



Faculty, Staff, and Peer Support

Academic Advising offers students:

- FOCUS instructors who are academic advisors
- Guidance and information about major and core requirements
- Individual consultations during course registration periods
- Group advising sessions by FOCUS instructors and peer mentors

Peer Mentors are former FOCUS students who provide:

- A student's perspective and personal experience with choosing a major
- Peer-to-peer guidance on major and career options
- Academic assistance, in and out of the classroom

Admission to the FOCUS Program:

- Enrollment is limited to 150 students
- Sign up during an Admitted Student Day (April), during June Orientation, or online by July 1.
- Submit completed registration form found at marist.edu/academic-resources/alc
- Send by email to academiclearningcenter@marist.edu or mail to:

**Academic Learning Center
Marist University
3399 North Road, Library 331
Poughkeepsie, NY 12601**



Not only did FOCUS help clear up some of the many questions and uncertainties I had, but it was extremely useful in helping me develop things like a resume, that will undoubtedly help me for the rest of my educational and professional careers.

ALYSSA B.

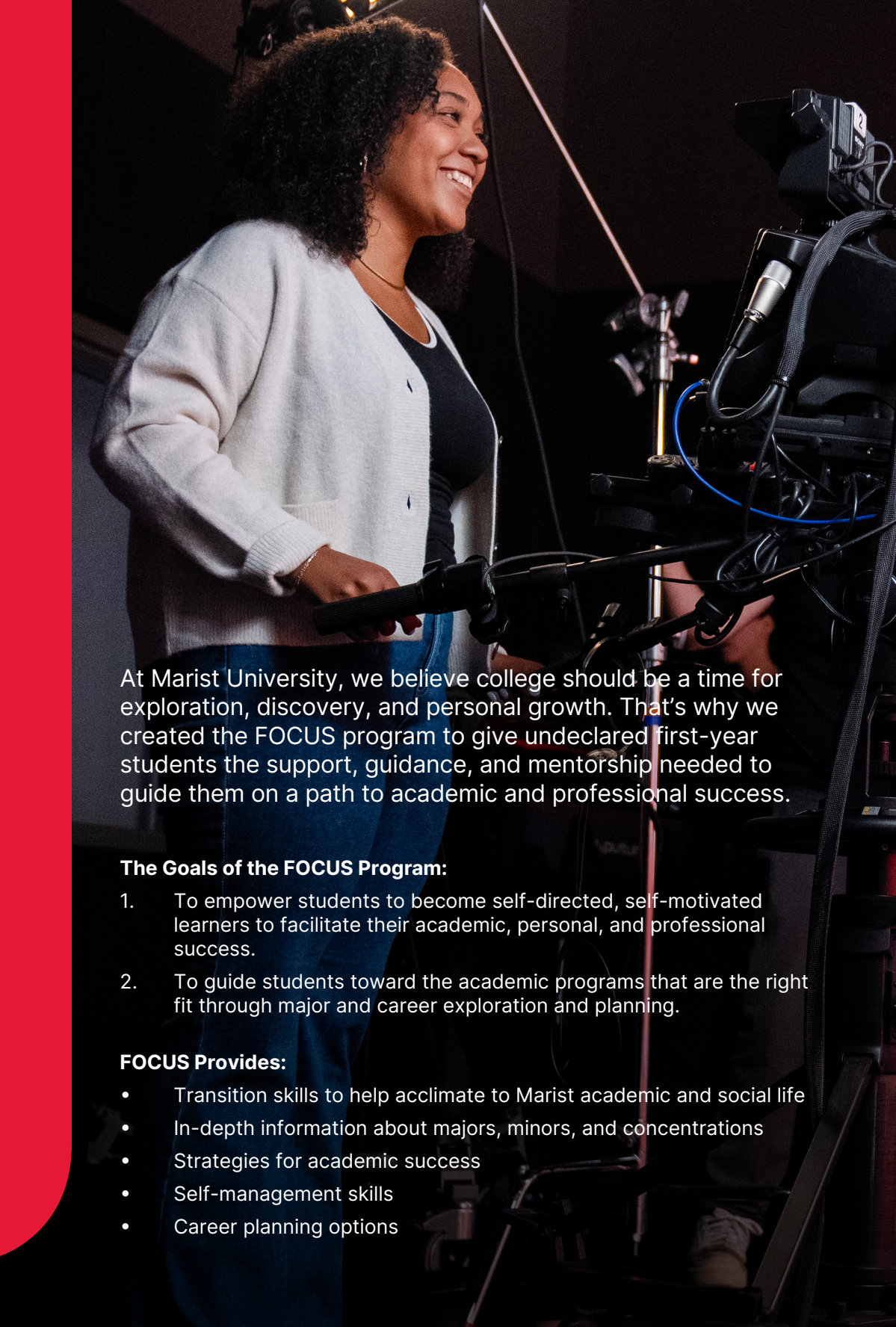


INSPIRED TO DO *MORE*

FOCUS Program

Future Options & Choices for Undeclared Students





At Marist University, we believe college should be a time for exploration, discovery, and personal growth. That's why we created the FOCUS program to give undeclared first-year students the support, guidance, and mentorship needed to guide them on a path to academic and professional success.

The Goals of the FOCUS Program:

1. To empower students to become self-directed, self-motivated learners to facilitate their academic, personal, and professional success.
2. To guide students toward the academic programs that are the right fit through major and career exploration and planning.

FOCUS Provides:

- Transition skills to help acclimate to Marist academic and social life
- In-depth information about majors, minors, and concentrations
- Strategies for academic success
- Self-management skills
- Career planning options

Two Courses Prepare Students for Long-term Growth:

