Division of Student Academic Support Services

Fall 2021 Commit To Success Workshops

NOVEMBER/ DECEMBER

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 communication skills in a workshop designed to reveal your communication, deep listening, and conflict-resolution skills in a workshop designed to reveal your communication, deep listening, and conflict-resolution skills.

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 material, even after hours of reading and studying. Presented in partnership with UMSL Financial Aid Office.

WOW! Or Wish...
Tuesday, November 9
10:00am – 11:00am
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 systems of support that can help you navigate imposter syndrome on an individual level. We will create action plans on strategies tocultivate 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.

Tours
Friday, December 3
12:00pm – 1:00pm
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 stuff! 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.

All workshops will be held at this Zoom link: https://umsystem.zoom.us/my/fa22workshops
Meeting ID: 977 840 6648

UMSL Student Academic Support Services
University of Missouri–St. Louis