



Welcome to the
ACADEMIC SKILLS OFFICE
Headquarters for The Urban Health Program
at The University of Illinois
College of Medicine at Peoria!

The Academic Skills Office offers academic skills assessment, study skills and test-taking strategies, and a wide range of other resources to assist all students seeking to enhance their success at the University of Illinois College of Medicine at Peoria.

The Skills Specialist works with medical students and residents, both individually and in groups, to provide academic support and coordinate programs on a variety of topics designed to promote your general well being. Some of these programs and services are:

ASSESSMENT AND COACHING

- Learning Styles • Myers-Briggs Personality Type
- Note Taking • Procrastination • Reading Comprehension • Stress Inventory
- Student Advocacy • Student Group Advisement
- Study Skills • Test-Taking Strategies • Time Management

REFERRAL AND REFERENCE

- Cultural Competence • Hispanic Center of Excellence
- Learning Disabilities • Mentors • Tutoring Assistance
- Self-Esteem • Stress Management
- Textbooks & Review Books • USMLE Preparation

PRESENTATIONS

- Conflict Resolution • Living with Diversity
- Overcoming Procrastination • Study Skills
- Test-Taking Strategies • Urban Health Program

Lorene King, Academic Skills Specialist-Urban Health Program

*** Room A220 * Phone: 309/495-8160 * E-mail: ljking@uic.edu**

Office Hours: Monday-Friday, 9:00 a.m. - 5:30 p.m.

Secretarial support staff assists with checkout and return of books from the Urban Health Resource Library; bulletin board postings; student mail distribution and mailbox combinations, repair & replacement of recreational equipment, replenishment of coffee station supplies, mailings to clinical advisors, and assistance with the student computer, printer and phone. You can also obtain local housing information, here.

Annette McMorrow, Office Associate; Room A221; Phone: 309-671-8413

Office hours: Monday - Wednesday, 8:30 am-1:30 pm; Thursday - Friday, 8:30am-1:00pm