

Division of Student Academic Support Services

Fall 2021 Commit To Success Workshops

[TRIO Series] Getting Involved

Tuesday, September 7
11:00am–12:00pm

Learn about the student organizations, fraternities & sororities, leadership programs, service programs, diversity & cultural programs and campus programs that UMSL has to offer. Presented in partnership with the Office of Student Involvement.

Welcome to College

Tuesday, September 7
1:00pm–2:00pm

This workshop will aid in understanding the expectations placed on you as a college student, as well as provide strategies to help you succeed!

Growth Mindset

Tuesday, September 7
2:00pm–3:00pm

Intelligence is not fixed. You can develop your abilities through hard work and determination! You will learn about growth mindset principles and ways to actualize your academic success plan.

College of Business Administration

Wednesday, September 8
10:00am–11:00am

Join the College of Business Administration to discuss programs and opportunities for you. Presented in partnership with UMSL College of Business Administration.

[Be in the Know Series] Academic Integrity/Plagiarism

Wednesday, September 8
11:00am–12:00pm

Join us for an overview on the various forms of academic dishonesty. You will learn about the importance of properly citing your sources. Presented in partnership with Student Conduct & Academic Integrity.

Zoom In, Zoom Out

Wednesday, September 8
1:00pm–1:30pm

Quick, drop-by session on tricks, trades and triumphs to help you navigate UMSL resources.

Test Prep: More than Just a Roll of the Dice

Wednesday, September 8

3:00pm–4:00pm

Stressed about exams? Learn strategies for acing every type of exam, from multiple choice exams to short answer and essay exams. You will also gain experience developing a test day strategy and making a study plan.

Time Management – Getting Off to a Balanced Start

Thursday, September 9
11:00am–12:00pm

Begin your semester by developing a time management plan. We'll explore time management tools and tips for organization and effective planning.

Career & Transferable Competencies

Thursday, September 9

2:00pm–3:00pm

Have you ever wondered what employers are looking for in potential candidates? This workshop will help you use your college experiences to develop career competencies. Presented in partnership with Career Services.

[Safety Series] Get to Know Your UMSL PD

Friday, September 10
12:00pm–1:00pm

Come and meet your UMSL Police Department. Bring your questions, concerns and thoughts to share! Presented in partnership with the UMSL Police Department.

Strategies for Using Downtime on Campus

Monday, September 13

1:00pm–2:00pm

Picking a class schedule can be difficult and finding classes at just the right times can be even more tricky. You may find that you have schedules with large blocks of time between classes and wonder how best to spend your time. If you are interested in learning strategies for using small blocks of time, this workshop is for you!

Learning How to Learn

Tuesday, September 14

2:00pm–3:00pm

Have you struggled to remember course material, even after hours of reading and studying? Through a combination of brief bits of information delivery and fast-paced activities,

you will gain knowledge about current research into learning and memory, and leave with a specific plan to improve your study skills.

Job Fair Training: How to Prepare for the Fair

Tuesday, September 14

3:30pm–4:30pm

Increase your chances of standing out, discuss how to prepare, practice what to say, and learn how to follow-up with employers before UMSL's Career Fair.

Stress Reduction through Mindfulness

Wednesday, September 15

2:00pm–3:00pm

We all have the capacity to experience well-being, strength, and confidence, even in the face of stress, pain, or illness. In order to enhance that capacity, you will be introduced to the power of mindfulness, the practice of meeting each moment with an open heart and mind.

Study Skills Bootcamp

Wednesday, September 15

3:30pm–4:30pm

Enrolled in online classes this semester? Join us as we discuss what to expect!

Tips for Taking Online Classes

Thursday, September 16

1:00pm–2:00pm

Enrolled in online classes this semester? Join us as we discuss what to expect!

Introduction to Campus Resources

Thursday, September 16

2:00pm–3:00pm

Resources help us stay connected to the services we need. Join us to learn more about the many free resources offered on campus!

The Real: The Psychology of Imposter Syndrome, Part One

Thursday, September 16

5:00pm–6:00pm

This educational workshop begins a 3-part series of enlightenment, self-reflection, and advocacy as we explore the depths of imposter syndrome on the psychological level. In this kick-off event we will have open, relatable, and culturally inclusive conversation as we seek to define the layered and complex experience.

Presented in partnership with Melissa Douglass.

Friday Online Games

Friday, September 17

12:00pm–1:00pm

Come connect with other students and discover strategies that will assist you in having a successful year at UMSL. Discussion topics will vary.

