

Psychology Advising Newsletter

Academic Success Resources

Hello Psychology Majors,

We hope that the start of your Spring 2022 semester has been going well. We are proud of how you are handling this semester with the increase of the Omicron variant and believe fully in your ability to succeed this semester.

Some of this information may be familiar but it is incredibly relevant! We have put together a list of FREE Virginia Tech resources that will help you be a successful student this semester. Please never hesitate to ask for help or utilize the resources that are created to support you. It is a sign of strength to want to improve and to lean on others for support. Many professors and Teaching Assistants are holding in-person or Zoom office hours. Your Psychology academic advisor is always happy to help you in any way that we can.

You can refer back to any of our past published monthly Psychology Newsletters [here](#)

As a reminder, you can send generic questions to psycadvising@vt.edu and more specific questions to your specific academic advisor. You can determine who your academic advisor is by going to HokieSpa and selecting “View your General Student Information”. You can schedule an appointment following the directions [here](#).

Finally, February is **Black History Month**, and there are great programs scheduled for most of the days this month. Whether you are interested in lectures and open dialogue, music, arts and culture, etc., you can find something that interests you. For the complete schedule, click [here](#).

We hope you are having a great semester so far!

Courtney Glass, Taylor Swan, Christina Minford & Kurt Hoffman



Psychology Advising Newsletter

The Student Success Center resources:

- Peer Academic Coaching – learn more [here](#).
- Seminar Series on Academic Success and Canvas site– learn more [here](#).
- FREE individual and group tutoring – learn more [here](#).
- Student Success Center Courses – learn more [here](#).

Departmental Tutoring:

- Math tutoring – learn more [here](#) by clicking on the “Virginia Tech” Students tab.
 - Help at the Math Emporium can be found [here](#).
- Statistics tutoring – learn more [here](#).
- Economics tutoring – learn more [here](#).
- Chemistry tutoring – learn more [here](#).
- Writing Center – learn more [here](#).
- Communications and Public Speaking – learn more [here](#).

Psychology Advising Newsletter

Cook Counseling resources:

- Study Skills Information – learn more [here](#).
 - Please click Explore to see all of the accompanying information
- Online Study Skills workshops– learn more [here](#).
 - Please click Explore to see all of the accompanying information

Utilize Professors and Academic Advisors:

- We highly encourage you to attend any Professor's or TA's in-person or Zoom office hours and to contact your professor or TA if you have any questions about the course content.
 - It's more important now than ever to develop a relationship with your professor.
- It is better to reach out to your academic advisor(s) early in the semester if you are struggling academically. We want to help and can point you in the right direction to academic resources.
 - You can find directions for how to make an appointment with your advisor in [Navigate here](#).