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Chapter 2: Finding Support on Campus

Multiple Choice

1. Which statement about mentors is true?

A) Mentors are invested in your well-being.
B) Only instructors can be mentors.
C) Good students do not benefit from working with a mentor.
D) You should interact with your mentor infrequently.

ans: A, see *Begin Creating a College Network*

2. When working with a mentor, it is important to

A) avoid discussing details about your personal life.
B) encourage him or her to make decisions for you.
C) dissolve the relationship at the end of the term.
D) share your academic history.

ans: D, see *Begin Creating a College Network*

3. When should you make connections with your peers?

A) Only during class
B) Only outside of class
C) Both during and outside of class
D) Neither during nor outside of class

ans: C, see *Begin Creating a College Network*

4. To connect with peers, you should start by introducing yourself and

A) politely declining any offers of support.
B) sharing aspects of yourself.
C) explaining that you want to be a mentor.
D) asking about possible employment opportunities.

ans: B, see *Begin Creating a College Network*

5. What is NOT a benefit of connecting with experienced students?

A) They have likely faced some of the same challenges as you.
B) They are likely to offer you financial assistance.
C) They can help you identify the best classes to take for your major.
D) They can offer helpful advice based on their experiences.

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ans: B, see *Begin Creating a College Network*

6. Staff members at the _____ are trained to help you choose classes.

A) Financial Aid Office
B) Academic Advising Office
C) Student Services Center
D) Disability Services Office

ans: B, see *Begin Creating a College Network*

7. Anja is pursuing an associate's degree in accounting, but isn't sure whether she is required to take statistics. Who should Anja speak with to find out whether she needs to take statistics to earn her degree?

A) Academic advisor in the accounting department
B) Math tutor at the Academic Support and Tutoring Office
C) Staff member at the Student Employment Office
D) Staff member at the Student Services Center

ans: A, see *Begin Creating a College Network*

8. If you are experiencing trouble studying and remembering information, you should speak to someone at the

A) Student Services Center.
B) Counseling center.
C) Academic Support and Tutoring Office.
D) Diversity center.

ans: C, see *Begin Creating a College Network*

9. Where should you go if you want someone to review a research paper you wrote, and offer constructive feedback?

A) Diversity center
B) Student Services Center
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ans: D, see *Begin Creating a College Network*

10. Douglas is taking Calculus this term, and he feels that he has a relatively good understanding of the material, but he keeps losing points on quizzes because he doesn't finish them on time. His midterm exam is coming up soon, and he's concerned that if he doesn't finish it on time, his

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grade in the class will suffer. Where should Douglas go to get help with finishing his Calculus tests on time?

A) Counseling center
B) Math center
C) Academic Advising Office
D) Financial Aid Office

ans: B, see *Begin Creating a College Network*

11. The counseling center offers assistance to students who

A) are experiencing test anxiety.
B) have questions about prerequisites for a course.
C) are looking for a part-time job.
D) want to join a club.

ans: A, see *Begin Creating a College Network*

12. Where should you go if you want to find out whether you qualify for any scholarships or grants?

A) Student Services Center
B) Library
C) Financial Aid Office
D) Disability Services Office

ans: C, see *Begin Creating a College Network*

13. Caroline wants to pursue a career in sales because she has an outgoing personality and people are often drawn to her. However, she's not sure which academic path would be the best choice for her. She thinks a business degree might be the way to go, but also wonders if a degree in communications would be a better choice. Who should Caroline talk to if she wants help deciding which major would best prepare her for a job as a sales executive?

A) Academic advisor in the history department
B) Counselor at the Career Services Office
C) Tutor at the math center
D) Counselor at the counseling center

ans: B, see *Begin Creating a College Network*

14. Where should you go if you want to find out about job openings on campus?

A) Academic Support and Tutoring Office
B) Library

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C) Diversity center
D) Student Employment Office

ans: D, see *Begin Creating a College Network*

15. Derek hasn't made any new friends since he started college, and wants to be more proactive about meeting new people. He decided a good way to meet people with similar interests would be to take part in some campus activities. Where should Derek go to find out about upcoming activities on campus?

A) Student Services Center
B) Financial Aid Office
C) Academic Support and Tutoring Center
D) Disability Services Office

ans: A, see *Begin Creating a College Network*

16. Where should you go if you need help researching a topic for an assignment?

A) Career Services Office
B) Diversity center
C) Library
D) First-Year Programs Office

ans: C, see *Begin Creating a College Network*

17. The _____ provides a space for students of different ethnic, religious, or cultural backgrounds to come together in a variety of ways.