How to Build Relationships with Professors

Saturday, September 18

11:00am–12:00pm

Come join us as we share how to reach out and engage with those who are dedicated to your education and success.

Growth Mindset

Monday, September 20

11:00am–12:00pm

Intelligence is not fixed. You can develop your abilities through hard work and determination! You will learn about growth mindset principles and ways to actualize your academic success plan.

[TRIO Series] Financial Literacy

Monday, September 20

10:00am–11:00am

Tackle school and money decisions with confidence thanks to expert tips and help from the UMSL Student Financial Services. In this workshop, you will enhance your understanding and improve your financial literacy. Presented in partnership with UMSL Financial Aid Office.

Getting into Graduate School

Monday, September 20

4:00pm–5:00pm

Please join us to learn more about strategies for applying to and gaining acceptance into graduate school. Presented in partnership with the UMSL Graduate School.

Active Reading Strategies

Tuesday, September 21

11:00am–12:00pm

Are you overwhelmed with your class readings or tired of feeling like you don't remember what you just read? Attend this workshop and learn strategies for becoming a more

intentional and effective reader. Please bring one textbook or reading to practice with.

Zoom In, Zoom Out

Tuesday, September 21

1:00pm–1:30pm

Quick, drop-by session on tricks, trades and triumphs to help you navigate UMSL resources.

[TRIO Series] Things I Wish I Would Have Known

Wednesday, September 22

11:00am–12:00pm

You have made it through the first couple of weeks of school. It is not too late to learn things you wish you would have known. Take these tips and advice with you until you graduate!

Effective Note Taking

Wednesday, September 22

10:00am–11:00am

Are you finding your lectures hard to follow? Effective note-taking skills may be the answer! Join us for this interactive learning event that will cover different ways for you to engage in the lecture experience via note-taking.

Creating Student Communities

Wednesday, September 22

3:00pm–4:00pm

Discover and discuss why getting connected on campus provides students with the opportunity to gain valuable skills, earn better grades, and thrive at UMSL.

Relaxation NOT Frustration

Thursday, September 23

12:00pm–1:00pm

Come gather strategies to combat student strain and promote personal well-being.

The Benefits of Mentorship & the iMentor Program

Thursday, September 23

2:00pm–3:00pm

You will learn about mentoring and mentorship, as well as why it is important to have a mentor/mentee to help expand personal development and access to opportunities.

Oh the Places You'll Go: Virtual Museum Tours



All workshops will be held at this Zoom link:

<https://umsystem.zoom.us/my/sass.workshops>

Meeting ID: 977 840 6648

Division of Student Academic Support Services

Fall 2021 Commit To Success Workshops

Friday, September 24

12:00pm–1:00pm

Join us as we go on a virtual tour inside a nationally recognized tourist attraction! Feel free to stick around afterwards to debrief and fellowship with your peers.

[TRIO Series] Active Reading Strategies

Monday, September 27

10:00am–11:00am

Are you overwhelmed with your class readings or tired of feeling like you don't remember what you just read? Attend this workshop and learn strategies for becoming a more intentional and effective reader. Please bring one textbook or reading to practice with.

How to Use Library Services

Tuesday, September 28

11:00am–12:00pm

Struggling to make time for your wellness? Join us to discuss tips for staying healthy! Presented in partnership with the Recreation and Wellness Center.

Wellness & Nutrition

Tuesday, September 28

2:00pm–3:00pm

Struggling to make time for your wellness? Join us to discuss tips for staying healthy! Presented in partnership with the Recreation and Wellness Center.

Resume Workshop

Tuesday, September 28

5:30pm–6:30pm

Is a job hunt in your future? Join us as we discuss tips for creating a resume based on the experience you already have!

Managing your Health as a Student

Wednesday, September 29

10:00am–11:00am

Come learn about health care options provided to you! Presented in partnership with the UMSL Health Services Department.

Getting Involved

Wednesday, September 29

3:00pm–4:00pm

Learn about the student organizations, fraternities & sororities, leadership programs, service programs, diversity & cultural programs and campus programs that UMSL has to offer. Presented in partnership with the Office of Student Involvement.

Goal Setting: Short-Term & Long-Term

Thursday, September 30

11:00am–12:00pm

Join us as we learn about the importance of goal-setting and the science behind setting and achieving goals.

