

OFFICE OF MULTICULTURAL STUDENT SERVICES

Spring 2021 Commit To Success Zoom Workshops

Developing Work/School Balance

Monday, January 25th at 11:00 am

<https://umsystem.zoom.us/j/92621699765>

Developing skills for successful work-life balance is likely to be beneficial throughout your lifetime. Join us as we explore strategies for balancing the many demands within our lives.

Safety Series: Get to Know Your UMSL PD

Friday, January 29th at 12:00 pm

<https://umsystem.zoom.us/j/95173889389>

Come connect with Officer Dustin Smith and get to know your UMSL Police Department. Bring your questions, concerns and thoughts to share!

Goal Setting: Short-Term and Long-Term

Friday, January 29th at 2:00 pm

<https://umsystem.zoom.us/j/95800692796>

Join us as we learn about the importance of goal-setting and the science of setting and achieving goals.

What Are You Writing Down? – Effective Note Taking Skills

Tuesday, February 2nd at 1:30 pm

<https://umsystem.zoom.us/j/94806996743>

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

Preparing for and Taking Exams – Test Taking Skills and Test Anxiety

Wednesday, February 3rd at 11:00 am

<https://umsystem.zoom.us/j/96208858393>

Are you a student who chooses “C” when you’re unsure of an exam question? Are your test-taking strategies working for you, and are you getting the desired results? If not, we have some answers for you!

The “Major” Impact

Thursday, February 4th at 9:30 am

<https://umsystem.zoom.us/j/99315915206>

What is your purpose? How did you choose your major? Come discuss major selection and varying career paths provided within your field of interest.

Mental Health 101: Distress Tolerance

Tuesday, February 9th at 12:00 pm

<https://umsystem.zoom.us/j/91962404503>

Mental health can have a significant impact on student success. Join us as we learn tips and strategies to ensure that you prioritize your mental health and cope with stress. Presented by Counseling Services.

What to Wear to an Interview

Wednesday, February 10th at 2:00 pm

<https://umsystem.zoom.us/j/96357641973>

Have you ever wondered what to wear to your upcoming job interview? Join us for a fun workshop on interview wardrobe dos and don'ts!

College of Education

Thursday, February 11th at 1:00 pm

<https://umsystem.zoom.us/j/96364446573>

Join Academic Advisors from the College of Education to discuss programs and opportunities for students. Presented by the College of Education.

Time Management for Online Classes

Friday, February 12th at 1:30 pm

<https://umsystem.zoom.us/j/91827321622>

Discussion boards, quizzes, papers, due dates, voice threads, and videos? Join us for suggestions on how to manage online classes.

Fear of Public Speaking is Real!

Tuesday, February 16th at 10:30 am

<https://umsystem.zoom.us/j/92026782070>

Do you get nervous when you know you have a group project that will require you to present in front of your classmates? Did you know more than 25% of Americans are afraid of public speaking? Come and learn strategies for managing your feelings about speaking in public.

How to Build Relationships with Professors and Faculty

Wednesday, February 17th at 12:30 pm

<https://umsystem.zoom.us/j/98251893997>

Fostering and maintaining relationships with your professors and faculty will provide you with invaluable connections throughout your academic career and future endeavors. Come join us as we share how to reach out to and engage with those who are dedicated to your education and success.

How to Handle Difficult Conversations

Wednesday, February 17th at 3:00 pm

<https://umsystem.zoom.us/j/95718292766>

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.

Job Fair Training: How to Prepare Before the Fair and Land a JOB

Thursday, February 18th at 1:00 pm

<https://umsystem.zoom.us/j/94879931438>

Job fairs are fantastic opportunities to connect with numerous companies in your field and take strides towards beginning your career. Come increase your chances of standing out, discuss how to prepare, and practice what to say. Also learn how to follow up with potential employers before UMSL's Career Fair.

Friday Online Games

Friday, February 19th at 12:00 pm

<https://umsystem.zoom.us/j/97304878483>

Come connect with other students and discover strategies that will assist you in having a successful first year at UMSL. Discussion topics will vary and meetings will take place every other Friday.

