Academic Support Services at the UNK Learning Commons

The UNK Learning Commons is a “one-stop shop” for academic support at UNK; its relaxed atmosphere provides collaborative learning and academic discourse opportunities outside of the classroom, with other UNK students leading all services. Programs of support include:

Subject Tutoring: You can access tutoring for many challenging courses on a walk-in basis. All tutors are CRLA certified and selected based on faculty recommendations. Tutors help with a wide variety of courses, including most natural science and math classes. Math and Physics faculty also volunteer to assist students. Study groups and test reviews are available for most Algebra courses, MGT 233, Physics 205, and Math PRAXIS preparation.

Writing Center: You can access assistance with your writing face-to-face or online, from the initial brainstorming process to completing the final draft of a paper. Appointments for 1-2 page papers should be scheduled for 30 minutes, and 3+ pages should be 60 minutes or longer.

Success Coaching: Success Coaches work with you by appointment to help develop stronger study skills and time management. They are trained to address your academic concerns, investigate whether strategies “worked”, and plan for upcoming tests and papers.

Supplemental Instruction: Supplemental Instruction (SI) is provided for Chemistry 145 and Biology 225 & 226. A student (SI Leader) who already successfully completed the course provides collaborative study sessions for currently enrolled students using games and activities to keep learning fun.

Language Learning Support: Develop language skills at Language Tables in Arabic, French, Japanese, and Spanish. You can make 1-1 appointments for conversation, participate in monthly cultural events, or attend Language Tables with a group of classmates. You do not have to be enrolled in a language course to practice speaking a new language! The UNK Learning Commons is provided to you through student fees and is highly recommended as a key resource for your success at UNK. The UNK Learning Commons is located on the 2nd floor of the Calvin T. Ryan Library. We encourage students to use the Learning Commons when signed in for TSLC study hours at the library.

Tools for Thompson Scholars:
You can ask for assistance at the Calvin T. Ryan Library by texting, calling, emailing, or visiting the reference desk on the main floor of the library. Reference librarians can help you find articles and library resources needed for your academic courses; librarians are designated by academic disciplines at UNK so you can connect with expert help! You can “Ask a Librarian” using the following link; be sure to check out the additional links on the left menu that can lead to many other helpful academic resources.

http://library.unk.edu/ask/
Managing Homesickness

Homesickness is very common for students making their adjustment into college life. While it will change as time passes, homesickness is a real feeling that students have to work through to be successful.

What might help?
• Talk to someone about your feelings. If you don’t feel you can reach out to a friend, talk to a mentor, PAL, staff member, faculty member, advisor, or counselor.
• Stay in contact with the people you left behind at home, but don’t rush back there every chance you get. Give yourself time to get connected at UNK, and build a home on campus. Dwelling on the past makes it hard to build a future.
• Ask your supporters back home to visit you at UNK.
• Know that many other college students are feeling the same emotions, and being homesick if a very normal emotion. Open up to others and you will find you share common feelings, which can help you get more connected.
• You are entitled to your feelings of sadness and homesickness. But you are also allowed to enjoy your college experience in spite of those feelings; don’t feel guilty about moving forward!
• Set up a plan of action for balancing your time between work and leisure. If you pressure yourself to focus only on academics, you will not enjoy your time; likewise, if you put off your work, it can add to your stress over time.
• Be well. Focus on exercise and eating healthy foods.
• The start of the year is a time when many new people are joining organizations. Start with joining one based on your academic major or interest and give it a try!
• Don’t make emotional decisions about college while you are feeling homesick. Know that it is a process, and you have time to adjust as the semester progresses. If you are concerned about how to adjust, talk to a professional staff member on campus before making any decisions or dropping classes.
• If your emotions are impacting your ability to attend classes or focus on your work, it is time to reach out for help. Contact the TSLC Office to learn more about resources you can take advantage of to support your transition.

Ideas adapted from The University of Cambridge Counseling Service: http://www.counselling.cam.ac.uk/selfhelp/selfleafpdf/homes/view (8/30/17)