Reframing Motivation

Monday, October 4

3:00pm–4:00pm

Does your motivation fluctuate? You'll learn strategies that allow you to tap into your values to sustain healthy motivation levels.

Mistakes are Okay: Mindset Matters

Tuesday, October 5

10:00am–11:00am

Join us as we learn how to manage setbacks and focus on personal and professional development ... mistakes and all!

[Be in the Know Series] What You Don't Know Can Hurt You

Tuesday, October 5

1:00pm–2:00pm

Do you know about Title IX or Student Conduct policies? Join us to learn more about decision-making, responsibility for your actions and how the Title IX & Equity Office can help you in understanding your rights. Presented in partnership with Title IX & Student Conduct.

Stress Reduction through Mindfulness

Tuesday, October 5

2:00pm–3:00pm

We all have the capacity to experience well-being, strength, and confidence, even in the face of stress, pain, or illness. In order to enhance that capacity, you will be introduced to the power of mindfulness, the practice of meeting each moment with an open heart and mind.

Perfectionism and Procrastination

Wednesday, October 6

12:00pm–1:00pm

Do you pressure yourself to perfect your work and then get in your own way when you fall short? Do you struggle with feeling overwhelmed and knowing how to get started on big projects? This is your space. You make sense, and we can teach you skills to get control of your to-do list. Presented in partnership with Counseling Services.

Zoom In, Zoom Out

Wednesday, October 6

1:00pm–1:30pm

Quick, drop-by session on tricks, trades, and triumphs to help you navigate UMSL resources.

Effective Public Speaking Techniques

Thursday, October 7

10:00am–11:00am

Join us as we discuss tips on how to make your presentations pop and how to effectively captivate your audience.

Time Management – Halftime

Thursday, October 7

3:00pm–4:00pm

Does it seem as if the first half of the semester has flown by and you didn't even realize it? Don't worry, you can learn how to successfully maximize your time for optimum success for the second half of the semester.

[TRIO Series] Time Management

Friday, October 8

11:00am–12:00pm

Does it seem like the first half of the semester has flown by and you didn't even realize it? Don't worry, you can learn how to successfully maximize your time for optimum success for the second half of the semester.

[Safety Series] Know Your Rights, Part One

Friday, October 8

12:00pm–1:00pm

Come and review rights you may not know you have. Presented in partnership with the UMSL Police Department.

Title IX and Equity Investigation

Monday, October 11

1:00pm–2:00pm

Are you looking for more information about Title IX? This workshop will cover our governing Collected Rules and Regulations and the investigation and resolution process for Title IX and Equity Complaints. You will gain a better understanding of what qualifies as a violation, how a Complaint is investigated, and how a Complaint is ultimately resolved.

Self-Care Strategies

Tuesday, October 12

10:00am–11:00am

What is self-care? Join us to find out the answers to this question, and more!

Active Reading Strategies

Tuesday, October 12

2:00pm–3:00pm

Are you overwhelmed with your class readings or tired of feeling like you don't remember what you just read? Attend this workshop and learn strategies for becoming a more intentional and effective reader. Please bring one textbook or reading to practice with.

Test Prep: More than Just a Roll of the Dice

Wednesday, October 13

2:00pm–3:00pm

Stressed about exams? Learn strategies for acing every type of exam, from multiple choice exams to short answer and essay exams. You will also gain experience developing a test day strategy and making a study plan.

How to Handle Difficult Conversations

Wednesday, October 13

5:30pm–6:30pm

There are no perfect ways to prepare for a sensitive conversation. Come explore some helpful tools to alleviate some of the nervousness that occurs in these moments and how to properly respond in these situations.

Email Like a Pro

Thursday, October 14

1:00pm–2:00pm

Have you been hesitant to send an email because you were concerned how it would be received? You'll learn how to break down the norms for professional electronic communication,

with an emphasis on email.

Friday Online Games

Friday, October 15

1:00pm–2:00pm

Come connect with other students and discover strategies that will assist you in having a successful year at UMSL. Discussion topics will vary.

Learning How to Learn

Saturday, October 16

11:00am–12:00pm

Have you struggled to remember course material, even after hours of reading and studying? Through a combination of brief bits of information delivery and fast-paced activities, you will gain knowledge about current research into learning and memory and leave with a specific plan to improve your study skills.

[TRIO Series] Building Study Skills

Monday, October 18

10:00am–11:00am

Do you feel like you aren't maximizing your study sessions? Get the most out of your studying in this workshop dedicated to building your study skills.

