

# Study LAB



# Annual Report 2022-2023

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**“Study Lab helps me to understand that Pitt is serious about its students learning.”**

## Overview

Study Lab is the Dietrich School's academic support center for undergraduate students. We believe all students can be successful at Pitt if given the right support to hone their academic skills and content knowledge. Study Lab has a large staff of peer tutors, certified as Level I or Level II College Reading and Learning Association (CRLA) tutors. This ensures that students seeking out tutoring support for challenging courses are working with peers trained in relevant, research-based strategies to support their academic development. With the launch of Collaborative Learning Groups, we expanded our student staff to include over 20 Learning Guides to support students in General Chemistry through engaging, weekly study sessions.

In addition to our students, we have professional staff who support students in exploring different study strategies through academic coaching. Our academic coaches work individually with students to determine the study strategies that work best for them and their specific coursework. Finally, we have a large collection of online content to help students strengthen their academic skills in a variety of areas in addition to content specific support.



# At-a-glance



**1,600+ unique students served**

**15% utilized 2 or more services**

**Tutoring Appointments**  
**3,692**

**Coaching Appointments**  
**496**

## In-person Appointments

**Tutoring: 95% 95%**

**Coaching: 64% 62%**  
Fall Spring

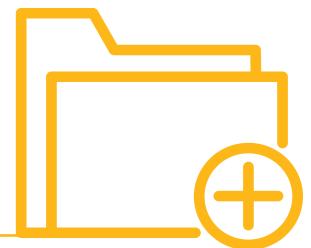
## Tutoring by Class

|            |     |
|------------|-----|
| First-year | 52% |
| Sophomore  | 30% |
| Junior     | 15% |
| Senior     | 4%  |

## Coaching by Class

|            |     |
|------------|-----|
| First-year | 50% |
| Sophomore  | 27% |
| Junior     | 15% |
| Senior     | 5%  |

**43 spring referrals**



**42% attended coaching**

**19% attended coaching & tutoring**



**100 students completed online Study Skills Modules**

**3.5 average GPA of participants at end of term**

# Academic Coaching

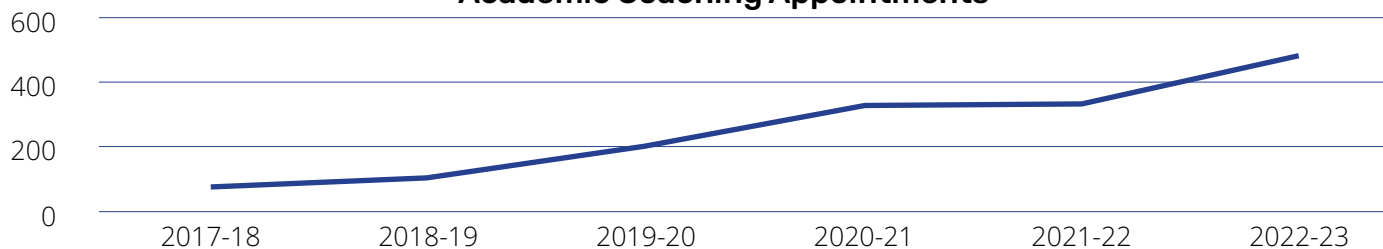


Undergraduate students in Dietrich or CGS are able to schedule individual academic coaching sessions with one of our professional staff. Appointments are about 45 minutes and can be scheduled either in-person or virtually. Students can choose the topic they want to talk through with a coach or take an assessment to determine the area they would like to improve in.

More than 300 students attended academic coaching appointments this academic year. Most students attended coaching just once (75%) but others attended sessions once a month, bi-weekly or weekly. Students attending more than one coaching session ended their terms with higher average GPAs than those that attended only once.

In a survey of students using academic coaching services 100% responded that they found the session helpful and relevant, their academic coach listened to their needs, and that they implemented at least one of the strategies discussed into their study plan which positively impacted their academic performance.

**Academic Coaching Appointments**



## Coaching Areas

- Active Study Strategies
- Time Management
- Reading Strategies
- Exam Prep
- Organization

**Average GPA shift of coached students**

**2.9 → 3.3**  
Fall                  Spring

## When asked what students like most about academic coaching, they responded:

The academic coach understood their struggle

Having someone reassure them and help them focus on plans that would work for their schedule

