



Thrive In The Core

MBA Academics Team



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*Indicates Interim
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To support you in the core, we've created an acronym to highlight **6 key perspectives** to keep in mind. We're here to support you every step of the way.

- T** Trust the process
- H** Have some perspective
- R** Resources are plentiful
- I** Initiate: ask for help when you need it
- V** Value-check: what are your priorities?
- E** Engage with faculty & OSA



Trust the Process

Trust that **you are not the first student to struggle in the core** and we guarantee that **you are not the only one struggling in your cluster**. Remember that we have years of experience working with students in exactly your position right now.

While every student is different, there are certain perspectives and approaches that we find work for most.



Have Some Perspective



Your goal shouldn't be to master every core subject, rather you should focus on **mastering the material that supports your #CBSWhy.**

Now is a good time to check in:

What did I come here to learn?

Resources Are Plentiful

Help will always be available for those who seek it.
**Which resources haven't I used? Do I know
which ones to use and when?**

Your learning team

Your cluster

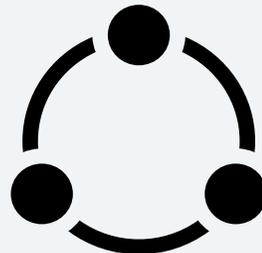
[Review sessions with TAs](#)

TA office hours

Professor office hours

Peer tutoring

ESL tutoring



Initiate asking for help

It's normal to hit bumps along the way—whether academically or personally. It can be tough to know where to turn, but here are few **partner offices** you can connect with to get you on the right track.

| | | |
|--|--|--|
| The core is progressing quicker than I can keep up | Something unexpected happened or I need help coping or adapting | I became injured during the semester or I'm facing an unexpected learning challenge |
| English Language & Peer Tutoring | Counseling and Psychological Services | Office of Disability Services |
| I'm struggling academically or I'm struggling and don't know who to turn to | School is going well, but I'm struggling in other ways | My career goals have changed or I'm struggling with recruiting demands |
| Schedule an appointment with your academic advisor | Financial Aid | Career Management Center |

Value-Check: What are your priorities?

Whether you're leading a student organization, recruiting, or balancing multiple commitments, **reflect on where your focus is *and* what you can manage.**

Aim for Good Academic Standing (a 5.5 or above), but remember, excellence can mean choosing where to invest your time and energy most effectively. **You only have so many hours in each week.**

You don't need to master every class. Pick 2-3 courses to master while maintaining strong, passing grades in others.

Academics
Career
Student Life & Engagement
Community Involvement



Engage

Engaging with your academic advisors and professors is one of the best ways to ensure your success.

Don't hesitate to reach out— OSA and faculty won't know you need help unless you tell us. If you don't know where to go, reach out to your academic advisor and we can point you in the right direction.

- Best ways to contact your academic advisors
 - Email
 - [Starfish](#)
- Best ways to contact your faculty
 - Before/After class (for quick questions)
 - Email
 - Office Hours





Questions?

Reach out to your academic advisor or osa@gsb.columbia.edu