Study Skills Bootcamp

Monday, October 18

11:00am–12:00pm

Do you feel like your study habits are sub-par? Whip them into shape with our Study Skills Bootcamp, a workshop dedicated to helping you improve your study habits.

School of Social Work

Tuesday, October 19

1:00pm–2:00pm

Join the School of Social Work to discuss programs and opportunities for you. Presented in partnership with UMSL School of Social Work.

Zoom In, Zoom Out

Tuesday, October 19

2:00pm–2:30pm

Quick, drop-by session on tricks, trades, and triumphs to help you navigate UMSL resources.

Effective Note Taking

Wednesday, October 20

1:00pm–2:00pm

Are you finding your lectures hard to follow? Effective note-taking skills may be the answer! Join us for this interactive learning event that will cover different ways for you to engage in the lecture experience via note-taking.

It's Okay to be Undeclared and the World of Work

Wednesday, October 20

3:00pm–4:00pm

Learn more about your possible interests, the major that might be the right fit for you, and your future in the world of work!

Interviewing Skills with Career Services

Thursday, October 21

2:00pm–3:00pm

Come and learn about behaviors necessary to be successful in preparing for an interview! Presented in partnership with Career Services.

Removing the Mask of Imposter Syndrome: An Introspective Dive Within, Part Two

Thursday, October 21

5:00pm–6:00pm

This interactive workshop will guide you through an empowering psychoeducational experience designed to validate, affirm, and encourage you to unfold your own mental/emotional experiences with imposter syndrome. We will use narrative therapy techniques to equip you with the tools to further process and motivate yourselves to rewrite your personal story. Presented in partnership with Melissa Douglass.

Mindset, Resilience, and Success

Friday, October 22

1:30pm–2:30pm

Are you gritty? Do you push through tough challenges? Join us to find out how our mindset and resiliency can lead to success, both in and out of the classroom.

There is No 'I' in 'TEAM'

Tuesday, October 26

10:30am–11:30am

Discuss the importance of building collaborative relationships, developing effective leadership skills and becoming a change agent to benefit yourself

Division of Student Academic Support Services

Fall 2021 Commit To Success Workshops

and others.

[TRIO Series] Effective Note Taking

Tuesday, October 26

9:00am–10:00am

Are you finding your lectures hard to follow? Effective note-taking skills may be the answer! Join us for this interactive learning event that will cover different ways for you to engage in the lecture experience via note-taking.

Academic Writing

Wednesday, October 27

11:00am–12:00pm

Do you need help writing your research papers? Join us to learn tips for quality academic writing. Presented in partnership with the University Tutoring Center.

How to Make Connections

Wednesday, October 27

2:00pm–3:00pm

Most people rely on formal settings to make proper connections to advance in their career. Come discover how others have made concrete connections in some of the most unlikely places.

[Be in the Know Series] Boundaries/Healthy Relationships

Thursday, October 28

10:00am–11:00am

Join us to learn how setting boundaries can affect your friendships and relationships. Learn about healthy relationships and what some red flags may be. Presented in partnership with Counseling Services.

Professional Panel

Thursday, October 28

4:00pm–5:00pm

Interested in learning how to navigate your career after college? Come join us and connect with professional leaders from the St. Louis Community to learn tips and strategies for a successful career.

Oh the Places You'll Go: Virtual Museum Tours

Friday, October 29

1:00pm–2:00pm

Join us as we go on a virtual tour inside a nationally recognized tourist attraction! Feel free to stick around

afterwards to debrief and fellowship with your peers.

Social Justice

Monday, November 1

10:00am–11:00am

Are you interested in learning more about social justice, diversity and inclusivity? Join us for a deeper dive into these issues in a safe and respectful environment.

[TRIO Series] Communication Skills

Tuesday, November 2

11:00am–12:00pm

Communication is the key to any relationship, whether it be in your personal, work, or school life. Boost your relationships in a workshop designed to excel your communication, deep listening, and conflict-resolution skills. in a workshop designed to excel your communication, deep listening, and conflict-resolution skills.

Group Interviewing

Tuesday, November 2

10:00am–11:00am

Join us for this interactive and informative workshop where you can practice and hone your interviewing skills in a fun and supportive environment.

Zoom In, Zoom Out

Wednesday, November 3

1:00pm–1:30pm

Quick, drop-by session on tricks, trades and triumphs to help you navigate UMSL resources.

