



We are here to help address your individual needs and unique goals. Our mission is to help students become resilient self-advocate, build new skills, overcome challenges, and take advantage of opportunities to make your experience exceptional. Let us support you by [making an appointment](#) today! See additional links and contact information below.

Office Hours

Don't be afraid to use instructor and teaching assistant office hours, along with valuable recitation and lab times, for clarification and help. Bring examples of problems with which you are struggling to office hours. Check your course syllabi or Canvas course information for posted office hours. [View SCI faculty here.](#)

Academic Advising

Your [Academic Advisor](#) will help you to make informed educational choices. Students are required to meet with their academic advisors at least once per semester, but we encourage you to meet with us more often if you want to discuss your progress. [Peer Advisors](#) can also help you to make informed decisions and provide additional support.

Tutoring & Academic Support Services

Tutors for a variety of subjects are available to meet with you in scheduled one-on-one appointments or small groups. [Click here](#) for a full list of all the free tutoring and support services at the University.

- [Computer Science Resource Center](#)
- [Study Lab](#)
- [Math Assistance Center \(MAC\)](#)
- [Writing Center](#)
- [Disability Resources and Services](#)
- [David C. Frederick Honors College](#)
- [SCI Faculty Mentors](#)

Study Strategies

Many students find themselves working very hard in their courses but still not seeing the results they want. This may be due to using ineffective study strategies. Here are a few resources that may provide a place to start:

- [Choose the Right Study Strategy](#)
 - [Pomodoro Technique](#) (Focused Study)
 - [Overcoming anxiety](#)
- [Succeed at Pitt Toolkit](#)
- [Time Management Calculator](#)
- Complete the Learning & Study Strategies Inventory (LASSI) - [email SCI Student Success](#)
- More resources [here!](#)

University Library System

The [University Library System \(ULS\)](#) fosters connections and knowledge creation and dissemination that help faculty, students, and researchers to excel.

- [Ask a Librarian](#)
- Contact a subject specialist to [schedule a consultation for expert assistance](#)
- [University Library Textbook Course Reserves](#)
- [Borrow equipment from the Library](#)

Well-being

Your well-being influences your ability to flourish and thrive. Learning to improve and maintain the various areas of your well-being can help you overcome obstacles, achieve goals, and lead a meaningful and fulfilling life.

- [Health Center](#)
- [Counseling Services](#)
- [Thrive@Pitt](#)
- [Disability Resource Services](#)
- [Food Assistance - Pantries](#)
- [Campus Recreation](#)
- [Community Assistance](#)
- [Office of Belonging & Inclusion](#)
- [Get Involved](#)

Don't see what you're looking for? Contact us at:

Lynnsey Doane, Student Success Coordinator
led114@pitt.edu

[Make an appointment!](#)