

### **Academic Support through Office Hours**

When Maya realized she was struggling to understand her statistics lectures, she decided to visit her professor during office hours. She brought specific questions and asked for clarification on key concepts. By speaking up about her confusion and showing initiative, Maya built a stronger relationship with her professor and improved her performance in class. This proactive step not only boosted her grades but also her confidence. Accessing office hours helped her realize that professors are there to support student success.

### **Using Tutoring Services**

David found that he was falling behind in his chemistry class, despite studying on his own. He researched available campus resources and discovered a free peer tutoring center. By signing up for weekly tutoring sessions, he received personalized guidance that helped him understand the material. His grades improved, and he felt more prepared for exams. Asking for help allowed him to stay on track academically and manage his workload more effectively.

### **Seeking Career Guidance**

Taylor wasn't sure what career path to pursue with her major, so she scheduled a meeting with a career advisor. During the session, she discussed her interests and strengths, and the advisor introduced her to internships and job-shadowing opportunities. Taylor followed up by attending a career fair and connecting with alumni in her field of interest. By actively seeking support and information, she gained clarity and began building a professional network. This helped her feel more confident about her future after graduation.

### **Managing Finances with a Financial Aid Counselor**

After receiving a large tuition bill, Jorge realized he didn't fully understand his financial aid package. He contacted the campus financial aid office and scheduled a meeting with a counselor. They walked through his options, including payment plans, scholarships, and emergency grants. Jorge applied for additional aid and created a budget to manage his expenses. Taking the initiative to ask questions helped him reduce stress and avoid financial pitfalls.

### **Addressing Emotional Health through Counseling Services**

Samantha felt overwhelmed balancing school, work, and personal issues, so she reached out to the campus counseling center. She scheduled regular sessions to talk through her stress and learn coping strategies. Through counseling, she developed healthier habits and felt more supported. She also joined a student wellness group recommended by her counselor. Advocating for her mental health allowed her to thrive both academically and personally.