Managing Imposter Syndrome & Believing YOU BELONG

Monday, February 22nd at 2:30 pm

<https://umsystem.zoom.us/j/96260409477>

You're an important member of the UMSL community and dedicated to your academic and personal achievement! Your accomplishments speak for themselves. Yet, we all can feel out of place or like you don't belong. If you have ever doubted your successes or fear others will discover you're a "fraud", please join us as we discuss this phenomenon and support each other in exploring our outlooks.

Stress-management & Self-care Strategies

Tuesday, February 23rd at 12:00 pm

<https://umsystem.zoom.us/j/94180632029>

Come gather strategies and resources to combat student strain and promote personal well-being.

There's No "I" in Team

Wednesday, February 24th at 3:00 pm

<https://umsystem.zoom.us/j/96783493441>

Come discuss the importance of building collaborative relationships, building effective leadership skills, and becoming an effective change-agent to benefit yourself and others.

Writing a Research Paper and Learning about the Library

Thursday, February 25th at 11:30 am

<https://umsystem.zoom.us/j/92324192919>

Discuss the importance of building collaborative relationships, developing effective leadership skills and becoming a changed agent to benefit yourself and others.

Safety Series: UMSL PD – Know Your Rights (Part I)

Friday, February 26th at 12:00 pm

<https://umsystem.zoom.us/j/93633027274>

Come and review rights you may not know you have. Presented in partnership with the UMSL Police Department.

Get stuck in a R.U.T. – Responsible Use of Technology in a Digital World

Wednesday, March 3rd at 1:00 pm

<https://umsystem.zoom.us/j/97062820083>

Navigating social media can be tricky. Come discuss how to utilize social media for good, and learn about its pitfalls!

Email Like a Pro

Monday, March 8th at 11:30 am

<https://umsystem.zoom.us/j/91513594717>

Now more than ever, professional communications have moved online. This workshop will break down the norms for professional electronic communication with an emphasis on email.

It's Ok to Be Undeclared and the World of Work

Wednesday, March 9th at 12:00 pm

<https://umsystem.zoom.us/j/94902301520>

Learn more about your possible interests, the major that might be the right fit for you, and your future in the world of work.

Knowledge Drops: School of Social Work

Wednesday, March 10th at 3:30 pm

<https://umsystem.zoom.us/j/93765379331>

Struggling to know all the updates in the Social Work? Join us and discuss tips and updates with the College of Social Work! Presented by School of Social Work.



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Job Hunting

Thursday, March 11th at 2:00 pm

<https://umsystem.zoom.us/j/92439782391>

Whether you are a graduating senior looking for a full-time job or an underclassmen looking for an internship, come discover strategies and tips for a successful job search!

Relaxation NOT Frustration

Tuesday, March 16th at 12:30 pm

<https://umsystem.zoom.us/j/96862934938>

Midterms are here, and preparing for exams can often cause feelings of tension. Join us as we discuss different tactics to effectively manage stress and resources that promote maintaining self-care practices.

Resume Workshop

Thursday, March 17th at 11:00 am

<https://umsystem.zoom.us/j/95843671877>

Is a job hunt in your future? Join us as we discuss tips for creating a resume based on the experience you already have!

Online Classes: The People Behind the Screens

Friday, March 19th at 1:30 pm

<https://umsystem.zoom.us/j/95175309423>

Come learn what it takes to thrive in online classes. This interactive workshop is designed for you to practice effective communication skills, learn about available resources, and more.

Finals Boot Camp: Study Skills

Tuesday, March 23rd at 10:00 am

<https://umsystem.zoom.us/j/96271632625>

Are you ready to finish the semester strong? Come discuss learning strategies to help you study smarter, not harder.

Getting Into Graduate School

Wednesday, March 24th at 4:00 pm

<https://umsystem.zoom.us/j/97830130340>

Please join us as we learn more about strategies for applying to and gaining acceptance into graduate school. Discussion topics will include: preparing to apply, knowing what to expect, and how to communicate and align your strengths with your desired graduate program. Presented by the Graduate School.

Safety Series: UMSL PD – Know Your Rights (Part II)

Friday, March 26th at 12:00 pm

<https://umsystem.zoom.us/j/96681962423>

Join us as we continue to review rights you may not know you have. Presented in partnership with the UMSL Police Department.

Strategies for Using Downtime on Campus

Wednesday, April 7th at 10:00 am

<https://umsystem.zoom.us/j/99811138717>

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!

