

# ACADEMIC COACHING

Not sure how to balance your school, work and personal responsibilities?

Have course assignments but don't know where to begin?

Too many text books and not enough time to read them?

You go to class but don't remember anything once you leave?

**Meet one-on-one with an academic coach**

## Coaches can help you with

- Time and workload management
- Note-taking and textbook reading
- Concentration and study strategies
- Test prep and test taking strategies
- Academic resources and referrals
- Motivation strategies, and more!

**Schedule an appointment now!**

<https://tinyurl.com/LTCAppointment>



## Learn how to learn!



LEHMAN COLLEGE

Lehman  
Tutoring  
Center

Science  
Learning  
Center



Visit our virtual center for more information

<https://tinyurl.com/LTCwaitingroom>