Division of Student Academic Support Services

Spring 2022 Commit to Success Workshops

April

**Reframing Motivation**
Tuesday, April 5th 9:30am - 10:30am
107 Lucas
Do you feel like you aren’t maximizing your study sessions? Join us as we discuss tips for creating a resume based on the experience you already have! Presented in partnership with UMSL Graduate School.

**Growth Mindset**
Tuesday, April 5th 2:00pm - 3:00pm
107 Lucas
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**
Wednesday, April 6th 1:00pm - 2:00pm
107 Lucas
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.

**Test Prep**
Thursday, April 7th 10:00am - 11:00am
107 Lucas
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] Resume Workshop**
Friday, April 8th 11:00am - 12:00pm
107 Lucas
Is a job hunt in your future? Join us as we discuss tips for creating a resume based on the experience you already have! Presented in partnership with Career Services.

**Group Interviewing**
Friday, April 8th 3:00pm - 4:00pm
Zoom
Join us for this interactive and informative workshop where you can practice and hone your interviewing skills in a fun and supportive environment.

**Scholarship Search & Opportunities**
Monday, April 11th 10:00am - 11:00am
107 Lucas
This workshop will provide resources and strategies to assist you in locating scholarships to finance the remainder of your college education. Presented in partnership with UMSL Financial Aid.

**What to Wear to an Interview**
Monday, April 11th 2:00pm - 3:00pm
Zoom
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!

**[TRIO Series] Building Your Study Skills**
Wednesday, April 13th 1:00pm - 2:00pm
Zoom
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.

**Time Management - Final Countdown**
Wednesday, April 13th 3:00pm - 4:00pm
107 Lucas
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**
Wednesday, April 13th 5:00pm - 6:00pm
107 Lucas
This empowering workshop wraps up the 3-part series with a laser focus on the larger, systemic issues and signs 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. Presented in partnership with Melissa Douglass.

**Managing your Health**
Thursday, April 14th 11:00am - 12:00pm
107 Lucas
Come learn about health care options provided to you! Presented in partnership with the UMSL Health Services Department.

**LinkedIn to Connections: LinkedIn and Indeed**
Monday, April 18th 11:00am - 12:00pm
107 Lucas
Come learn more about conducting a job search online and how to create a professional looking LinkedIn profile.

**Study Skills Bootcamp**
Wednesday, April 20th 2:00pm - 3:00pm
107 Lucas
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.

**Professional Panel**
Thursday, April 21st 12:00pm - 1:00pm
Zoom
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.

**[TRIO Series] Jump Start Your Career Interview & Professional Skills**
Friday, April 22nd 10:00am - 11:00pm
107 Lucas
Come and learn about behaviors necessary to be successful in preparing for an interview! Presented in partnership with Career Services.

**[Safety Series] Safety Tips/Q&A**
Friday, April 22nd 12:00pm - 1:00pm
107 Lucas
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.

**Managing Stress**
Wednesday, April 27th 10:00am - 11:00am
Zoom
Take a breath and learn several ways to manage stress and release the bad vibes students may experience before finals week.

**Stress Reduction through Mindfulness**
Wednesday, April 27th 10:00am - 2:00pm
107 Lucas
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.

**Relaxation NOT Frustration**
Thursday, April 28th 3:00pm - 4:00pm
107 Lucas
Come gather strategies to combat student strain and promote personal well-being.