

MUSTANGS CONNECT

Discover. Engage. Lead.

Important Dates

Nov 11
Veteran's Day
(No Classes)

Nov 25
Last Day to Drop with a "W"
(Full Semester Courses)

Nov 26 - Nov 28
Thanksgiving Break
(No Classes)

Deeann Griebel Student Success Center

Individualized Learning 224

(507) 537-6484

success@smsu.edu

www.smsu.edu/go/success



Greetings from SMSU:

Happy Fall, Mustang Family!

We recently wrapped up a fun and memorable Homecoming here on campus, and it's hard to believe our first-year students are already just over a month away from finishing their first semester at SMSU!

As your student studies for exams, works on group projects, and plans for spring course registration, we want to remind you that plenty of support is available to help them finish the semester strong.

In this month's newsletter, you'll find information about tutoring and academic support on campus, along with ideas for how students can recharge during busy study sessions. As always, if you have any questions or concerns, please reach out to our office at (507) 537-6484 or Success@SMSU.edu.

Go Mustangs!



Deeann Griebel

Director of Student Success

Success Spotlight: Free Tutoring Services

Every student learns differently, and the first semester of college can often feel more challenging and rigorous than what students experienced in high school. At SMSU, we recognize that many students benefit from extra support when it comes to mastering course material, which is why we offer both in-person and virtual tutoring options for students.

Within the Deeann Griebel Student Success Center (IL 224), students can work one-on-one with a tutor for a variety of subjects, including Math (through the [Math Learning Center](#)), Biology, Chemistry, Psychology, and Business through our [Interdisciplinary Tutoring](#) program! During available tutoring hours, students can drop in (no appointment necessary) to get help with assignments, review course concepts, or get extra practice before an exam. Additionally, the [Writing Center](#), located on the 5th floor of the McFarland Library, assists students with research papers and other writing projects.

We also recognize that students can't always make time for in-person tutoring, which is why SMSU also offers students free, 24/7 virtual tutoring support through Tutor.com. This resource connects students with a live tutor to work one-on-one through their questions, just like they would in person. Students can easily access this service through D2L with tutoring available in more than one hundred different subjects.

The Deeann Griebel Student Success Center also offers Supplemental Instruction (SI), which involves utilizing a model peer student who has successfully completed a course. SI leaders attend the course with current students and lead peer-facilitated study sessions outside of class to reinforce key concepts. For a list of courses offering SI, visit our [Supplemental Instruction page](#).

For more information:
www.smsu.edu/go/success



Success Strategy: Recharge While Studying

Eat a healthy snack: Fruits, vegetables, and high-protein snacks can help fuel students through their study sessions. It's best to avoid heavy foods that may cause students to feel tired halfway through.

Read a chapter from a fiction book: Reading for pleasure is a great way to relax and take your student's mind off studying for a bit. Working the brain in a different way gives students a short, refreshing break from their current lesson.

Get moving: Whether it's going for a walk, bike ride, or swim, physical activity gives the brain a break from academics. It can help students recharge, burn energy, and return to their studies more focused.

Be productive around their space: Throw in a load of laundry or wash a few dishes. Checking simple chores off the to-do list can provide the kickstart students need to start their schoolwork. Plus, a clean, organized space can make it easier to concentrate.

Take a power nap: Short naps can be very effective at boosting focus and energy. One important thing to remember is that timing matters! Naps under 25 minutes will leave students feeling refreshed and ready to get back to work.



Source: US Career Institute, 2022

Find us on Instagram
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