

# 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,  
Multilingual Writing Support, Academic  
Skills Coach, 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**

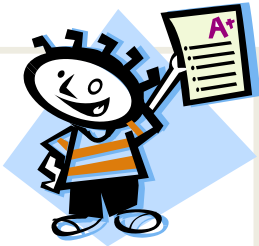
You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals. You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

### **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



"I learnt that the only way to get a thing done is to start to do it, then keep on doing it, and finally you'll finish it, even if in the beginning you think you can't do it at all."  
— Langston Hughes

"Change requires intent and effort. It really is that simple."  
— Roxane Gay

"Every storm runs out of rain."  
- Maya Angelou

## 4th Libe Offices:

Writing Center, 420  
Main Office, 420A (Erik)  
Academic Tutoring,  
420A  
Academic Skills Coaching 420A  
Prefect Program, 420C (Melanie)  
Support for Multilingual Writers, 420C (Melanie)

## Winter 2024 PREFECT COURSES

Dept.	Course#	Course Name	Faculty	Time	Max	Prefect
BIOC	301	Survey of BioChem	Horness	2a	50	VANESSA CZERNIECKI
BIOL	220	Disease, Ecology	Hund	2a	25	GWEN CASEY
BIOL	248	Behavioral Ecology	Bosacker	4a	24	RAQUEL SANTAMARIA GERMANI
CHEM	123	Principles of Chem	Blythe	2a	24	AVERY DUNN
CHEM	123	Prin of Chem w/PS	Kohen	2a	24	SAM CHACKERIAN
CHEM	224	Principles of Chem	Chihade	1a	24	MIRIAM SHTEYMAN
CHEM	233	Organic Chem 1	Hofmeister	2a	44	CLAIRE LEE-ZACHEIS
CHEM	234	Organic Chem 2	Kaz Skubi	4a	44	YINAN GAO
CS	111	Intro to CS	Amert	2a	34	DANIEL LINDER
CS	111	Intro to CS	Finzell	5a	30	KYRA HELMBOLD
CS	111	Intro to CS	Vostinar	1a	25	MIKA SHIFFMAN
CS	201	Data Structures	Vostinar	3a	34	DEXTER KONG
CS	200	Data Struct. w/ prob solving	Musicant	4a	25	THEA TRAW
CS	202	Math of CS	Narayan	5a	25	JAKE JASMER
CS	208	Intro to CompSys	Ondich	1a	28	KAITLYN PETERSON
CS	251	Programing Lang	Musicant	3a	34	AADI AKYIANU
CS	252	Algorithms	Alexander	4a	28	NATHANIEL LI
CS	254	Computability and Complexity	Rafferty	2a	34	LILY HAAS
CS	257	Software Design	Csizmar Dalal	5a	20	DYLAN SMITH
CS	257	Software Design	Lepinski	1a	20	KIRI SALIJ
ECON	110	Macroeconomics	Victor Almeida	2a	30	CAROLINE GANS
ECON	110	Macroeconomics	Yingtong Xie	3a	30	OLIVIA CORBO
ECON	111	Microeconomics	Swoboda	2a	30	SOFIA HANNA
ECON	111	Microeconomics	Seneviratne	4a	30	LIBBY ROWLAND
ECON	111	Microeconomics	Lafky	2,3c	30	JULIA BARTLETT
MATH	120	Calculus II	Brooke	2a	30	ELENA PARKERSON
MATH	241	Diff Equations	Johnson	4a	30	ISAAC VAN ORMAN
POSC	230	Methods of PR	Dawkins	1a	18	ROBERT HEALY
PSYC	200	Measurement and Data Analysis	Van Der Wege	3a	25	ANNA WELLER
STAT	120	Intro to Statistics	Bastola	3a	32	ERIC ZHOU
STATS	120	Intro to Statistics	Kelling	4a	32	OWEN FORMAN

NEED ASSISTANCE? Contact Erik @ ewarren

“To do two things at once is to do neither.”  
-Publius Syrus

“All we have to decide is what to do with the time that is given us.”  
-J.R.R. Tolkien

## Academic Support Center Staff

Melanie Cashin	Melanie Cashin	Russ Petricka	Erik Warren
Director	Coordinator of Multilingual Writing Support	Supervisor of the Math Skills Center	Program Assistant and Academic Skills Coach
mcashin	mcashin	rpetrick	ewarren

Winter 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	January 1:New Years Day	2	3: Classes Begin	4	5	6	7
Week 2	8	9: :Ten Week Independent Study and Overload Petition Deadline 5pm :1st five week course Drop/Add deadline 11:59pm :Ten week course Drop/Add deadline 11:59pm	10	11	12	13	14
Week 3	15	16	17	18	19: 1st five week course late drop deadline and S/CR/ NC deadline 5pm	20	21
Week 4	22	23	24	25	26	27	28
Week 5	29	30	31	February 1	2	3: Midterm Break	4: Midterm Break
Week 6	5: Midterm Break	6: Classes Resume :Last day of first five weeks	7: 2nd five week begins	8	9	10	11
Week 7	12: Advising Days	13: 2nd five week course drop/add deadline 5pm : Advising Days	14: Advising Days	15: Advising Days	16: Ten Week Course Late Drop Deadline and S/CR/NC Deadline 5pm : Advising Days	17: Advising Days	18: Advising Days
Week 8	19: Registration for Spring Term Begins : Advising Days	20: Advising Days End	21	22	23: 2nd five week course late drop deadline and S/CR/NC deadline 5pm	24	25
Week 9	26	27	28	29	March 1	2	3
Week 10	4	5	6	7	8: Last Day of Classes	9: Reading Days	10: Reading Days
Week 11	11: Exams	12: Exams	13: Exams	14: Spring Break begins	15	16	17