

# COMMIT TO SUCCESS WORKSHOPS

ZOOM INFO



MEETING ID:  
977 840 6648

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

February

MON: 2/3/2025 <i>Syllabus Insight</i> SOS Zoom Room <b>3:00 PM</b>	TUES: 2/4/2025 <i>Scholarship Foundation</i> 107 Lucas Hall <b>2:00 PM</b>	WED: 2/5/2025 <i>Canvas 101</i> 107 Lucas Hall <b>10:00 AM</b>	THUR: 2/6/2025 <i>Start Strong: Time Management</i> SOS Zoom Room <b>6:00 PM</b>	MON: 2/10/2025 <i>Test Without Stress</i> SOS Zoom Room <b>10:00 AM</b>	TUES: 2/11/2025 <i>Your Scholarship Roadmap</i> 107 Lucas Hall <b>2:00 PM</b>
WED: 2/12/2025 <i>FAFSA Frenzy</i> 225 MSC <b>2:00PM</b>	THUR: 2/13/2025 <i>Second Semester, Stronger You</i> 107 Lucas Hall <b>3:00PM</b>	FRI: 2/14/2025 <i>Effective Notetaking</i> SOS Zoom Room <b>3:00 PM</b>	MON: 2/17/2025 <i>Polish Your Digital Presence</i> 107 Lucas Hall <b>10:00 AM</b>	TUES: 2/18/2025 <i>Navigating Online Courses</i> SOS Zoom Room <b>6:00 PM</b>	WED: 2/19/2025 <i>FAFSA Frenzy</i> 107 Lucas Hall <b>9:00 AM</b>
THUR: 2/20/2025 <i>Career Fair Prep</i> 107 Lucas Hall <b>2:00 PM</b>		MON: 2/24/2025 <i>Mastering Math</i> SOS Zoom Room <b>10:00 AM</b>	WED: 2/26/2025 <i>Campus Resources</i> 107 Lucas Hall <b>10:00 AM</b>	THUR: 2/27/2025 <i>Student Accounts Simplified</i> 107 Lucas Hall <b>2:00 PM</b>	

March

SAT: 3/1/2025 <i>Finding Your Balance</i> SOS Zoom Room <b>10:00 AM</b>	MON: 3/3/2025 <i>Career Lab</i> 107 Lucas Hall <b>2:00 PM</b>	WED: 3/5/2025 <i>Midsemester Reset</i> 107 Lucas Hall <b>2:30 PM</b>	THUR: 3/6/2025 <i>Preparing for Midterms</i> SOS Zoom Room <b>6:00 PM</b>	FRI: 3/7/2025 <i>Understanding Emotions</i> SOS Zoom Room <b>3:30 PM</b>	SAT: 3/8/2025 <i>The Art of Learning</i> SOS Zoom Room <b>10:00 AM</b>	TUE: 3/11/2025 <i>Pause, Recharge, Thrive</i> 107 Lucas Hall <b>2:00 PM</b>
WED: 3/12/2025 <i>LinkedIn Profile Essentials</i> SOS Zoom Room <b>2:00 PM</b>	THUR: 3/13/2025 <i>Athletics at UMSL</i> 107 Lucas Hall <b>2:00 PM</b>	SAT: 3/15/2025 <i>Fostering a Growth Mindset</i> SOS Zoom Room <b>10:00 AM</b>	MON: 3/17/2025 <i>Research Writing Toolkit</i> 107 Lucas Hall <b>2:30 PM</b>	WED: 3/19/2025 <i>Study Skills Bootcamp</i> SOS Zoom Room <b>10:00 AM</b>	THUR: 3/20/2025 <i>Overcoming Procrastination</i> 107 Lucas Hall <b>3:00 PM</b>	MON: 3/31/2025 <i>Effective Notetaking</i> SOS Zoom Room <b>2:00 PM</b>

April

MON: 4/1/2025 <i>Money Management &amp; Budgeting</i> 107 Lucas Hall <b>2:00 PM</b>	THUR: 4/3/2025 <i>Career Connections</i> SOS Zoom Room <b>6:00 PM</b>	TUES: 4/8/2025 <i>Consent Training</i> The Nosh <b>12:00 PM</b>	WED: 4/9/2025 <i>Fine Arts at UMSL</i> 107 Lucas Hall <b>1:00 PM</b>	THUR: 4/10/2025 <i>What's My Leadership Style</i> SOS Zoom Room <b>6:00 PM</b>	SAT: 4/12/2025 <i>Avoiding Burnout</i> SOS Zoom Room <b>10:00 AM</b>	TUES: 4/15/2025 <i>Focused Finish-Time Management</i> 107 Lucas Hall <b>2:30 PM</b>	WED: 4/16/2025 <i>Finances 101</i> SOS Zoom Room <b>3:30 PM</b>
FRI: 4/18/2025 <i>Campus Safety</i> 107 Lucas Hall <b>10:00 AM</b>	TUE: 4/22/2025 <i>Consent Training The Nosh</i> <b>12:00 PM</b>	WED: 4/23/2025 <i>How Do I Look?</i> 107 Lucas Hall <b>10:30 AM</b>	THUR: 4/24/2025 <i>Conflict Resolution</i> SOS Zoom Room <b>2:00 PM</b>	SAT: 4/26/2025 <i>Family Yoga</i> UMSL REC Center <b>11:30 AM</b>	MON: 4/28/2025 <i>Learning Through Mistakes</i> SOS ZOOM Room <b>10:30 AM</b>	TUE: 4/29/2025 <i>Preparing for Final Exams</i> SOS ZOOM Room <b>3:00 PM</b>	