

— VOLUME 1, ISSUE 2 —

# NOTES FROM THE BCLT



Spring has sprung at the Baldwin Center for Learning and Teaching, and we couldn't be happier! Take a look at issue two of Notes from the BCLT; inside you will find tips for busting the habit of procrastination, a deeper dive with Q-Tutors, and an interview with Meredith McCarroll on her work with all things writing. Happy spring, polar bears!

## The BCLT is hiring for 2023–2024!

Available positions include Q-Tutors, Academic Peer Mentors, and Receptionists! Job descriptions are available in Workday. Apply now!



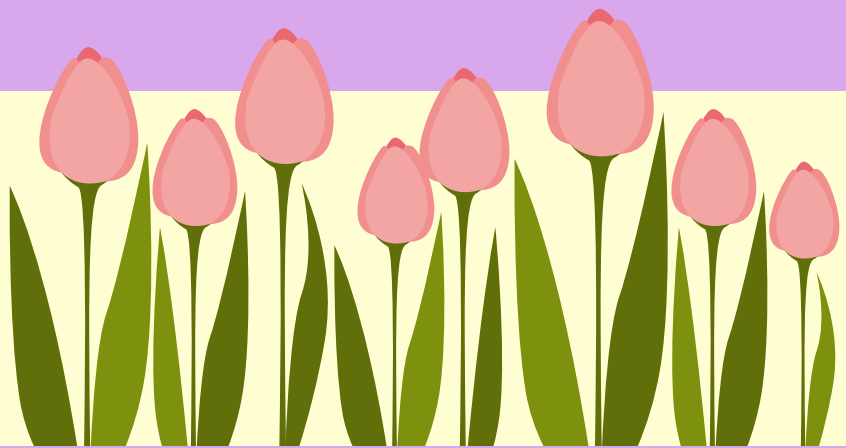
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Make an appointment with  
Academic Mentors, Writing  
Assistants, and Q-tutors!



# UPCOMING EVENTS



## **ADHD Connections: Writing with ADHD**

Date: Thursday, March 30  
Time: 4:30 p.m. – 5:30 p.m.  
Location: BCLT

## **Writing with Sources Workshop with Writing Assistant, Andrew Chang**

Date: Monday, April 3  
Time: 6:00 p.m. – 8:00 p.m.  
Location: Chandler Room,  
H-L Library



## **ADHD Connections: Talking about ADHD with Others**

Date: Thursday, April 6  
Time: 4:30 p.m. – 5:30 p.m.  
Location: BCLT



## **Writing with Sources Workshop with Writing Assistant, Andrew Chang**

Date: Monday, April 10  
Time: 6:00 p.m. – 8:00 p.m.  
Location: Chandler Room,  
H-L Library

## **ADHD Connections: Staying Organized**

Date: Thursday, April 13  
Time: 4:30 p.m. – 5:30 p.m.  
Location: BCLT



## **Productivity Hacks for your iPad with Academic Peer Mentor, Lionel Welz**

Date: Friday, April 14  
Time: 5:00 p.m. – 6:00 p.m.  
Location: Chandler Room, H-  
L Library



## **Mindfulness During Finals with Academic Peer Mentor, Aadhya Ramineni**

Date: Tuesday, May 2  
Time: 8:00 p.m. – 9:00 p.m.  
Location: Chandler Room,  
H-L Library



## **Prepping for Finals with Tina Chong**

Date: Thursday, May 4  
Time: 5:00 p.m. – 6:00 p.m.  
Location: Chandler Room,  
H-L Library



## **SAVE THE DATE: CAVE DAY**

Study with peers and the  
BCLT during Reading Period!  
Friday May 12 10am-4pm



# FEATURED RESOURCES

## TIPS TO STOP PROCRASTINATION

Studies indicate that 80%–95% of students engage in procrastination, but there are so many tips that can help!

- ★ **Divide and Conquer**  
Large projects aren't often completed all at once. Break down big projects, challenging homework, or lengthy readings into smaller, more manageable chunks.
- ★ **Make a Plan**  
Putting tasks in a logical order and creating a timeline are easy ways to manage work. Start with the due date and begin planning backwards for a manageable timeline. With a mindful, realistic approach, any large scale task is much more doable.
- ★ **Consult a Professor or an Academic Peer Mentor**  
You do not have to struggle with managing tasks all by yourself! Consider talking with a professor or an Academic Peer Mentor from the BCLT to help you prioritize what tasks need to be done first.
- ★ **Limit Distractions**  
TikTok is a great place to find the latest viral trend, but social media distractions can keep us from tackling more pressing tasks. Consider turning the phone off or temporarily deleting an app to help keep your mind on your work and off of the cute kitten videos.

For more tips on busting procrastination, visit the BCLT! We've got Academic Peer Mentors ready to help.



## A Deeper Dive with Q-Tutors

$$V = \frac{4}{3}\pi r^3$$

Are you having trouble with Math 1750 or Econ 1101? We totally understand, and the BCLT Q-Tutors are here to help! Quantitative Reasoning Tutors, or Q-Tutors as we affectionately call them, help students sharpen their quantitative skills with one-on-one meetings designed to tackle challenging homework, projects, and lesson material. Q-Tutors are patient and understanding students that are trained specifically to help with Biology, Chemistry, Mathematics, Economics, and Statistics. Appointments are available through the BCLT Scheduling app on our website, but students can also come by the BCLT for a drop-in session.



# MEET A BCLT STAFF MEMBER!

*Meredith McCarroll took the time to sit down and answer a few questions about her life, her work, and her advice for students.*

**Q: Share a little bit about yourself.**

A: I was born and raised in the mountains of North Carolina. I majored in English and Dance as an undergraduate, and spent time in a modern dance company while pursuing graduate work. I live in Portland with my partner, two kids, and dog. I teach a First-Year Writing Seminar on Whiteness and Antiracism, Composition, and Theory and Practice of Tutoring Writing.

**Q: What is your top midterm season tip for students?**

A: My best tip for writing final essays is to make an appointment with a Writing Assistant—early! Sitting down at the beginning stages to brainstorm and think about structure can help get you over the anxiety of starting to write, and can lead you into the process with clear direction. As soon as you get paper assignments, start working in the Writing Center to make a plan. We can help at every stage of the process.

**Q: What can students come to you for help with?**

A: I think of myself as writing triage—students can come to me with any range of concerns within the realm of academic communication and I can help partner you with the right resource. I can listen, advocate, and help you connect. I'm also good at reminding students that they have the tools to do the work!

**Q: What do you think is an underutilized campus resource?**

A: One resource at Bowdoin is all of the performances. Whether it's a poetry reading hosted by students, an official concert from the Music Department, a showcase or a play from Theater and Dance, or exhibitions of visual art, there is so much to experience on campus. Remember that you are more than just a student—go take in art in some form right here on campus.



*Meredith McCarroll is the Director of Writing and Rhetoric, Director of the First-Year Writing Seminar Program, and Lecturer in English*

**Q: What is one of your favorite ways to take a break?**

A: I love to be outside. In warm weather, I love to kayak and camp. In winter, I enjoy skiing. I fell in love with the Maine Huts and Trails this winter. My year-round break is yoga! It's a guaranteed reset for me.

