### Dickinson invites you to...





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 $\checkmark$ 

Old West Lower Level Room 005



SOAR@dickinson.edu



www.dickinson.edu/SOAR

## **About SOAR**

Strategies, Organization, and Achievement Resources (SOAR) is dedicated to offering resources and guidance to help all Dickinson students achieve their academic goals.

Whether you're looking for resources that are physical (like a weekly planner), web-based (like the tips and apps found at **www.dickinson.edu/SOAR**), or perhaps individualized guidance (either in-person or via Zoom), SOAR is here for you.

We're always looking for new ways to help Dickinsonians soar, so to get assistance or perhaps suggest a resource, email us at **SOAR@dickinson.edu**!

# **Strategic Support**

#### Hands-On Help

You can request a one-on-one session with SOAR staff to receive help with time management, study skills, or other academic success-related challenges by emailing SOAR@dickinson.edu.

#### Academic Success Workshops

The SOAR website also provides information about how and when students can access the Academic Success Workshops provided by Academic Advising at 12:15 pm on most Thursdays throughout each semester. Topics include:

- Time Management
- Study Skills
- Test Prep and Test-Taking

#### **Resource Direction**

The staff of SOAR will be happy to connect you with other campus services, like tutoring, career and advising support, and Wellness counseling.



# What can SOAR help me with?

Here's a sampling of the areas for which you can find a treasure trove of support:

• Time Management and

**Organization** - Discover great apps, tips, calendars, and planners to help you manage your time and tackle all that's on your plate.

• **Study Strategies** - Tools and techniques to forge effective study habits, minimize those time-eroding pitfalls, and maximize your productivity.

## RESOURCES



Scan the QR code to see all that SOAR has to offer.

- Note-Taking Techniques to capture all that your professors present in class.
- **Memory Strategies** Proven ways to help your brain retain new information--including mnemonics, reading strategies, and flashcard app games.
- **Test-Taking** Tools to boost your preparedness and reduce test anxiety.
- **Distraction Blockers** Apps to help you to stay off social media and stay on task during crunch times.
- ...and more! Take time to discover all the ways that the right resources can help you SOAR!