Welcome to the first edition of the BCLT’s student newsletter! We hope the newsletter will provide academic support by sharing information about the resources, staff, and events offered by the Baldwin Center for Learning and Teaching. This edition also contains study advice to help you make it through midterms season— you got this!

follow us on Instagram:

make an appointment with Academic Mentors, Writing Assistants, and Q-tutors:
UPCOMING BCLT EVENTS

WRITING A PAPER WITH MICROSOFT WORD
w/ Academic Peer Mentor Charlie Galilich
October 25 at 5pm
Chandler Room, H-L Library

ADHD CONNECTIONS
A Wicked Smart Group
Thursdays at 4:30pm
At the BCLT in H-L

DO YOU PROCRASTINATE? SO DO WE!
A Wicked Smart Group
Fridays at 3:30pm
At the BCLT in H-L

SAVE THE DATE: CAVE DAY
Study with peers and the BCLT
during Reading Period!
December 12, 10am-4pm
FIVE TIPS FOR MIDTERMS

✔ Integrate mindfulness into your study plan. Take breaks, move your body, meditate, drink lots of water, let your mind wander, make time for hobbies, journal, art, etc.

✔ Focus on one thing at a time— multitasking makes everything harder!

✔ Define your priorities and develop SMART goals (Specific, Measurable, Attainable, Relevant, and Time-bound)

✔ Use Thursday or Friday afternoon to plan your upcoming week.

✔ Reflect. This is a moment to reflect on what’s worked in the first half of the semester, and what you want to do differently in the second half of the semester. If it’s working, keep doing it, and if it’s not, try something new and see if it will work more effectively for you. If you’re looking for ideas, Academic Peer Mentors can help you come up with different study strategies and plans!

ACADEMIC PEER MENTORS

An Academic Peer Mentor is an experienced Bowdoin student who helps you discover and implement new strategies to achieve your goals, improve your overall academic performance, and who provides advice, support and knowledge. Academic Peer Mentors also offer resources to assess students' strengths and areas for growth and to develop individually tailored time management, organizational, and study strategies. An Academic Peer Mentor can meet with you once to help you fine-tune your current strategies, or several times to develop and implement a more comprehensive plan for academic improvement. Here are some examples of areas with which peer mentors can help: academic adjustment to Bowdoin, using available resources, time management, organizational skills, procrastination, study skills, memory, reading, getting papers started on time, and test taking.

To book an appointment with an academic peer mentor, scan the QR code on the front of the newsletter, or visit the BCLT’s website.

LOOKING FOR A QUIET PLACE TO STUDY?

Check out these lesser-known study spots around campus!

- 6th floor of Hubbard Stacks
- Shannon Room in Hubbard
- 6th floor of Pickard/Memorial Hall
- 3rd floor of Kanbar
- 3rd floor of the VAC
- The Art Library and Music Library
- The BCLT on the first floor of H-L
- And if you want total isolation or need some space to study with a group, book a room on the Bowdoin Library’s website!
Q: Share a little bit about yourself.
A: I grew up in Portland, Maine, and couldn’t wait to leave and see the broader world, so right after college I went to live in Denmark for a year. We went to Central Asia on a trip and I got to visit Uzbekistan, Kazakhstan, and Kyrgyzstan in the 80s while they were still under Soviet rule. I wanted to keep travelling, so I spent more time in Europe, especially in Turkey and Greece. When I came back to Boston I was like, “what am I going to do?” So I temped at all kinds of different places— I worked at Harvard for a little while, as the world’s worst secretary!— and then my friend invited me to come with them to Malaysia, so I went and lived in Malaysia, Thailand, Indonesia, and I travelled around in India and Nepal. After, when I was wondering “now what?” again, I knew that I liked meeting people from other places and travelling, so I taught English in France and Japan, and travelled to China and biked around in the early 90s. And then I turned 30 and it was time to come home, so I moved to Cambridge, Mass, and started teaching ESL in adult education, at an SIT boot camp, at Northeastern, at the Berklee College of Music, and I tutored grad students at Harvard and MIT and Mass General. Once I had kids, I moved back to Maine because my apartment was too small. I worked at USM, and then Bowdoin, and now I’ve been here for 18 years. I love it because of the variety of people, the variety of experiences, the high motivation of the students, and the built-in goals they have. I have three college-aged kids. ‘It’s given me a lot of respect for all of the growth that students here are doing and all of the decisions that they have to make. In my free time, I like to be outdoors. I have a dog and an outdoor firepit at home, and I like to see new places and chat with new people.

Q: What is your top midterm season tip for students?
A: Sit down and think for ten minutes before you start doing. Skimping on the set-up time makes work time more complicated. Everyone’s setup looks different, but I like to write lists and make sure I have everything I need so I don’t get up and get distracted. And if you are feeling distracted, find a friend and work with them. Have a buddy to keep you on the path, and that way work time can also feel a little bit like social time.

Q: What can students come to you for help with?
A: Students can come to me with questions about how to make their writing more concise and clear, or can practice presentations and speeches for class. Sometimes students come with questions about strategies for reading, and expanding vocabulary.

Q: Do you only work with students for whom English is not a native language?
A: I work with everyone who sets up an appointment! A lot of times in high school, students are taught to write in a kind of flowery way, and I’m here to help students see how less can be more. Writing concisely forces you to really think and be super clear about what you’re communicating.

Q: What do you think is an underutilized campus resource?
A: Librarians and friends. Your friends know a lot, and learning from them is why you’re here.