**University of Missouri — St. Louis**  
**Office of Multicultural Student Services**  
**MSC 225**  

**2018 Commit to Success Workshops**

**Be In The Know: Important Information for Every Triton**  
**Tuesday, September 4th** — 11:00 am  
**Location: 107 Lucas Hall**

An interactive and interesting overview of how to keep yourself informed and safe this year—presented by UMSL Police, Student Conduct, and Alcohol & Drug Prevention professionals.

**H2O, H2S, CO2 OH MY! What Are You Writing Down? — Notetaking for Science Courses**  
**Wednesday, September 5th** — 2:00 pm  
**Location: 107 Lucas Hall**

Are you struggling in your science class? Do you read your notes after class and feel more confused? It could be the way you are taking notes. Come to this workshop to learn how to effectively take notes.

**Welcome to College — “I’m Not in High School Anymore!”**  
**Thursday, September 6th** — 2:00 pm  
**Location: 107 Lucas Hall**

Have you ever considered the difference between your high school setting and college setting? This workshop will aid you in understanding the expectations placed on you as a college student as well as providing strategies to help you succeed in college.

**Academic Resources – How Can We Help?**  
**Friday, September 7th** — 11:00 am  
**Location: 107 Lucas Hall**

Do you know the academic resources available to you on campus? Come learn about the academic resources available on the UMSL campus!

**Preparing for and Taking Exams - Test Taking Skills and Test Anxiety?**  
**Monday, September 10th** — 11:00 am  
**Location: 107 Lucas Hall**

Are you one of the students who choose “C” when you can’t get the answer? Are you test taking strategies working for you and are you getting the desired results? We have some answers for you!

**Knowledge Drops: Math and Writing Center**  
**Monday, September 10th** — 1:00 pm  
**Location: 107 Lucas Hall**

Are you enrolled in a math class and have some apprehensions? Do you know what your Math Lab or Writing Center has to offer? Attend this workshop to learn effective math and writing strategies as well as the available resources offered.

**More than Wikipedia**  
**Tuesday, September 11th** — 1:00 pm  
**Location: 107 Lucas Hall**

Has Google Scholars and Wikipedia landed you in a dead end? Come to this workshop to learn how to use the resources available at the library.

**What Are You Writing Down? - Effective Note Taking Skills**  
**Wednesday, September 12th** — 4:00 pm  
**Location: 107 Lucas Hall**

Are you retaining information presented in class? Are your notes organized or scattered? Come to this workshop to learn how to effectively take class notes.

**Library Scavenger Hunt**  
**Thursday, September 13th** — 1:00 pm  
**Location: TJ Library (North Campus)**

Put your library skills to use in this interactive workshop.

**Freshmen Frosty Fridays**  
**Friday, September 14th** — 12:30 pm  
**Location: MSC 225**

Come connect with other first-year students and discover strategies that will assist you with a successful first year at UMSL. Discussion topics will range from academic interactions, time-management to social involvement. Meetings will take place every other Friday with a frosty milkshake in hand!

**What You Don’t Know Could Hurt You – Academic Integrity**  
**Tuesday, September 18th** — 2:30 pm  
**Location: 107 Lucas Hall**

Dr. Tanisha Stevens, Director for the Office of Academic Integrity in Academic Affairs will educate you on the University’s academic integrity rules and regulations critical for any college attending student to know. You don’t want to miss this important conversation!

**Watch Me Work Wednesdays – Welcome Upperclassmen!**  
**Wednesday, September 19th** — 1:30 pm  
**Location: 107 Lucas Hall**

Come connect with upperclassmen and discover strategies that assist you with your professional development and beyond. Meetings will be held once a month for all students entering their sophomore year and above.

**The Dreaded Research Paper**  
**Thursday, September 20th** — 3:00 pm  
**Location: 107 Lucas Hall**

You will be informed of tips, tools and strategies that will assist you in writing exemplary papers at the collegiate level.

**Knowledge Drops Student Organizations: What You Need to Know to Grow Your Own Student Organization!**  
**Monday, September 24th** — 2:00 pm  
**Location: 107 Lucas Hall**

Can’t find a student organization that interest you? Then start your own! Come learn what is required to create your own student organization.

