



Tips for Getting the Most out of Kinesiology Department Tutoring

The Kinesiology Department is offering **free drop-in tutoring** for:

- *KINE 322: Biomechanics*
- *KINE 323: Physiology of Exercise*
- *KINE 480: Exercise Testing and Prescription*

To maximize the benefit of each tutoring session, it helps to prepare in advance. Please consider the following tips when preparing for a session:

1. **Always bring your course materials.** Bring all materials you may need, including syllabus, books, notes, assignments, and any other relevant materials.
2. **Arrive with questions.** As you are studying or completing work for class independently it is a good idea to keep track of questions that arise. Make sure your questions are specific so that your tutor can help you in an effective way.
3. **Tutors do not replace instructors.** Your tutors are prepared to help you better understand the material. Tutors are not there to re-teach course material or to give you answers, they ARE a great way to supplement instruction.
4. **Be patient.** Have patience with your tutor and yourself. Learning can be a challenging. Keep working, keep asking questions, and be prepared to give yourself brain breaks.
5. **Get started early.** Don't wait to seek help or opportunities for extra practice with extra course material. Plan ahead to avoid seeking last-minute help before important course deadlines. *Go meet the tutors right away!*



Fall 2023 Tutoring Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM		9:00 - 10:00 AM Max - Yolo 124			
10:00 AM					
11:00 AM					
NOON					
1:00 PM		12:30 - 2:00 PM Eric - Yolo 124		12:30 - 2:00 PM Eric - Yolo 124	1:00 - 3:00 PM Max Yolo 124
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
6:00 PM			6:00 PM - 8:00 PM Brayden Yolo 142	5:30 - 7:30 PM Becca Yolo 119	
7:00 PM	6:30 PM - 7:30 PM Becca - Yolo 142				