Mistakes are Okay: Mindset Matters

Thursday, April 8th at 3:00 pm

<https://umsystem.zoom.us/j/94744016513>

Making mistakes is an inevitable aspect of life. Yet, how do you react when you make a mistake? Are you devastated, do you see your mistakes as opportunities for growth, or are you somewhere in between? Join us as we learn about how to manage setbacks and focus on personal and professional development... mistakes and all!

Friday Online Games

Friday, April 9th at 12:00 pm

<https://umsystem.zoom.us/j/98055783285>

Come connect with other students and discover strategies that will assist you in having a successful first year at UMSL. Discussion topics will vary and meetings will take place every other Friday.

Scholarship Search

Tuesday April 13, 2021 at 1:00 pm

<https://umsystem.zoom.us/j/96848801591>

With many scholarships designated for high school seniors, the search for scholarships could be limited for current college students. This workshop will provide resources and strategies to assist you in locating scholarships to finance the remainder of your college education.

LinkedIn to Connections: LinkedIn and Indeed

Wednesday, April 14th at 2:00 pm

<https://umsystem.zoom.us/j/97160113020>

Many companies and organizations are now looking at potential employees' LinkedIn profile pages. Come learn more about the professional job search online and how to create a professional LinkedIn profile.

Self-Care in College

Thursday, April 15th at 11:00 am

<https://umsystem.zoom.us/j/98413591330>

What is self-care? What does that look like? How do you implement it into your daily routine?

Relationships: Healthy vs. Unhealthy

Monday, April 19th at 2:30 pm

<https://umsystem.zoom.us/j/99228038240>

Relationships are hard! In this workshop, students will take time to compare healthy relationships vs. unhealthy relationships. Students will use an online platform to self-reflect on their own relationships, consider the traits of a healthy and an unhealthy relationship, and how they can incorporate this topic into their personal lives.

Knowledge Drops: College of Business

Tuesday, April 20th at 12:00 pm

<https://umsystem.zoom.us/j/96479786703>

Join us as we explore Graduate Business Programs and Certificates with Graduate Business School Advisors. Application requirements will also be discussed, and the application fee for our programs will be waived for students attending our session. Presented by the College of Business.

Creating Student Communities

Wednesday, April 21st at 10:30 am

<https://umsystem.zoom.us/j/91305224982>

Would you like to feel more connected to your peers and the UMSL community? Discover and discuss why getting connected on campus provides students with the opportunity to gain valuable skills, earn better grades, and thrive at UMSL.

Friday Online Games

Friday, April 23rd at 12:00 pm

<https://umsystem.zoom.us/j/97018332206>

Come connect with other students and discover strategies that will assist you in having a successful first year at UMSL. Discussion topics

will vary and meetings will take place every other Friday.

Interviewing Skills with Career Services

Tuesday, April 27th at 3:00 pm

<https://umsystem.zoom.us/j/95711998164>

UMSL's Career Services Department specializes in helping students create and implement career development skills. Learn about behaviors necessary to be successful in preparing for an interview and strategies for answering a variety of interview questions. Presented by Career Services.

WOW! or WO...

Wednesday, April 28th at 9:30 am

<https://umsystem.zoom.us/j/97390449375>

How do you leave an interview? Are you walking out wowed and leaving the interviewers wowed? Or are you just walking out? Come learn how to leave a great lasting impression. Presented by UMSL Human Resources.

Group Interviewing

Thursday, April 29th at 2:00 pm–3:00 pm

<https://umsystem.zoom.us/j/95146307671>

Join us for this interactive and informative workshop where you will practice and hone your group interviewing skills in a fun and supportive environment.

Safety Series: UMSL PD – Safety Tips/ Q&A

Friday, April 30th at 12:00 pm

<https://umsystem.zoom.us/j/93182926883>

How can I have fun, but be safe at the same time? Join us to discover valuable safety tips! Presented in partnership with the UMSL Police Department.

Taking the Time to S.W.O.T. Your Thoughts

Tuesday, May 4th at 11:00 am

<https://umsystem.zoom.us/j/92872267911>

Understanding where our strengths and weaknesses are enables us to gain more resources and opportunities within our careers. Join us as we discuss the many ways in that understanding our strength and weakness can increase our market value.

