

Academic Help (step 4)

http://sophomoreseque.buffalo.edu/academic_help.html

For those on academic probation who need assistance quickly, consider visiting the following quick links:

- [Meet with an academic advisor.](#)
- [Tutoring opportunities](#)
- [Workshops and Seminars](#)

Academic Standards Review

To maintain academic standards and determine eligibility for continued enrollment, financial aid, and participation in university activities, the University at Buffalo regularly reviews the academic records of all undergraduate students. This review addresses the quality of the student's studies as measured by the student's course grades. This process should be facilitated in consultation with an academic advisor in the [College of Arts and Sciences](#).

[Terms and Definitions](#)

- Academic Good Standing
- Academic Warning
- Academic Probation
- Academic Dismissal

Understanding GPA calculation and Grade Point Average (GPA)

- UB GPA Calculator: MyUB includes a tool to calculate GPA for a given semester or your cumulative GPA for all semesters. To locate, log on to [MyUB](#) and click on "Academic/Courses" located in the left most column under "Index". A link to the GPA calculator is now available under "Grades".
- [Letter Grade to Quality Point Translation:](#)
- [Explanation of how GPA is Formulated:](#) An in depth explanation into how the GPA at UB is calculated.

Resources to Improve your Academic Standing

Now that you have a better understanding of how to calculate your GPA and all the terms used in association with academic difficulty, let's talk about how to improve your situation. UB has a host of programs available to students experiencing difficulty. You can seek out these resources on your own or you can use one of the greatest resources available to you, [your academic advisor](#).

If you are having trouble in a specific class, visit your instructor during scheduled office hours; they can help you better understand the material. If meeting your instructor seems daunting,

meet the TA (teaching assistant) in your class if one is available. At the start of every semester your instructor distributes a syllabus for the course which includes office hours, contact information as well as expectations for the class. Addressing problems early is the best strategy, don't wait until it is too late.

One of the keys to becoming a successful student is good time management. Using a planner can help you keep track of your assignments and exams. The academic planner you received at freshman orientation is an excellent resource because it includes important dates and deadlines. You can also print monthly calendars using Microsoft Publisher that can help you visualize when exams are given and assignments are due.

Below you will find a few specialized areas that provide free tutoring:

The Thomas J. Edwards Learning Center can help you improve your study skills and time management skills; by providing you with free tutoring in English and in Mathematics.
The Math Place
The Writing Place
Chemistry tutors, contact Chemistry Department
Math tutors
Tutors in general or check directly with the department for which you are seeking tutoring services.

Methods of Inquiry Program offers [GSE 155](#), a course in theory and strategies related to learning and comprehension.

[Academic Success Centers and Residential Education Study Lounges](#) are located in all three of UB's Residence Hall areas. If you have questions regarding their schedules, visit the web site or contact Residential Education at 645-2008. Tutoring is provided in various subjects including Biology, English, Physics, and Math.

Blake Center (located at 167 Millard Fillmore Academic Center, Ellicott Complex)
Jones Center (located in the basement of Clinton Hall, Governor's Complex)
Clement Study Lounge (located on the first floor of Clement Hall, South Campus)
Porter Study Lounge 261L Porter Quad, Ellicott Complex
Spaulding Study Lounge 251L Spaulding Quad, Ellicott Complex

[Life and Learning Workshops](#) are a series of free workshops devoted to academic and personal support including study skills, time management, overcoming test anxiety and many more. You have had some academic difficulty and now it is time for you to take responsibility for your education. Success is within your reach and you have the necessary tools, now it is up to you. It will take hard work and commitment, and it won't be easy but your academic advisor is here to help you every step of the way.

Staying on Track

The [undergraduate catalog](#) is your primary reference for university policies and procedures. You should familiarize yourself with basic university policies regarding student rights and responsibilities.

The [Student Response Center](#) website contains additional information useful to new and continuing students. It is essential that you seek individual advisement and assistance from your academic advisor to develop a successful academic plan. Use the College of Arts and Sciences Academic Planning Sheet prior to meeting with your academic advisor to create a tentative plan to be discussed during your advisement appointment. Frequent planning sessions with your academic advisor will help ensure you reach your academic goals.