

# Division of Student Academic Support Services

## Fall 2021 Commit To Success Workshops

# NOVEMBER/ DECEMBER



All workshops will be held  
at this Zoom link:

[https://umsystem.zoom.us/  
my/sass\\_workshops](https://umsystem.zoom.us/my/sass_workshops)

Meeting ID: 977 840 6648

### 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.

### Zoom In, Zoom Out

Tuesday, November 16

1:00pm–1:30pm

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

### 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.