

Commit to Study (C2S) Student Information: 1-on-1 Peer Mentoring

Your instructor has arranged for you to have the opportunity to work with **Commit to Study (C2S)**, so you'll be receiving an email invitation from one of the program co-directors (either Dr. Jeff Paradis or Dr. Abigail Higgins) in the next few weeks. In preparation, here's some information about our what we do...



The **Commit to Study (C2S)** program provides students with a safe, non-judgmental environment where they can work on their study skills with their own personal peer mentor. Peer mentors are undergraduate students, just like you, who know what it's like to be a stressed student and who are trained to help all students reach their full potential.

Here is what C2S peer mentoring looks like during COVID:

- You'll have 2 virtual appointments with your peer mentor.
- During your first appointment, lasting 1 hour, you will:
 - Discuss the *Learning and Study Strategies Inventory (LASSI)* which covers the following topics: anxiety, attitude, concentration, information processing, motivation, self-testing, selecting main ideas, time management, test strategies, and using academic resources.
 - Select 2-3 LASSI worksheets on areas that you want to work on. You'll be expected to complete the worksheets before your next appointment.
 - Develop a concrete plan for improvement using strategies discussed with your peer mentor.
 - Set SMART goals so that you and your peer mentor will have a marker for measuring success.
- During your follow-up appointment, lasting 30 minutes, you'll reflect on the impact of the completed LASSI worksheets.
- If your professor requires proof of completing our program, we can let them know when you are done.

Everyone can benefit from C2S: If you are doing well at SacState, you'll learn how to fine-tune your study skills to be more efficient and earn A's in less time. If you're struggling in any subjects, you'll learn to leverage your strengths and identify areas for growth. Completing the C2S program also looks great on resumes or scholarship applications.

Don't wait, schedule your Commit to Study appointment as soon as you get your email invitation! After setting up your appointment, you'll get an email from your peer mentor with a Zoom link for your virtual appointment.

Questions? Contact C2S program co-directors Dr. Jeff Paradis (jparadis@csus.edu) or Dr. Abigail Higgins (abigail.higgins@csus.edu).