

## **Getting the most out of tutoring:**

These are the best practices to help you learn as much as you can in the limited time we have each week:

- 1) **Be patient with yourself!** Math and science can be frustrating, and make you feel...not so smart. Every time you meet with a tutor, you ARE making progress, and it will eventually start to get easier.
- 2) **Bring your textbook**, notes, and any class materials to tutoring sessions. Your tutor will want to see what your teacher covered, to avoid over or under explaining a topic.
- 3) **Attempt your homework problems** before you come. This will give you a better idea of what it is you are really stuck on. We will also be able to get more done in a session.
- 4) **Be organized!** The less time we spend looking for stuff, the more time for learning.
- 5) **Eat** something before you come or bring a snack. It's hard to learn on an empty stomach.
- 6) **Tell your tutor if you don't like something**, they won't be offended! If they explain it and it still doesn't make sense, let them know. If they're sitting too close, or going too slow, or helping too much or not enough, speak up. Tutoring is only working if it's working for YOU!
- 7) **Come to tutoring, even if you are totally behind, disorganized, and have followed absolutely none of these tips!!! Your tutor won't be mad and won't give you a lecture. They won't even mention time management unless you ask for help with managing your time. You will still be able to get enough done to help you feel less overwhelmed and stressed.**