

# MUSTANGS CONNECT

Discover. Engage. Lead.

## Important Dates

Nov 11  
Veteran's Day- No Classes

Nov 22  
Last Day to Drop with a "W"  
(full semester courses)

Nov 23 - Nov 25  
Thanksgiving Break- No  
Classes

Nov 30  
Undergraduate Research  
Conference

## Deeann Griebel Student Success Center

Individualized Learning 224

(507) 537-6484

success@smsu.edu

www.smsu.edu/go/success



Deeann Griebel Student Success Center Team (L to R): Kaisa Siipola, Kaitlyn Giles, Hannah Kuno, Brittany Krull, Nicole Schwing, and Jeet Sausen.

## Greetings from SMSU:

Happy fall, Mustang Family!

We wrapped up homecoming festivities here on campus just a few weeks ago, and our students are only a month away from finishing their first semester at SMSU.

As students are hard at work studying, finishing up group projects, and making plans to register for spring semester courses, we wanted to highlight the support services we offer to give them that boost they need to finish out the semester strong.

In this month's newsletter, we have included information about tutoring support here on campus and ways to recharge during an intense study session. As always, if you have any questions or concerns, please contact our office by calling (507) 537-6484 or emailing success@smsu.edu.

Go Mustangs!



*Brittany Krull*

Director of Student Success

## Success Spotlight: Tutoring Services

Every student learns differently, and often times the first semester of college classes is more challenging and rigorous than students were used to in high school. SMSU recognizes that many students need extra support when it comes to mastering course material, which is why we offer in-person and virtual tutoring support for students.

Within the Deeann Griebel Student Success Center (IL 224), students have the opportunity to work one-on-one with a tutor for a variety of subjects including Math (through the Math Learning Center), Biology, Chemistry, Economics, and more! During available tutoring hours, students are able to drop in (no appointment necessary) to get help on assignments, understand course concepts, or just get extra practice before an exam. There is also a Writing Center on the 5<sup>th</sup> floor of the McFarland Library to assist students with their research papers.

However, we also recognize that students aren't always able to carve out time for in-person tutoring, which is why SMSU also provides students with free 24/7 virtual tutoring support through Tutor.com. This resource connects students with an individual tutor to work one-on-one through their questions just as they would in person. Students can use this service at any time through D2L and for over 100 different subjects.

**For more information:**  
visit [www.smsu.edu/go/success](http://www.smsu.edu/go/success)



## Success Strategy: Recharge While Studying

**Eat a healthy snack:** Fruits, vegetables, and high-protein snacks can fuel students through their study block. It's important to avoid heavy snacks that cause students to get sleepy halfway through.

**Read a chapter from a fiction book:** Reading for pleasure can be relaxing and it will take the student's mind off studying for a bit. Working the brain in a different way is a great method for students to take a short break from their current lesson.

**Go for a walk (or bike ride, or swim, etc.):** Getting physical activity gives a student's brain a break from academics. They'll not only recharge their mind but they'll also burn calories and get some exercise.

**Be productive around their space:** Throw in a load of laundry or wash dirty dishes. Checking these things off the to-do list can provide the kick start students need to be just as productive with their schoolwork. Plus, getting their surroundings cleaned up a bit will help them focus better on their work.

**Take a power nap:** But no longer than 25 minutes! Students don't want to wake up feeling groggy; rather they should feel energized and ready to get back to work.



*Source: US Career Institute, 2022*

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[@smsusuccess](https://www.instagram.com/smsusuccess)

