthservices

- **Multicultural Affairs/HEOP and Special Services**
If you are a member of one of these programs, it is imperative that you use their services.
 - HEOP: www.marist.edu/academics/multicultural/heop
 - Special Services: www.marist.edu/specialservices
- **Library**
Individual assistance is available to students in the Library's Desktop Research Center
 - (845) 575-3000 ext. 2194
 - <http://library.marist.edu>
 - Online request form at: <http://library.marist.edu/forms/RCAForm.html>
- **Math Lab**
Assistance with math assignments
 - Math lab staffed by faculty and students
 - Basement of Lowell Thomas
 - www.marist.edu/compsscimath/mathdept/mathlab
- **Coordinators of First Year Programs**
(Serve as mentors for the probationary students.)
 - Upper-class resident students and students living in Marian & Sheahan Hall who are on probation meet with Melissa Lulay in Sheahan Hall 004, extension 3894
 - Off-Campus and Residence Inn students on probation meet with Colin McCann in the Commuter Lounge, 2nd Floor SC, extension 3787
 - Students on probation in Champagnat Hall floor 1-5 meet with Wilalberto De Los Santos in CH 315, extension 3789 and students on floors 6-9 work with Maryellen Conway, CH 515, extension 3795.
 - Students on probation in Leo Hall meet with Brother Michael Williams in Leo 106, extension 3725
 - www.marist.edu/studentlife/firstyear
- **Student Financial Services**
Discuss issues regarding financial aid, Federal College Workstudy, scholarships, campus and/or employment in the area
 - (845) 575-3230
 - Donnelly Hall 200
 - www.marist.edu/financialaid
- **Writing Center**
Writing assistance and proofreading
 - (845) 575-3000 ext. 2735
 - Library 330
 - www.marist.edu/writingcenter

Other Resources

Off-Campus Counseling Resources

Dutchess County Department of Mental Hygiene is located near campus. They offer counseling on a sliding scale fee basis. You can get more information on their services by calling (845) 485-9700 or on the web at: <http://www.co.dutchess.ny.us/CountyGov/Departments/MentalHygiene/MHIndex.htm>

If you would like assistance with an alcohol or drug issue, here are two resources near campus that may be helpful.

1. Dutchess Council on Alcoholism & Chemical Dependency, (845) 471-0194 or on the web at www.dccacd.org/
2. Dutchess County Alcoholics Anonymous, (845) 452-1111 or on the web at www.ny-aa.org/dutchess/

Online Academic Resources

This site is for the University of Texas Writing Center. It offers resources on writing assignments. <http://projects.uwc.utexas.edu/handouts/>

Check out the University of Wisconsin at Madison Writer's Handbook, it offers some helpful information on writing papers, grammar, etc. <http://writing.wisc.edu/Handbook/>

An online guide to grammar and style is available at <http://andromeda.rutgers.edu/~jlynch/Writing/index.html>

Towson University has an online writing support website that can be found at <http://www.towson.edu/ows>

Also check out the Purdue University Online Writing Lab at <http://owl.english.purdue.edu/>

If you are looking for articles and exercises on topics such as time management, procrastination, stress management etc. check out this site. www.mindtools.com

At this site you will find helpful information on achievement and goal setting. You need to set your mind on your achievement to make it happen. www.topachievement.com