Division of Student Academic Support Services

Spring 2022 Commit to Success Workshops

**February**

**[TRIO Series] Getting Involved**
- **Tuesday, February 1st** 1:00pm - 2:00pm Zoom
  - 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.

**Learning How to Learn**
- **Tuesday, February 2nd** 1:00pm - 2:00pm Zoom
  - 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.

**Test Prep**
- **Wednesday, February 2nd** 9:30am - 10:30am Zoom
  - 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.

**Sleep, Wellness & Nutrition**
- **Wednesday, February 2nd** 2:00pm - 2:00pm Zoom
  - Getting enough sleep? Struggling to make time for your wellness? Join us to discuss tips for staying healthy! Presented in partnership with the Recreation and Wellness Center.

**Time Management**
- **Thursday, February 3rd** 11:00am - 12:00pm Zoom
  - Begin your semester by developing a time management plan. We'll explore time management tools and tips for organization and effective planning.

**How to Build Relationships with Professors**
- **Friday, February 4th** 12:30pm - 1:30pm Zoom
  - Join us as we share how to reach out and engage with those who are dedicated to your education and success.

**[TRIO Series] Financial Literacy**
- **Monday, February 7th** 10:00am - 11:00am Zoom
  - 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.

**Study Skills Bootcamp**
- **Tuesday, February 8th** 3:00pm - 4:00pm Zoom
  - 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.

**Effective Note Taking**
- **Wednesday, February 9th** 1:00pm - 2:00pm Zoom
  - 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.

**Money Management & Budgeting**
- **Wednesday, February 9th** 2:30pm - 3:30pm Zoom
  - 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 Finance.

**Effective Note Taking**
- **Thursday, February 10th** 12:30pm - 1:30pm Zoom
  - 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.

**[TRIO Series] Things I Wish I Would Have Known**
- **Tuesday, February 15th** 9:00am - 10:00am Zoom
  - 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.

**Growth Mindset**
- **Wednesday, February 16th** 9:00am - 11:00am Zoom
  - 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.

**The Real: The Psychology of Imposter Syndrome, Part One**
- **Wednesday, February 16th** 10:00am - 11:00am Zoom
  - The smooth talker and the expert at following the conversation are just part of imposter syndrome. Join us 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 about the layered and complex experience. Presented in partnership with Melissa Douglass.

**Work/Life/School Balance**
- **Thursday, February 17th** 12:00pm - 1:00pm Zoom
  - Are you having trouble managing all your priorities? Does it seem like a juggling act? Come learn how to manage all the different things happening in your life.

**Career Competencies**
- **Thursday, February 23rd** 2:00pm - 3:00pm Zoom
  - 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.

**Mistakes are Okay: Mindset Matters**
- **Wednesday, February 23rd** 1:00pm - 2:00pm Zoom
  - 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.

**Email Like a Pro**
- **Monday, February 28th** 1:00pm - 2:00pm Zoom
  - Presented in partnership with the UMSL Police Department.

**Take Care of your Mental Health**
- **Tuesday, February 22nd** 1:00pm - 2:00pm Zoom
  - Join us as we learn more about the great resources found within the UMSL Libraries. Presented in partnership with UMSL Libraries.

All Zoom workshops will be held at this Zoom link: https://umsystem.zoom.us/my/sass.workshops

Meeting ID: 977 840 6648

**Division of Student Academic Support Services**
**University of Missouri-St. Louis**