A) Student Employment Office
B) Diversity center
C) Financial Aid Office
D) Counseling center

ans: B, see *Begin Creating a College Network*

18. One way to show instructors that you are interested in the course they teach is to

A) befriend other students in the class.
B) listen in class instead of taking notes.
C) ask thoughtful questions.
D) communicate with him or her only through e-mail.

ans: C, see *Instructors Are Part of Your Network, Too*

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19. If you find yourself struggling with course material at any point during the term, you should

A) find out if there's another instructor that teaches the same class.
B) keep it to yourself and spend more time reading the textbook.
C) drop the class and enroll in a course that is easier for you.
D) meet with your instructor after class or during office hours.

ans: D, see *Instructors Are Part of Your Network, Too*

20. Dina always got good grades in high school, although she was considered a quiet student who asked few questions and only spoke up in class when called on. Now she is in her first term at college and things aren't going well in her biology class. She failed her first quiz and only barely passed the first test. For the first time in her life, she is seriously concerned that she might fail a course. What will Dina need to do to improve her grade in biology?

A) Spend more time studying alone rather than in a study group.
B) Work up the courage to ask questions and seek help.
C) Remind herself that her family and friends expect her to do well in school.
D) Deny that she is having difficulty and focus on being more confident.

ans: B, see *Ask Questions and Get Help Often*

True/False

21. The more people you meet early on in your college career, the more support you can build for yourself.

ans: True, see *Begin Creating a College Network*

22. A mentor must be someone significantly older than you, such as an instructor or a coach.

ans: False, see *Begin Creating a College Network*

23. You should stay in touch with your mentor and keep him or her updated on how you're doing throughout college.

ans: True, see *Begin Creating a College Network*

24. Peers and other students can sometimes relate to what you are going through even more directly than a mentor can.

ans: True, see *Begin Creating a College Network*

25. Freshmen having difficulty navigating their way through the first term at college can bring their questions to staff members at the First-Year Programs Office.

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ans: True, see *Begin Creating a College Network*
26. Outside of the classroom, you should only communicate with your instructor through e-mail.

ans: False, see *Instructors Are Part of Your Network, Too*

27. Most instructors are only available to meet with students during class.

ans: False, see *Instructors Are Part of Your Network, Too*

28. Relatively few first-year students experience anxiety.

ans: False, see *Ask Questions and Get Help Often*

29. Many students pretend that they don't need help with their course work, when in fact they are struggling.

ans: True, see *Ask Questions and Get Help Often*

30. Being able to ask questions and reach out for help leads to successful careers and fulfilling lives.

ans: True, see *Ask Questions and Get Help Often*

Short Answer

31. When should you talk to your mentor?

ans: Answers will vary, but should indicate that you should talk to your mentor when you need advice or support, or when you just want to share an exciting life development. See *Begin Creating a College Network.*

32. Identify three ways in which experienced students can help new students adjust to life in college and/or succeed academically.

ans: Answers will vary, but may include any three of the following: offering ideas about what classes to take, explaining how to manage assignments in certain disciplines, directing them where to get help on campus, or recommending the best places to eat in town. Other valid responses are also acceptable. See *Begin Creating a College Network.*

33. Describe five ways to make connections with people early on in college.

ans: Answers will vary, but should include: Introduce yourself to someone new every day during your first week on campus; invite classmates and peers you meet to lunch or dinner; write a list of what you love to do when you're not studying and find an activity to participate in with others; form a study group with classmates; and put your earbuds and phones away as you enter and leave class, walk around campus; and sit for meals. Other valid responses are also

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acceptable. See *Begin Creating a College Network.*

34. What are three benefits of visiting an instructor during office hours?

ans: Answers will vary, but should include three of the following: it is a great way to meet privately with him or her to introduce yourself, discuss interesting aspects of the class, share your progress on a paper, talk about your grade on the last quiz, or ask for studying and test-taking advice. Other valid responses are also acceptable. See *Instructors Are Part of Your Network, Too.*

35. Describe three reasons a student might experience anxiety when starting college.

ans: Answers will vary, but should include three of the following: If you have a family, you may be nervous about how attending school will affect your partner or children; if you are a returning student, you may be nervous about resuming your education after a long time away from academic life; you need to pick classes, often without knowing what you will major in; and you are constantly faced with important decisions, such as whether an activity is worth your time or how often you should be studying or working. Other valid responses are also acceptable. See *Ask Questions and Get Help Often.*

Essay

36. Explain why it is important to develop a college network, and describe at least three types of individuals who should be part of yours.

37. Describe the qualities of a good mentor; then identify three people (in general or specific terms) who would be good mentors for you and explain why.

38. Identify three offices and/or centers on campus that you have visited or plan to visit soon, and explain how the resources offered there can help improve your college experience. Include specific examples in your response.

39. What resources, online and on campus, are there that could help you expand your network of support and opportunities for activities that you'd enjoy?

40. Discuss why it is important for students to seek assistance when they are struggling in college. Include three examples of specific types of difficulties students may experience, and explain the benefits of seeking help for each.

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Multiple Choice

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