Students enrolled in the FOCUS Program take a three-credit Self Development course in the fall semester and one-credit Career Planning course in the spring. Their instructors, who also may function as their academic advisors throughout the year, and peer mentors provide additional support both in and out of the classroom. This program provides students with a truly unique Marist experience focused on their success.

SELF-DEVELOPMENT (3-credit course)

- Acquire self-management skills, including time management, goal setting, values clarification, stress-management, assertiveness, motivation, and more
- Learn about the majors, minors, and concentrations offered at Marist
- Meet regularly with their instructor/advisor
- Acquire a solid knowledge and understanding of course requirements
- Attend the annual Majors & Minors Fair

CAREER PLANNING AND DECISION MAKING (1-credit course)

- Identify career values, interests, skills and personality style and relate these traits to specific careers and academic majors
- Obtain information on career fields of interest to find out the nature of the work, employment possibilities, future job outlook, necessary academic major, entry level positions, salaries, etc.
- Talk to Marist alumni who are working in a career field of interest
- Develop a professional cover letter and resume

If you have any questions please call or email:

Kathryn Daye, (845) 575-3300, Kathryn.Daye@marist.edu

“The FOCUS Program exceeded all my expectations and guided me through one of the most uncertain times of my life.”

JOE G.

“FOCUS helped me set a very clear course to follow as far as scheduling for eight semesters of college. Because of the program, I had a solid understanding of the Degree Audit that other students lacked.”

CRISTINA L.

Additional Academic Learning Center Programs

PROOFREADING

Available in person during open hours and online through Brightspace.

TUTORING

Private tutors are available for most classes. Monday–Friday by appointment. Tutoring services are provided at no additional cost to the student.

ACADEMIC REVIEW SESSIONS

Free tutoring service for selected courses that include: Organic Chemistry, Economics, Accounting, Statistics, Calculus, General Chemistry, Biology, Business CORE and Computer Science.

ALC Courses

- The College Experience (LERN 120)
- Critical Reading and Thinking (LERN 105)
- Intermediate Writing for College (ENG 119)
- Career Planning and Decision Making (CRDV 105)
- Transfer Seminar (LERN 119)
- Self-Development (LERN 104)

ALC Contact Information

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