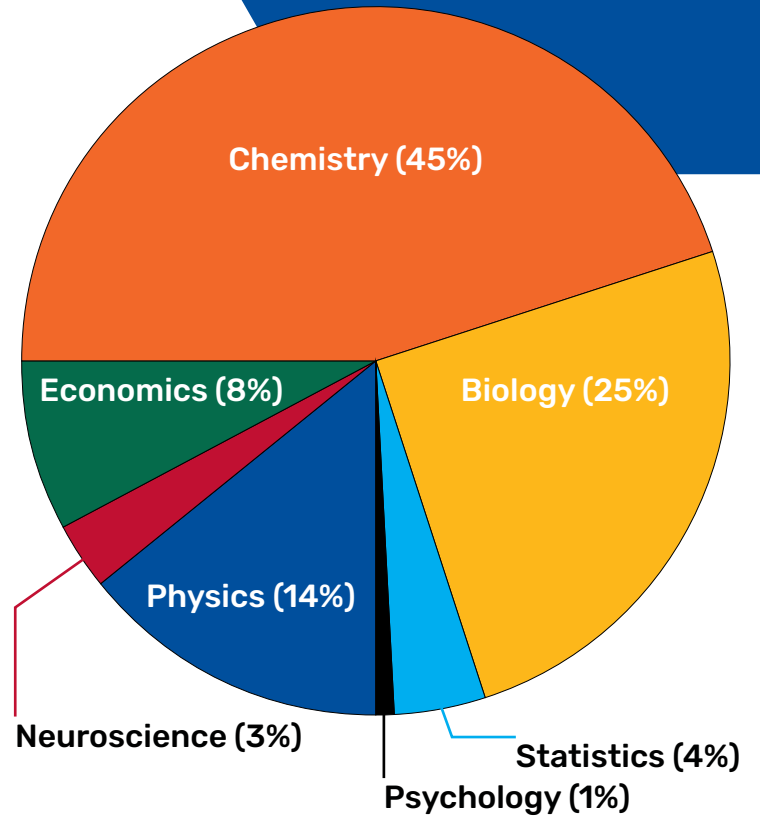
The variety of study options and tips



# Tutoring

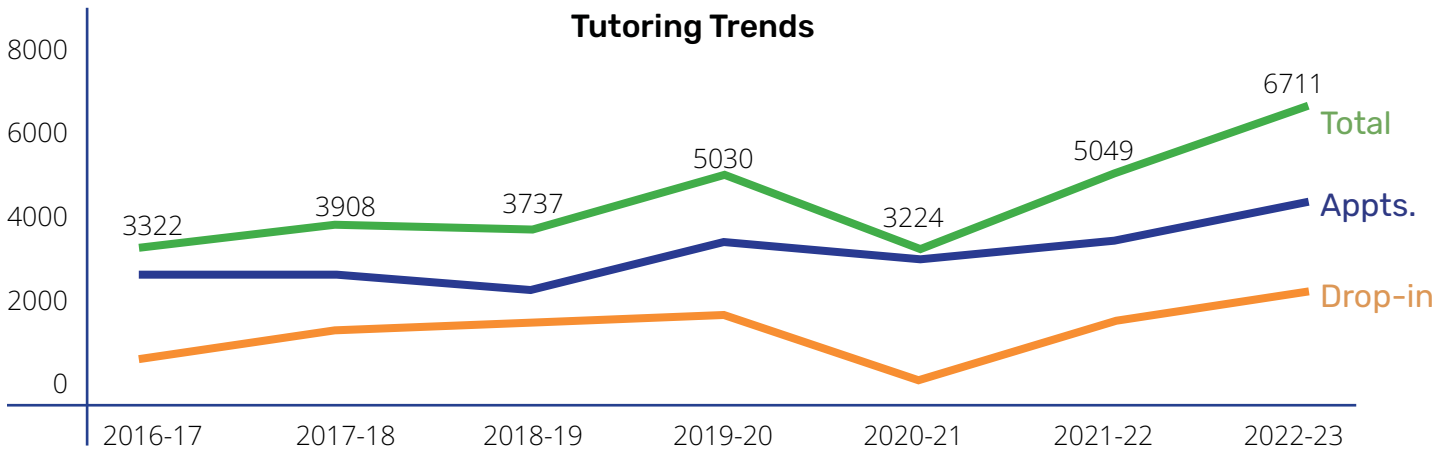
Study Lab continues to offer options for virtual and in-person one-on-one peer tutoring in most of the foundational courses students will take in their first year. Appointments are one hour long and are often booked at least two-to-three weeks out for popular subjects. To keep up with demand, Study Lab also offers drop-in tutoring Sundays-Wednesdays from 6-9 p.m. in Hillman Library. Students can stop in without an appointment to ask a quick question of a tutor or perhaps to meet up with a couple friends to work with a tutor.

Tutoring Sessions by Subject



## 6,700+ points of contact

33% increase from 2021-22  
50% increase in drop-in services



# Co-Lab

**“Co-Lab helped hold me accountable for studying chemistry more regularly and gave me a place where I felt like I would not be judged if I had no idea what I was doing.”**

Collaborative Learning Groups (Co-Lab) are designed to support student success in STEM courses. Through weekly study sessions led by an undergraduate Learning Guide, students work together to tackle complex Chemistry concepts, apply new study strategies to their learning process, and form a supportive network of peers. Groups are composed of up to 10 students from varying course sections that meet for an hour each week.

