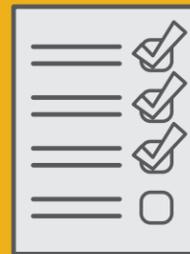


# Division of Student Academic Support Services

## Fall 2021 Commit To Success Workshops

# OCTOBER



All workshops will be held at this Zoom link:

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

Meeting ID: 977 840 6648

**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 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.