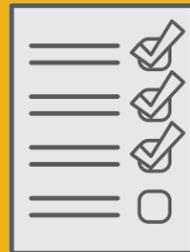


Division of Student Academic Support Services

Fall 2021 Commit To Success Workshops

SEPTEMBER



All workshops will be held at this Zoom link:

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

Meeting ID: 977 840 6648

[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.

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.

[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.

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.

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

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.