Spring 2021 Commit To Success Zoom Workshops

OFFICE OF MULTICULTURAL STUDENT SERVICES

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/98413591330
Come connect with other students and have a fun time! What is self-care? What does that look like? How do you implement it into your daily routine?

Exploring Majors & Careers 
Friday, April 16th at 12:00 pm  
https://umsystem.zoom.us/j/91649720798
Learn more about the process of choosing a major and researching careers. Topics covered include resource gathering, developing skills, and gaining experience.

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/96479784703
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 
Tuesday, April 20th at 9:30 am  
https://umsystem.zoom.us/j/93182924883
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 
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/99272267911
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.