# What can I do if I am doing poorly in class?

Ask other classmates for assistance, go to tutoring sessions for the class, or visit the professor’s office hours if you are unsure of how to complete assignments or are confused. If you find that you are overstressed or overworked and are becoming tired, take short 10-15 minute naps during the day to calm yourself down. If you have testing anxiety or any other problems, think positively and take deep breaths.