**Relaxation NOT Frustration**  
**Wednesday, September 26th** — 10:00 am  
**Location: 107 Lucas Hall**

Mid-terms are here! Let us talk about relaxation not frustration. Learn effective ways to relax when you are stressed.

**Freshmen Frosty Fridays**  
**Friday, September 28th** — 12:30 pm  
**Location: MSC 225**

Come connect with other first-year students and discover strategies that will assist you with a successful first year at UMSL. Discussion topics will range from academic interactions, time-management to social involvement. Meetings will take place every other Friday with a frosty milkshake in hand!
2018 Commit to Success Workshops

The Thrill is Gone... Find Your Motivation!
Monday, October 1st — 10:00 am
Location: 107 Lucas Hall

You made it through your first few weeks of school and you are thinking Why Am I Here? Has the excitement of school worn off? Come and learn ways to boost your energy and drive as mid-terms approach.

Knowledge Drops – Career Services
Thursday, October 11th — 3:00 pm
Location: 107 Lucas Hall

Career Services will educate you on the services that they offer. Come learn how these services are available to you as an undergraduate, graduate, or an alumnus.

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Friday, October 12th — 12:30 pm
Location: 107 Lucas Hall

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Do's and Don'ts on Your First Job: How Not To Have Success On the Job
Friday, October 12th — 2:30 pm
Location: 107 Lucas Hall

Always being late or not showing up might have worked at a job you had in high school but it may not be acceptable now. As you transition into your next career, you must demonstrate behaviors that will make you an asset to any organization. Come learn effective strategies for developing proper work habits that will make you an exemplary employee.

INSPIRE – Faculty/Staff Student Engagement
Tuesday, October 15th — 10:00 am
Location: 107 Lucas Hall

Do you aspire to be the best in your field? Networking is a great way to build your skills and your web of influence. Come and learn about INSPIRE and the opportunities to network with professionals on campus.

iMentor – No really I...Mentor!
Tuesday, October 16th — 10:00 am
Location: 107 Lucas Hall

Brief overview of the iMentor program and a discussion with current mentors about why they chose to become a mentor.

Watch Me Work Wednesdays – Welcome Upperclassmen!
Wednesday, October 17th — 1:30 pm
Location: 107 Lucas Hall

Come connect with upperclassmen and discover strategies that assist you with your professional development and beyond. Meetings will be held once a month for all students entering their sophomore year and above.

Freshmen Frosty Fridays
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Location: MSC 225

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Student Organizations: Creating Sustainability –
Monday, October 29th — 5:00 pm
Location: 107 Lucas Hall

Leaders come and go. How do you as a leader prepare members of your organization after you graduate?

Networking Night
Monday, November 5th — 5:00 pm
Location: 107 Lucas Hall

Do you feel intimidated when approaching an authority figure? Do you sweat profusely when you meet new people? Do you have difficulty finding the words to say? Come join us for an interactive networking event with faculty and staff that will support your ability to connect with anyone effectively.

The Benefits of Community Service
Wednesday, November 7th — 10:00 am
Location: 107 Lucas Hall

Research has shown that giving back has a positive effect on overall happiness and self-worth. These worthwhile experiences can also add value to your resume. Come discover what community service opportunity fit your passion to support others. Join us next week as we give back to our community.

Major Discovery – College Of Business
Tuesday, November 12th — 1:00 pm
Location: 107 Lucas Hall

Come join the College of Business as they discuss what is new and bring you up to date on changes that may affect you.

Knowledge Drops – The Rec Center
Tuesday, November 13th — 10:00 am
Location: 107 Lucas Hall

Did you know that we have a Recreation and Wellness Center? Come take a tour and discover all that is available to you as a student.

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Major Discovery – College Of Arts and Sciences
Thursday, November 8th — 2:00 pm
Location: 107 Lucas Hall

Come join the College of Arts and Sciences as they discuss what is new and bring you up to date on changes that may affect you.