Division of Student Academic Support Services

Spring 2023 Commit to Success Workshops

March

**Academic Writing**
Tuesday, March 1st
1:30pm - 2:30pm
107 Lucas
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
3:30pm - 4:00pm
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
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
Are you interesting in learning about the basics for investing and planning for retirement? If you are, please join us! Presented in partnership with UMSL Finance.

**Study Skills Bootcamp**
Wednesday, March 9th
3:00pm - 4:00pm
107 Lucas
Learn about legal documents and how to find them? More about internships and how to find them? 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
Come and learn about behaviors necessary to be successful in preparing for an interview! Presented in partnership with Career Services.

**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 being present each moment with an open heart and mind.

**Learning How to Ensure**
Thursday, March 17th
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.

**Money Management & Budgeting**
Wednesday, March 16th
11:00am - 12:00pm
ABH 103
Do you want to 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.

**Petition Writing**
Saturday, March 25th
11:00am - 12:00pm
Zoom
Learn how to write a petition to the University about an issue that you feel strongly about.

All Zoom workshops will be held at this Zoom link: https://umsystem.zoom.us/j/43x265
Meeting ID: 977 840 6648