Learning How to Learn

Wednesday, November 3

2:00pm–3:00pm

Have you struggled to remember course material, even after hours of reading and studying? Through a combination of brief bits of information delivery and fast-paced activities, you will gain knowledge about current research into learning and memory and leave with a specific plan to improve your study skills.

[Safety Series] Know Your Rights, Part Two

Thursday, November 4

12:00pm–1:00pm

Come and review rights you may not know you have. Presented in partnership with the UMSL Police Department.

Money Management & Budgeting

Monday, November 8

1:00pm–2:00pm

Do you know how to budget your money? Are you wanting to save your money for a big purchase? Come learn about budgeting and money management skills. Presented in partnership with UMSL Financial Aid Office.

WOW! Or Woah...

Tuesday, November 9

10:00am–11:00am

Come learn how to leave a lasting impression in a good way! Presented in partnership with UMSL Human Resources.

Time Management – Final Countdown

Wednesday, November 10

11:00am–12:00pm

You're in the final stretch of the semester. Make the most of each day to finish strong! This workshop will help you learn how to successfully maximize and prioritize your time for optimum success.

Laying Imposter Syndrome to Rest: The Systems Approach, Part Three

Thursday, November 11

5:00pm–6:00pm

This empowering workshop wraps up the 3-part series with a laser focus on the larger, systematic issues and isms that fuel the impact of imposter syndrome on the individual level. We will create action plans on strategies to educate and advocate for more inclusive educational and workplace environments.

[TRIO Series] Being Successful in Groups

Friday, November 12

11:00am–12:00pm

Sometimes it may be challenging or out of your comfort zone to work in groups. This workshop is designed to help you navigate through teamwork and learn effective strategies to be successful in any type of group.

Friday Online Games

Friday, November 12

12:00pm–1:00pm

Come connect with other students and discover strategies that will assist you in having a successful year at UMSL. Discussion topics will vary.

Study Skills Bootcamp

Saturday, November 13

11:00am–12:00pm

Do you feel like your study habits are sub-par? Whip them into shape with our Study Skills Bootcamp, a workshop dedicated to helping you improve your study habits.

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Tuesday, November 16

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[TRIO Series] Test Prep: More than Just a Roll of the Dice

Monday, November 15

12:00pm–1:00pm

Stressed about exams? Learn strategies for acing every type of exam, from multiple choice exams to short answer and essay exams. You will also gain experience developing a test day strategy and making a study plan.

What to Wear to an Interview

Tuesday, November 16

5:30pm–6:30pm

Confused on what to wear to an interview? Join us to learn tips and tricks on how to look professional and how to wow your interviewers!

LinkedIn to Connections: LinkedIn and Indeed

Wednesday, November 17

1:00pm–2:00pm

Come learn more about conducting a job search online and how to create a professional looking LinkedIn profile.

Scholarship Search

Thursday, November 18

10:00am–11:00am

This workshop will provide resources and strategies to assist you in locating

scholarships to finance the remainder of your college education.

Test Prep: More than Just a Roll of the Dice

Thursday, November 18

2:30pm–3:30pm

Stressed about exams? Learn strategies for acing every type of exam, from multiple choice exams to short answer and essay exams. You will also gain experience developing a test day strategy and making a study plan.

Get Stuck in a R.U.T. – Responsible Use of Technology

Thursday, November 30

2:00pm–3:00pm

Navigating social media can be tricky. Come discuss how to utilize social media for good and learn about its pitfalls!

Taking Time to S.W.O.T. Your Thoughts

Wednesday, December 1

11:00am–12:00pm

Understanding your strengths and weaknesses enable you to gain more resources and opportunities within your career. Join us as we discuss the many ways that understanding strengths and weaknesses can increase your market value.

[Safety Series] Safety Tips/Q&A

Thursday, December 2

12:00pm–1:00pm

How can you have fun, but be safe at the same time? Join us to discover valuable safety tips! Presented in partnership with the UMSL Police Department.

[TRIO Series] Managing Stress

Friday, December 3

10 AM-11 AM:

Take a breather and learn several ways to manage stress and release the bad vibes students may experience before preparing for finals week.

Oh the Places You'll Go: Virtual Museum Tours

Friday, December 3

12:00pm–1:00pm

Join us as we go on a virtual tour inside a nationally recognized tourist

attraction! Feel free to stick around afterwards to debrief and fellowship with your peers.