Division of Student Academic Support Services

Spring 2022 Commit to Success Workshops

March

Academic Writing
Tuesday, March 1st
107 Lucas/Zoom
Do you need help writing your research paper? Join us to learn tips for quality academic writing. Presented in partnership with the University Tutoring Center.

Strategies for Using Downtime on Campus
Tuesday, March 1st
107 Lucas/Zoom
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!

Test Prep
Thursday, March 3rd
11:00am - 12:00pm
107 Lucas/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.

Internship Opportunities
Thursday, March 3rd
3:30pm - 4:30pm
107 Lucas/Zoom
Do you want to know more about internships and how to find them? Join us to discuss ways to look for and prepare for internships.

TRIO Series: Careers & Competencies: What do Employers Want in New Hires?
Friday, March 4th
10:00am - 11:00am
107 Lucas/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.

Safety Series: Know Your Rights
Friday, March 4th
12:00pm - 1:00pm
107 Lucas
Come and review rights associated with the American Bill of Rights.

Mindfulness in Development
Thursday, March 10th
11:00am - 12:00pm
Zoom
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.

Fear of Public Speaking is Real!
Friday, March 11th
2:00pm - 3:00pm
107 Lucas/Zoom
Join us as we discuss tips on how to make your presentations pop and how to effectively capture your audience.

Resume Workshop
Monday, March 14th
9:30am - 10:30am
107 Lucas/Zoom
Is a job hunt in your future? Join us as we discuss tips for creating a resume based on the experience you already have!

Interviewing Skills with Career Services
Monday, March 14th
2:00pm - 3:00pm
107 Lucas/Zoom
Come and learn about behaviors necessary to be successful in preparing for an interview.

Presented in partnership with Career Services.

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

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

Learn strategies for test-taking. Through a combination of brief bite 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 Anxiety
Friday, March 18th
10:00am - 11:00am
107 Lucas/Zoom
Have you found yourself struggling with test anxiety and how to overcome it? Join us to discuss ways to help prepare yourself and find strategies that make test taking easier.

Effective Note Taking
Monday, March 21st
3:00pm - 4:00pm
107 Lucas/Zoom
Join us to learn about effective note-taking strategies that make test taking easier. Do you struggle with test anxiety and how to overcome it? Join us to discuss ways to help prepare yourself and find strategies that make test taking easier.

Effective Note Taking
Thursday, March 17th
2:00pm - 3:00pm
107 Lucas/Zoom
Have you struggled with test anxiety and how to overcome it? Join us to discuss ways to help prepare yourself and find strategies that make test taking easier.

Legal Documents to Protect Yourself & Your Family
Wednesday, March 16th
5:00pm - 6:00pm
107 Lucas/Zoom
Are you interested in learning about the basics for investing 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.

Learning How to Learn
Thursday, March 22nd
2:30pm - 3:30pm
ABH 103/Zoom
Do you want to know more about Power of Attorneys, Wills and Living Wills? Please join us to learn more about legal documents for you and your family.

Presented in partnership with UMSL Finance.

TRIO Series: Time Management
Wednesday, March 23rd
9:30am - 10:30am
Zoom
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.

Investment & Retirement Planning
Tuesday, March 8th
2:30pm - 3:30pm
107 Lucas/Zoom
Join us as we discuss tips on how to make your presentations pop and how to effectively capture your audience.

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