

ZOOM INFO



MEETING ID:
977 840 6648

<https://umsystem.zoom.us/my/sos.workshops>

COMMIT TO SUCCESS WORKSHOPS

FALL 2025



SEPTEMBER

MON: SEPT 8TH
GRIT & GROWTH
(BOOTCAMP)
SGA CHAMBERS
11:00 AM

TUES: SEPT 9TH
STARTING YOUR
SEMESTER ON THE
RIGHT FOOT
107 LUCAS HALL
3:30 PM

WED: SEPT 10TH
NAVIGATING ONLINE
CLASSES
SOS ZOOM ROOM
6:00 PM

THUR: SEPT 11TH
START STRONG:
TIME MANAGEMENT
107 LUCAS HALL
10:00 AM

FRI: SEPT 12TH
CAREER FAIR
TOUHILL
PERFORMING ARTS
CENTER
9:30 AM- 1:00 PM

MON: SEPT 15TH
CAMPUS RESOURCES
107 LUCAS HALL
10:00 AM

TUES: SEPT 16TH
THE ART OF
LEARNING
SOS ZOOM ROOM
2:00PM

WED: SEPT 17TH
BOOTS ON THE
GROUND LINE
DANCING
REC CENTER
2:30 PM

THUR: SEPT 18TH
EFFECTIVE
NOTETAKING
107 LUCAS HALL
2:00 PM

SAT: SEPT 20TH
STUDY SKILLS
BOOTCAMP
SOS ZOOM ROOM
10:00 AM

MON: SEPT 22ND
TEST TAKING
ANXIETY
SOS ZOOM ROOM
10:00 AM

TUES: SEPT 23RD
UPPER-LEVEL
COURSES UNLOCKED
SOS ZOOM ROOM
6:00 PM

WED: SEPT 24TH
FOSTERING A
GROWTH MINDSET
107 LUCAS HALL
2:00 PM

THUR: SEPT 25TH
LOANS & PAYING
FOR COLLEGE
SOS ZOOM ROOM
10:00 AM

SAT: SEPT 27TH
SCAM SAFETY 101
107 LUCAS HALL
10:30 AM

MON: SEPT 29TH
E-PROFESSIONALISM
SOS ZOOM ROOM
10:00 AM

TUES: SEPT 30TH
FINE ARTS AT UMSL
107 LUCAS HALL
10:00 AM

OCTOBER

WED: OCT 1ST
OVERCOMING
PROCRASTINATION
SOS ZOOM ROOM
6:00 PM

TUES: OCT 2ND
HEALTHY HABITS FOR
BUSY STUDENTS
107 LUCAS HALL
3:00 PM

THUR: OCT 2ND
ACADEMIC WRITING:
RESEARCH PAPERS
107 LUCAS HALL
10:00 AM

MON: OCT 6TH
MATH STUDY SKILLS
107 LUCAS HALL
2:00 PM

TUES: OCT 7TH
PREPARING FOR
MIDTERMS
107 LUCAS HALL
3:30 PM

WED: OCT 8TH
REAL TALK WITH
TRIO: (IM)POSSIBLE
107 LUCAS HALL
1:00 PM

THUR: OCT 9TH
UMSL RADIO
107 LUCAS HALL
11:00 AM

SAT: OCT 11TH
WORK/LIFE/SCHOOL
BALANCE
SOS ZOOM ROOM
10:00 AM

TUES: OCT 14TH
RED TABLE TALK
WITH TRIO:
INDUSTRY LEADERS;
107 LUCAS HALL
1:00 PM

WED: OCT 15TH
MONEY
MANAGEMENT &
BUDGETING
SOS ZOOM ROOM
2:00 PM

THUR: OCT 16TH
TIME MANAGEMENT -
HALFTIME/GET BACK
ON TRACK
SOS ZOOM ROOM
3:00 PM

FRI: OCT 17TH
THE COMEBACK PLAN
SOS ZOOM ROOM
3:00 PM

TUES: OCT 21ST
LOVE & TECHNOLOGY
FIRESIDE LOUNGE
12:30 PM

TUES: OCT 28TH
ATHLETICS AT UMSL
107 LUCAS HALL
11:00 AM

WED: OCT 29TH
CONFLICT
RESOLUTION
107 LUCAS HALL
2:30 PM

NOVEMBER

SAT: NOV 1ST
Avoiding Burnout
SOS ZOOM ROOM
10:00 AM

MON: NOV 3RD
Time Management
- The Final
Countdown
SOS ZOOM ROOM
3:00 PM

TUES: NOV 4TH
Perfectionism
107 LUCAS HALL
1:00 PM

WED: NOV 5TH
Cuffing Season
107 LUCAS HALL
4:00 PM

THUR: NOV 6TH
Mistakes are Okay:
Mindset Matters
SOS ZOOM ROOM
6:00 PM

FRI: NOV 7TH
Mastering LinkedIn
for Career Success
SOS ZOOM ROOM
10:00 AM

SAT: NOV 8TH
Budgeting 101
SOS ZOOM ROOM
11:00 AM

TUES: NOV 11TH
Engineering
Workshop
107 LUCAS HALL
2:00 PM

WED: NOV 12TH
Rip The Runway:
FASHION SHOW
MSC 3RD FLOOR
ROTUNDA
2:00 PM

THUR: NOV 13TH
Stress Reduction
Through
Mindfulness
107 LUCAS HALL
2:00 PM

FRI: NOV 14TH
Campus Safety
107 LUCAS HALL
11:00 AM

MON: NOV 17TH
[LinkedIn Series] 12
Steps to Create a
Professional Profile
SOS ZOOM ROOM
1:30 PM

TUES: NOV 18TH
The Scholarship
Foundation
SOS ZOOM ROOM
10:00 AM

THUR: NOV 20TH
Preparing for Final
Exams
SOS ZOOM ROOM
3:00 PM

FRI: NOV 21ST
Breaking Up:
Knowing When to
Leave & Supporting
Singles
GROW ROOM (NOSH)
12:30 PM

Small steps
every day



you'
Got
This!