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!*

Spring 2024 Tutoring Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			YOLO 142: 9-11 AM	
			Avery — KINE 322, KINE 323, KINE 480	
	YOLO 119: 10-Noon			
	Niko — KINE 322 / Dylan — KINE 323, KINE 480			
YOLO 119: 1-4 PM				
Niko — KINE 322 / Gracie — KINE 323, KINE 480				
		YOLO 142: 5-8 PM		
		Gracie — KINE 323, KINE 480 / Avery — KINE 322, KINE 323, KINE 480		
YOLO 142: 6-8 PM	**YOLO 142: 6-8 PM**	Dylan — KINE 323, KINE 480 / Sangyup — KINE 322	**YOLO 142: 6-8 PM**	
Niko — KINE 322 / Gracie — KINE 323, KINE 480	Nathan — KINE 322, KINE 323, KINE 480		Nathan — KINE 322, KINE 323, KINE 480	
Sangyup — KINE 322 / Nathan — KINE 323, KINE 480				