



**STRUGGLING IN CLASS?
HAVING TROUBLE GETTING
ORGANIZED?
CAN'T FOCUS ON YOUR READING?**

CADE Can Help!!

DROP-IN ACADEMIC COACHING

CADE's academic coaches have expertise in study skills, reading strategies, mindfulness, test anxiety management, organizational strategies, and so much more. If you're struggling with managing your academic life, we can probably help.

We'll have an Academic Coach or Peer Study Skills Assistant available in our Satellite Office, Milne Rm 102 from 3-5 every Thursday. In your quick 20-minute session, the CADE staffer will help you define the problem you're having and will be able to make some suggestions for skills to use or additional resources you can take advantage of.

No commitment or appointment is required. Just stop in and sign up for an upcoming spot. You'll be able to see someone right away if no one else is waiting.

Thursdays

3:00-5:00

p.m.

Rm 102

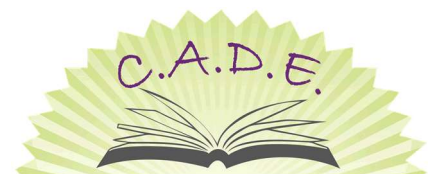
Milne Library

No appointment necessary – just stop in and sign up for a 20-minute timeslot.

**FOR MORE
INFORMATION
ABOUT CADE'S
SERVICES**

VISIT

CADE.ONEONTA.EDU



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