

TRIO

COMMIT TO SUCCESS

WORKSHOPS

ZOOM INFO



MEETING ID:
977 840 6648

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

February

TUES: 2/4/2025
*Scholarship
Foundation*
107 Lucas Hall
2:00 PM

WED: 2/12/2025
FAFSA Frenzy
225 MSC
2:00PM

WED: 2/19/2025
FAFSA Frenzy
107 Lucas Hall
9:00 AM

MON: 2/24/2025
Mastering Math
SOS Zoom Room
10:00 AM

March

MON: 3/3/2025
Career Lab
107 Lucas Hall
2:00 PM

FRI: 3/7/2025
*Understanding
Emotions*
SOS Zoom Room
3:30 PM

TUE: 3/11/2025
*Pause, Recharge,
Thrive*
107 Lucas Hall
2:00 PM

April

THUR: 4/10/2025
*What's My Leadership
Style*
SOS Zoom Room
6:00 PM

WED: 4/16/2025
Finances 101
SOS Zoom Room
3:30 PM

WED: 4/23/2025
How Do I Look?
107 Lucas Hall
10:30 AM

SAT: 4/26/2025
Family Yoga
UMSL REC Center
11:30 AM