In the Fall 2022 term, 96 students participated in the pilot program with 10 groups. Based on the success of that term and student feedback, Co-Lab expanded to include CHEM 0120 in the spring, offering six groups for students taking CHEM 0110 and 15 groups for students enrolled in CHEM 0120. 195 students participated in Co-Lab in the spring semester between CHEM 0110 and CHEM 0120.

**Students who participated in Co-Lab outperformed their peers by an average of one letter grade, especially if they attended more than 5 Co-Lab sessions. Students participating also had DFW rates 20 percentage points lower than those that did not.**

## Student Reflections

**93%** of participants would recommend Co-Lab to a friend.

**100%** of participants felt welcome in their groups.

**90%** of participants reported that Co-Lab improved their understanding of course content.





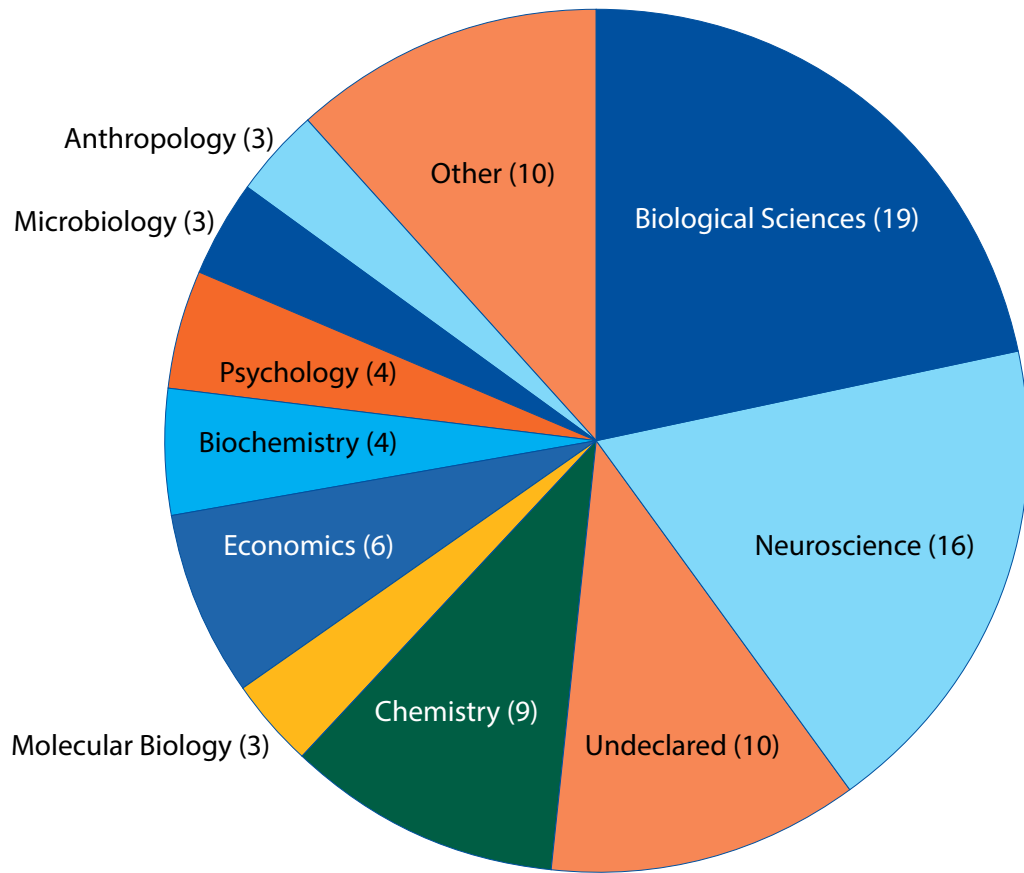
# Student Employment

Peer educators are at the heart of Study Lab. This year, we offered close to 100 hours of training plus additional professional development opportunities for our new Level 1 CRLA tutors, Level 2 CRLA tutors and our Learning Guides. Topics included in our trainings incorporate: structuring tutoring and Co-Lab sessions, metacognition, learning theories, study strategies, equity in higher education, communication and how to teach critical thinking skills.

**22 Learning Guides**

**70 Peer Tutors**

Peer Educators' Fields of Study



**“I loved the Study Lab, and I found it to be a safe space to learn.”**



# Campus Engagement

Study Lab Undergraduate Academic Coaches present study skills workshops across campus and act as ambassadors for Study Lab at various campus events.

**5 Undergraduate Academic Coaches**

**18 Events**

**66 FP Classes**

**2,000 Student Connections**

**“It is very powerful when the students are helping each other, and I try to tailor my sessions around creating opportunities for that to occur.”**

