

SLCC offers free tutoring resources

By **Luke Nichols** - March 2, 2021

Save

Share



Salt Lake Community College offers many online and in-person tutoring services. (yanalya, freepik.com)

Many students have [struggled with their academics during the pandemic](#). No matter the reason, a little extra help can always be useful.

Thankfully, Salt Lake Community College offers a wide variety of tutoring services to assist students with their work.

Writing and reading

The Student Writing & Reading Center offers free consultation for SLCC students who need assistance with anything related to writing and reading. The center aims to help students succeed by helping them improve their skills through in-person and online tutoring.

According to Clint Gardner, program manager of the Student Writing & Reading Center, free services include a variety of literacy resources for teachers as well.

Gardner said the center can help with “writing projects, applications to another university, writing for grants or scholarships [...] help with vocabulary, how to look at a text, and how to tame any giant beast of a text that you’re trying to tackle.”

Gardner did point out, however, that this is not a passive service.

“The writer needs to be engaged in what we’re doing,” Gardner said. “You have to come and get involved and talk with us about the feedback that we give you. We will try our best to

give the best feedback and help that we can.”

STEM

For STEM-related coursework, SLCC offers both tutoring and workshops, along with a center for students to study at their own pace. Jose Crespo, the STEM learning director, explained that tutoring is more one on one, whereas workshops are more of a group environment where the leaders are actual faculty who teach the classes.

“If you’re a student who learns better in a group environment and need a little more incentive to learn, the workshop is the perfect environment,” Crespo said.

The STEM Learning Center can help with any course material for mathematics, biology, biotechnology, physics, chemistry, engineering and geosciences.

“This is all a free service and is for people that are taking STEM courses that need help getting to where they want to be,” Crespo explained.

According to Crespo, the program’s goal is to create independent students. Crespo advised against waiting until the end of the semester so tutors can take their time with those using the service.

“This tends to be the time when lots of students come to our services, once they are already drowning late in the semester, and it can be hard to give these students all the help they need,” Crespo said.

ePortfolio

SLCC provides resources for students who are struggling with their ePortfolios. Due to COVID-19 health and safety protocols, students need to [schedule an appointment](#) beforehand.

At the labs, whether online or in-person, students can speak with lab specialists who can help them start, organize, showcase and share their ePortfolios to MySLCC in meaningful and dynamic ways. It is recommended to not wait to get started, as the labs get very busy at the end of the semester.

Visit the [SLCC tutoring portal](#) for a complete list of available resources.

The importance of setting social media boundaries

By **Danalee Camacho** - March 2, 2021

Save

Share



According to a Pew Research report, 7 in 10 adults visit at least one social media platform daily. (Adem AY, Unsplash)

Technology is incorporated into our everyday lives, with endless amounts of information at our fingertips. College students use it for just about everything, from keeping up-to-date with classes on Canvas to staying connected with friends during a global pandemic.

According to a 2019 study from [Pew Research Center](#), about 74% of U.S. adults with some college education use at least one social media site a day, with 73% of U.S. adults using YouTube, followed closely by Facebook. Instagram came in as the third most-used social media site, with 37% of U.S. adults checking in daily.

In a 2020 series on how Generation Z uses technology, [The New York Times](#) reported that social media provides an important social outlet for college students to share key moments from midterm stress to concerns about climate change.

Building boundaries with social media can also help students maintain healthy relationships while staying connected to others, according to counseling psychologist Dione Laguana, clinical director at [Northwest Therapy Group](#) in Washington state.

But social media can also challenge emotions, Laguana said, and building healthy relationships with social media can be beneficial no matter the user preference of how they stay socially connected.

Salt Lake Community College student Monyka Chheng, a communication major, uses social media to stay in touch with family more than a thousand miles away or friends she has not met recently due to the current pandemic.

"I know it is toxic, and there are good and bad parts of it," Chheng said. "What brings me joy about social media is being able to stay updated with family and friends to see where they are at in life especially with my family in Cambodia. I get to see what they are doing and how different their way of life is."

However, the relationship with these platforms can also harm mental health, and setting boundaries is important, warns Laguana.

"One of the beauties of social media is that you have some control over the content you are seeing," Laguana said. "Being very aware of the time you are spending on social media and being very intentional when choosing to pick up your devices to log on. We need to be aware of the content we are viewing and how it affects our mood."

Laguana advised paying attention to the amount of time spent on social media and avoiding mindless scrolling. Control of the environment, she said, lies with the user.

Kyleen Buckner, SLCC biology major, said she uses social media to connect with friends through gaming and finding inspiration through their posts.

"A friend posted a drawing that looked really awesome," Buckner said. "I love seeing my friend's art. It's encouraging to see, because my friend recently went through a breakup and it was her first art piece."

As a game moderator, Buckner also said she is cautious in how she engages.

"On Facebook, you can surround yourself with friends, and at the same time your friends might say things you don't agree with. Sometimes it is filled with a lot of uncomfortable things, but you can selectively block them," she explained.
