



CENTER *for*  
ACADEMIC ACHIEVEMENT

EAST TENNESSEE STATE UNIVERSITY

## Peer Assisted Learning (PAL)

*Struggling with motivation in the online environment?*

*Need help maintaining accountability each week?*

Meet with a friendly PAL expert in the CFAA! You can set up a weekly meeting with a fellow ETSU student who cares about your success to help you get organized, set goals, and establish a plan to help keep you on track this semester.



## Academic Coaching

*If you are experiencing difficulty with managing your online coursework, the CFAA has trained academic coaches who can help you:*

- Improve your time management skills
- Create a weekly study and work schedule to help you balance your life
- Determine the best study strategies
- Help you get the most out of your lectures

**Need academic help? You don't have to struggle alone.**

**Contact the CFAA today to set up an appointment:**

<http://www.etsu.edu/tutoring>

(423) 439-7111

learning@etsu.edu