

# TRIO Student 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.

### [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.

### [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!

### [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.

### [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.

### [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.

### [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.

### [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.

### [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.

### [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.

### [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.

For more information, please contact TRIO Student Support Services at [umsltrio@umsl.edu](mailto:umsltrio@umsl.edu) or 314-516-4332.



All workshops will be held at this Zoom link:

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

Meeting ID: 977 840 6648