



Family Pages

ISU Office of Residential Life

January 2009

ACADEMICALLY SPEAKING: Pressures of Second Semester

Now that your student has the fall semester under their belt, they are likely looking toward what the spring will bring. Will the classes be tough? Is the student on academic probation? Are there classes they are looking forward to?

The reality of how the student did academically last fall has likely sunk in by now. They know where their challenges are and has confidence in other areas. You can help your student succeed academically by understanding the issues that are foremost on their mind. These may include:

- How can I bring up my GPA this semester?
- Are any of my academic scholarships in jeopardy due to my grades?
- What subjects do I need help with?
- Can I keep my grades up so I'm eligible for admission to my major/certain scholarships/Dean's list?
- I need to declare my major soon - what should I choose?
- How can I make it through my tough classes this semester?
- Should I stay in the Honors program?
- I think I might have a learning disability or test anxiety - where can I get help?
- Am I completing the general education requirements needed for graduation timely?
- Do I need to retake any classes?
- What professors inspire me and can I get into more of their classes?

If your student didn't do that well during the fall semester, there's no need to lose hope. They will have to buckle down and work smart this semester, of course. Yet, there are many resources available on campus to help them in their pursuit. The student can ask their academic advisor for help in formulating a schedule that is reasonable. They can go to the

campus Writing Center for help with sentence structure, grammar and paper writing. They can even talk to their Academic Peer Advocate about test anxiety and learn how to overcome this. An Academic Peer Advocate is a student staff whose responsibility focuses on helping first year students in their academic transition to Indiana State University. One bad semester doesn't have to be the end of the world!

And, if your student did well academically this fall, they are likely putting some pressure on themselves to live up to that success. Quality work is one thing to strive for while perfection can be too much pressure. If your student says they want to try a language course instead of the tried-and-true music theory class, it may be worth the risk. They know what kinds of subjects pique their interests - and a student who is interested and engaged is more likely to learn and retain information than one who is just coasting along.

Academics are your student's main reason for being in school. And with your encouragement, their commitment and the assistance of campus professionals, they can make this a positive, learning-filled semester.

WHERE SHOULD I STUDY?

One thing your student may have discovered about themselves is that they need a certain kind of environment to study effectively. You can encourage them to take a good, hard look at where they can maximize their study time by considering places such as:

- Cunningham Memorial Library
- The laundry room
- Their residence hall room
- Study Lounges in residence halls
- Cromwell Hall Mezzanine
- Commuter Lounge in HMSU

For questions, suggestions, or concerns contact the Office of Residential Life at Indiana State University:
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