

Academic Support Center: <http://apps.carleton.edu/campus/asc>

"Education is our passport to the future,
for tomorrow belongs to the people who prepare for it today."
-Malcolm X



4th Libe: Home of the Writing Center,
Academic Skills Coaching, ESL Support,
Tutoring Services, and more!

GOAL SETTING 101

SPECIFIC – USE THE 6 W QUESTIONS TO HELP YOU SPECIFY

EXAMPLE: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

MEASURABLE – ESTABLISH CONCRETE CRITERIA FOR PROGRESS

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

ATTAINABLE – IF THEY ARE IMPORTANT, YOU WILL DEVELOP ATTITUDES, ABILITIES, & SKILLS TO REACH THEM

You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals. You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

REALISTIC – A GOAL MUST REPRESENT AN OBJECTIVE TOWARD WHICH YOU ARE BOTH WILLING AND ABLE TO WORK

A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Your goal is probably realistic if you truly believe that it can be accomplished.

TIMELY – A GOAL SHOULD BE GROUNDED WITHIN A TIME FRAME

With no time frame tied to it there's no sense of urgency. If you want to learn the violin, when do you want to do that? "I'm going to learn the violin by the end of spring term."



SERVICES

- Academic Tutoring
- Academic Skills Coaching
- Speech Coaching
- Writing Center
- Math Skills Center
- Prefect Program
- Second-Language Writing Support

CMC

Home of the
Math Skills Center



Organizing is what you do before you do something, so that when you do it, it is not all mixed up.

A wise person does at once, what a fool does at last. Both do the same thing; only at different times.

-Baltasar Gracian



"There are no secrets to success. It is the result of preparation, hard work and learning from failure."

-General Colin Powell



I am definitely going to take a course on time management... just as soon as I can work it into my schedule.

-Louis E. Boone

Academic Support Center Staff

Kathy Evertz	Melanie Cashin	Russ Petricka	Erik Warren
Director	Coordinator of Second Language Writing	Supervisor of the Math Skills Center	Academic Skills Coach Program Assistant
kevertz	mcashin	rpetrick	ewarren

4th Libe Offices:

Writing Center, 420
Main Office, 420A (Erik)
Academic Tutoring, 420A
Speech Coaching 420A
Prefect Program, 420C (Kathy)
Support for Multilingual Writers, 420D (Renata)

Fall 2021 PREFECT COURSES

DEPT.	#	COURSE	FACULTY	ROOM	TIM E	M AX	PREFECT
BIOL	380	Biochemistry	Rou-Jia Sung	AND329	4a	30	Ananya Shah
CHEM	122	Intro to Chem	Julia Bakker-Arkema	LDC 104	2,3c	30	Lauren Way
CHEM	123	Principles Chem	Steve Drew	Olin 141	2a	24	Alison Block
CHEM	224	Principles Chem II	Andjela Radmilovic	Olin 141	3a	48	Lora Randa
CHEM	233	Organic Chem I	Matt Whited	Olin 149	3a	24	Bennie Dai
CHEM	233	Organic Chem I	Dave Alberg	Olin 149	4a	24	Isabel Cannell
CS	111.01	Intro to CS	James Ryan	CMC 102	3a	34	Quoc Nguyen
CS	111.02	Intro to CS	Aaron Bauer	AND 036	6a	34	Dominic En-
CS	111.03	Intro to CS	David Liben-Nowell	AND 036	1A	34	Theresa Chen
CS	201.01	Data Structures	Anya Vostinar	OLIN 310	2A	34	Piper Welch
CS	201.02	Data Structures	Anya Vostinar	OLIN 310	3A	34	Rebecca Hicke
CS	202	Math of CS	Layla Oesper	CMC 301	2a	34	Aishwarya Varma
CS	251	Prog Languages	James Ryan	Leig 304	5a	34	Ben Aoki-Sherwood
ECON	110 2	Princ of Macro	Victor Almeida	WILL 204	1a	30	Walt Boero
ECON	110 1	Princ of Macro	Yingtong Xie	WILL 204	4,5c	30	Alex Gallin
ECON	110 3	Princ of Macro	Mike Hemesath	WILL 204	2,3c	30	Gabriel Keane
ECON	111 1	Princ of Micro	Aaron Swoboda	LEIG 304	1,2c	30	Paige Ehresmann
ECON	111 2	Princ of Micro	Prathi Senviratne	WILL 204	4a	30	Charlotte Drake-Dunn
ECON	111 3	Princ of Micro	Jonathan Lafky	WILL 204	2a	30	Paul Hinton
STAT	120-2	Intro to Statistics	Deepak Bastola	CMC 102	5a	32	Eric Cheng
STAT	120-3	Intro to Statistics	Deepak Bastola	CMC 102	6a	32	Dylan Smith
MATH	120-1	Calc II	Claudio Gomez-Gonzales	CMC 210	1a	32	Chi Nguyen
MATH	120-2	Calc II	Claudio Gomez-Gonzales	CMC 301	3a	32	Nicholas Pandelakis
POSC	230	Methods of Political Research	Christina Farhart	WEITZ 235	5a	30	Annette Shumway
PSYC	110	Principles of Psychology	Larry Wichlinski	LDC 104	4a	30	Madison Collins

NEED ASSISTANCE? Contact Erik @ ewarren

Fall 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	September 13th	14	15: Classes Begin	16	17	18	19
Week 2	20	21: 1st five week course add deadline 5pm Paper Process :Ten Week Independent Study and Overload Petition Deadline 5pm : Ten week course drop/add deadline 11:59pm :1st five week course drop deadline 11:59pm	22	23	24	25	26
Week 3	27	28	29	30	October 1st: 1st five week course late drop deadline and S/CR/ NC deadline 5pm	2	3
Week 4	4	5	6	7	8	9	10
Week 5	11	12	13	14	15: President Byerly's Inauguration	16: President Byerly's Inauguration :Midterm Break	17: Midterm Break
Week 6	18: Midterm Break	19: Classes Resume :Last day of first five weeks	20: 2nd five week begins	21	22	23	24
Week 7	25: Advising Days begin	26: 2nd five week course drop/add deadline 5pm Paper Process	27	28	29: Ten Week Course Late Drop Deadline and S/CR/NC Deadline 5pm	30	31
Week 8	November 1st: Registration for Winter Term begins	2: Advising Days ends	3	4	5: 2nd five week course late drop deadline and S/CR/NC deadline 5pm	6	7
Week 9	8	9	10	11	12	13	14
Week 10	15	16	17	18	19: Last Day of Classes	20: Reading Days	21: Reading Days
Week 11	22: Exams	23: Exams	24: Exams	25: Winter Break begins	26	27	28