

# FUNDAMENTAL FOUNDATIONS

## A PEER LED STUDY-BY-SUBJECT GUIDE

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# HOW TO MAKE THE MOST OF PEER TUTORING

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### WHY TUTORING?

*"The purpose of tutoring is to help you understand the material better. Tutors have already taken the class you are in, so the information they give you is valid and important. It can be really helpful to pay attention to other students' questions because they might be things that you don't completely understand either."* Timothy C., PharmD '18, peer tutor

*"Tutoring is a means for students to strengthen their understanding of concepts and perhaps be given different approaches to problem solving. It is an opportunity to get a students' perspective on the material in a less intense environment. This is a great tool for students to learn from other students about what really is important."* Steven G., PharmD '16, peer tutor

### BEFORE THE SESSION

- Sign up for tutoring online and try to be as specific as possible when filling out the "what would you like to go over today?" section. Then the tutor will be able to help you make the most of your session.
- Ask a friend to attend a tutoring session with you. Choose a friend who wants to learn more in that subject and who will help you learn.
- Make an effort to understand the material on your own before attending the session. Read the assigned material, take notes, and attend class.
- Go to tutoring with questions about specific problems and concepts from both class and course readings.
- Email the tutor in advance with concerns or big questions; it shows a great level of dedication to learning.

### DURING THE SESSION

- Ask questions! Make sure your questions are specific and relevant to what you are learning about in class. They may even be things that other students don't understand
- Pay attention to other students' questions. They might be things that you don't completely understand.
- Ask the tutor about some of his/her experiences in the course and which learning strategies they found most effective. Maybe the tutor approached studying in a way that you might want to try yourself.
- Take notes during the tutoring session so that you can use that information when you study after the session. Focus on following what the tutor is saying, rather than copying every detail.

### TUTORING 101

Attend tutoring regularly, not just before an exam.

Bring the proper materials to the tutoring session; books, class notes, syllabi, and questions.

Identify which parts of the material that are unclear and bring your questions to tutoring.

Make sure that you ask the tutors questions, and complete practice problems and discuss concepts with the tutor.

Go over the material within 24 hours of a tutoring session. Combine notes and complete practice problems and readings.

## AFTER THE SESSION

- Within 24 hours after a tutoring session, make sure that you truly understand the material. A good test to see if you actually understand is to do practice problems on your own and check the answers.
- Within a couple of hours of the tutoring session, combine the notes you took from lectures and reading with the notes you took from the tutoring session. Make sure that all of the information matches up, and fix any incorrect ideas.
- Recall what questions you had before the tutoring session and see if you can answer them.
- Follow up with the tutor if you still don't understand something.
- Study on your own. Peer tutoring is a great resource to clear up any questions and enhance your learning, but you need to put in effort on your own time if you want learn the material and get good grades.

## DO'S AND DON'TS

### Do...

- Prepare for the tutoring session. Work your way through the chapters or material being covered in class before tutoring. Along the way, if questions come up, write them down on a separate sheet or put a star next to the concept so that you have questions prepared for the tutoring session.
- Bring a friend to tutoring. A second set of eyes and ears can help make sure that you don't miss or misunderstand any information from that session.
- Be proactive and notice your strengths and weaknesses. Ask for help and say that you don't understand a concept or topic. The chances are that others don't understand it either.

### DON'T...

- Use tutoring as a substitute for attending class, reading the assigned material, taking notes, attempting your homework, and actively learning. Your grade depends on how much effort **you** put into the course.
- Only go to tutoring right before the exam. Although tutoring right before an exam often reviews a lot of important information, the concepts and problem-solving techniques won't be engrained in your memory or understood as clearly as they would be if you had been going to tutoring regularly.
- Go to tutoring once, and then never go back. When trying anything for the first time, it may take a few tries before the benefits are obvious or it feels like a good fit.

## FINISHING YOUR FOUNDATION

*"Half the battle is deciding to go to that first tutoring session. The rest is using the information you learn from the tutor to just tweak the knowledge that you already have in your head. The most important thing a student can do is absorb information from the tutor and apply it to what they already know." Timothy C., PharmD '18, peer tutor*

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**Please note: This handout is a compilation of resources provided by peer tutors and academic support professionals. This information is meant to supplement recommended study techniques provided by course professors, peer tutors, the Math Center, the Writing Center, and the Academic Resource Center. They are not intended as a replacement for MCPHS resources, faculty and staff, class attendance, course syllabi, or course materials. For additional information, please contact the Academic Resource Center at 617.732.2860.**