Division of Student Academic Support Services

Spring 2022 Commit to Success Workshops

[TRIO Series] Getting Involved
Tuesday, February 1st 11:00am - 12:00pm 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 1st 1:00pm - 2:00pm Zoom

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 - 3:00pm 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
Come 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
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.

Goal Setting: Short-Term & Long-Term
Friday, February 11th 11:00am - 12:00pm Zoom
Join us as we learn about the importance of goal-setting and the science behind setting and achieving goals. [TRIO Series] Things I Wish I Would Have Known
Tuesday, February 15th 9:00am - 10:00am Zoom
Come join us as we explore the depths of impostor syndrome on the psychological level. In this kick-off event we will have open, relatable, and culturally inclusive conversations as we seek to define the layered and complex experience. Presented in partnership with Melissa Douglass.

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.

Networking
Thursday, February 10th 12:30pm - 1:30pm Zoom

The Real: The Psychology of Imposter Syndrome, Part One
Wednesday, February 16th 5:00pm - 6:00pm Zoom
This educational workshop begins a 3-part series of enlightenment, self-reflection, and advocacy as we explore the depths of impostor syndrome on the psychological level. In this kick-off event we will have open, relatable, and culturally inclusive conversations as we seek to define the layered and complex experience. Presented in partnership with Career Services.

Part One: Imposter Syndrome, Psychology of The Real: The
Thursday, February 17th 5:00pm - 6:00pm Zoom

Getting Enough Sleep?
Thursday, February 23rd 3:30pm - 4:30pm Zoom
Do you need an introductory course in managing your credit and learning about insurance or risk management? Come join us to learn the basics! Presented in partnership with UMSL Finance.

Email Like a Pro
Wednesday, February 23rd 3:30pm - 4:30pm 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.

Mistakes are Okay: Mindset Matters
Wednesday, February 23rd 3:30pm - 4:30pm Zoom
Join us as we learn how to manage setbacks and focus on personal and professional development. We’ll focus on personal and professional development.

How to Use Library Resources
Friday, February 25th 10:00am - 11:00am Zoom
Join us as we learn more about the great resources found within the UMSL Libraries. Presented in partnership with UMSL Libraries.

Mistakes are Okay: Mindset Matters
Thursday, February 23rd 3:30pm - 4:30pm Zoom
Join us as we learn how to manage setbacks and focus on personal and professional development.

How to Use Library Resources
Friday, February 25th 10:00am - 11:00am Zoom
Join us as we learn more about the great resources found within the UMSL Libraries. Presented in partnership with UMSL Libraries.

Academic Writing
**Division of Student Academic Support Services**

**Test Prep**

- **Test Prep**
  - Monday, March 14th
  - 10:00am - 11:00am
  - Zoom

**Retirement Planning**

- **Retirement Planning**
  - Tuesday, March 8th
  - 2:30pm - 4:30pm
  - ABH 103

**Study Skills Bootcamp**

- **Study Skills Bootcamp**
  - Wednesday, March 9th
  - 3:00pm - 4:00pm
  - 107 Lucas

**Stress Reduction through Mindfulness**

- **Stress Reduction through Mindfulness**
  - Thursday, March 10th
  - 11:00am - 12:00pm
  - Zoom

**Effectively Note Taking**

- **Effectively Note Taking**
  - Monday, March 21st
  - 1:00pm - 2:00pm
  - 107 Lucas

**Legal Documents to Protect Yourself & Your Family**

- **Legal Documents to Protect Yourself & Your Family**
  - Thursday, March 24th
  - 9:30am - 10:30am
  - ABH 103

**Resume Workshop**

- **Resume Workshop**
  - Monday, March 14th
  - 9:30am - 10:30am
  - 107 Lucas

**Interviewing Skills with Career Services**

- **Interviewing Skills with Career Services**
  - Monday, March 14th
  - 2:00pm-3:00pm
  - 107 Lucas

**Scheduling with Large, Complex Courses**

- **Scheduling with Large, Complex Courses**
  - Thursday, March 3rd
  - 11:30am - 1:30pm
  - ABH 103

**Time Management - Half Time**

- **Time Management - Half Time**
  - Tuesday, March 8th
  - 12:30pm - 1:30pm
  - 107 Lucas

**Time Management & Budgeting**

- **Time Management & Budgeting**
  - Wednesday, March 16th
  - 11:00am - 12:00pm
  - ABH 103

**Effective Note Taking**

- **Effective Note Taking**
  - Monday, March 21st
  - 1:00pm - 2:00pm
  - 107 Lucas

**Legal Documents to Protect Yourself & Your Family**

- **Legal Documents to Protect Yourself & Your Family**
  - Thursday, March 24th
  - 9:30am - 10:30am
  - ABH 103

**Resume Workshop**

- **Resume Workshop**
  - Monday, March 21st
  - 1:00pm - 2:00pm
  - 107 Lucas

**Interviewing Skills with Career Services**

- **Interviewing Skills with Career Services**
  - Monday, March 14th
  - 2:00pm-3:00pm
  - 107 Lucas

**Learning How to Learn**

- **Learning How to Learn**
  - Thursday, March 17th
  - 2:00pm - 3:00pm
  - Zoom

**There is No ‘I’ in TEAM**

- **There is No ‘I’ in TEAM**
  - Thursday, March 24th
  - 3:00pm - 4:00pm
  - Zoom

**Legal Documents to Protect Yourself & Your Family**

- **Legal Documents to Protect Yourself & Your Family**
  - Thursday, March 24th
  - 9:30am - 10:30am
  - Zoom

**Friday, March 25th**

- **Friday, March 25th**
  - 10:00am - 11:00am
  - 107 Lucas

**Self-care Strategies**

- **Self-care Strategies**
  - Friday, March 25th
  - 10:00am - 11:00am
  - 107 Lucas

**Reframing Motivation**

- **Reframing Motivation**
  - Tuesday, April 5th
  - 9:30am - 10:30am
  - Zoom

**Group Interviewing Strategies**

- **Group Interviewing Strategies**
  - Friday, April 8th
  - 10:00am - 11:00am
  - Zoom

**Final Countdown**

- **Final Countdown**
  - Friday, April 15th
  - 10:00am - 11:00am
  - Zoom
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, systematic issues and isms 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 subpar? 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.

Friday, April 22nd
10:00am - 11:00pm
107 Lucas
Come and learn 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.

How to Handle Difficult Conversations
Monday, April 25th
9:30am - 10:30am
107 Lucas
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.

Boundaries in All Kinds of Families
Tuesday, April 26th
11:00am - 12:00pm
107 Lucas
Join us to learn more about setting boundaries within families. Learn about healthy family structures and what some red flags may be. Presented in partnership with Counseling Services.

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

Stress Reduction through Mindfulness
Wednesday, April 27th
1:00pm - 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.