

# Student Outreach & Support

## Fall 2023 Commit to Success Workshops

SOS Zoom Room  
Meeting ID:  
977 840 6648

<p><b>Understanding Your Syllabus</b> Tuesday, Sep. 5th 9:30-10:30 AM 107 Lucas Hall</p>	<p><b>Effective Note Taking</b> Wednesday, Sep. 6th 1:00-2:00 PM 107 Lucas Hall</p>	<p><b>Email Etiquette/Professional Communication</b> Thursday, Sep. 7th 11:00 AM-12:00 PM SOS Zoom Room</p>	<p><b>Time Management</b> Thursday, Sep. 7th 6:00-7:00 PM SOS Zoom Room</p>	<p><b>Navigating Online Classes</b> Saturday, Sep. 9th 10:00-11:00 AM SOS Zoom Room</p>	<p><b>Building Better Habits</b> Tuesday, Sep. 12th 1:30-2:30 PM 107 Lucas Hall</p>	<p><b>Academic Insight: School of Social Work</b> Wednesday, Sep. 13th 2:00-3:00 PM SOS Zoom Room</p>	<p><b>[LinkedIn Series] 12 Steps to Create a Professional Profile</b> Thursday, Sep. 14th 10:30-11:30 AM SOS Zoom Room</p>
<p><b>Learning How to Learn</b> Thursday, Sep. 14th 1:00-2:00 PM 107 Lucas Hall</p>	<p><b>Understanding Student Accounts</b> Friday, Sep. 15th 1:30-2:30 PM SOS Zoom Room</p>	<p><b>Overcoming Procrastination</b> Tuesday, Sep. 19th 1:00-2:00 PM 107 Lucas Hall</p>	<p><b>Goal Setting: Short-Term &amp; Long-Term</b> Wednesday, Sep. 20th 2:30-3:30 PM 107 Lucas Hall</p>	<p><b>Academic Insight: Graduate School</b> Thursday, Sep. 21st 11:00 AM-12:00 PM SOS Zoom Room</p>	<p><b>Fostering a Growth Mindset</b> Friday, Sep. 22nd 11:00 AM-12:00 PM 107 Lucas Hall</p>	<p><b>Resume Workshop</b> Friday, Sep. 22nd 1:30-2:30 PM 107 Lucas Hall</p>	<p><b>Work/Life/School Balance</b> Saturday, Sep. 23rd 10:30-11:30 AM SOS Zoom Room</p>
<p><b>Study Skills Bootcamp</b> Monday, Sep. 25th 10:30-11:30 AM SOS Zoom Room</p>	<p><b>The Power of Group Work</b> Tuesday, Sep. 26th 2:00-3:00 PM 107 Lucas Hall</p>	<p><b>Effective Note Taking</b> Wednesday, Sep. 27th 10:30-11:30 AM SOS Zoom Room</p>	<p><b>Academic Insight: Joint Engineering Program</b> Wednesday, Sep. 27th 1:00-2:00 PM SOS Zoom Room</p>	<p><b>[Artificial Intelligence Series] Career Exploration</b> Thursday, Sep. 28th 11:00 AM-12:00 PM 107 Lucas Hall</p>	<p><b>Choosing Your Major</b> Friday, Sep. 29th 10:30-11:30 AM 107 Lucas Hall</p>	<p><b>Time Management - Halftime</b> Monday, Oct. 2nd 10:00-11:00 AM 107 Lucas Hall</p>	<p><b>Avoiding Burnout</b> Monday, Oct. 2nd 6:30-7:30 PM SOS Zoom Room</p>
<p><b>Learning How to Learn</b> Tuesday, Oct. 3rd 1:00-2:00 PM SOS Zoom Room</p>	<p><b>Things I Wish We Would Have Known</b> Wednesday, Oct. 4th 11:00 AM-12:00 PM 107 Lucas Hall</p>	<p><b>Academic Writing - Research Papers</b> Thursday, Oct. 5th 1:30-2:30 PM 107 Lucas Hall</p>	<p><b>Test Prep</b> Monday, Oct. 9th 1:30-2:30 PM 107 Lucas Hall</p>	<p><b>Academic Insight: College of Optometry</b> Tuesday, Oct. 10th 12:00-1:00 PM SOS Zoom Room</p>	<p><b>Breaking Up, Knowing When to Leave, &amp; Supporting Singles</b> Tuesday, Oct. 10th 2:00-3:00 PM MSC Nosh</p>	<p><b>Academic Insight: College of Education</b> Wednesday, Oct. 11th 12:30-1:30 PM SOS Zoom Room</p>	<p><b>Stress Reduction Through Mindfulness</b> Thursday, Oct. 12th 9:30-10:30 AM 107 Lucas Hall</p>
<p><b>Unlock Your Future: Career Pathways &amp; Ladders</b> Thursday, Oct. 12th 12:00-1:00 PM 107 Lucas Hall</p>	<p><b>Academic Insight: College of Arts &amp; Sciences</b> Friday, Oct. 13th 1:30-2:30 PM 107 Lucas Hall</p>	<p><b>Test Taking Anxiety</b> Saturday, Oct. 14th 10:00-11:00 AM SOS Zoom Room</p>	<p><b>Study Skills Bootcamp</b> Tuesday, Oct. 24th 10:00-11:00 AM 107 Lucas Hall</p>	<p><b>Scholarship Search and Opportunities</b> Tuesday, Oct. 24th 1:00-2:00 PM SOS Zoom Room</p>	<p><b>Academic Insight: College of Business Administration</b> Wednesday, Oct. 25th 1:00-2:00 PM 107 Lucas Hall</p>	<p><b>Money Management &amp; Budgeting</b> Thursday, Oct. 26th 10:00-11:00 AM 107 Lucas Hall</p>	<p><b>Alumni Connections: School of Social Work</b> Friday, Oct. 27th 12:00-1:00 PM SOS Zoom Room</p>
<p><b>Learning How to Learn</b> Monday, Oct. 30th 1:00-2:00 PM 107 Lucas Hall</p>	<p><b>Alumni Connections: Joint Engineering Program</b> Tuesday, Oct. 31st 1:00-2:00 PM SOS Zoom Room</p>	<p><b>Scholarship Application Process</b> Tuesday, Oct. 31st 6:00-7:00 PM SOS Zoom Room</p>	<p><b>[Artificial Intelligence Series] Informal Interviewing</b> Friday, Nov. 3rd 1:30-2:30 PM 107 Lucas Hall</p>	<p><b>Physical &amp; Mental Health Connections</b> Monday, Nov. 6th 1:00-2:00 PM 107 Lucas Hall</p>	<p><b>Jump Start Your Career: Interview &amp; Professional Skills</b> Wednesday, Nov. 8th 10:00-11:00 AM 107 Lucas Hall</p>	<p><b>The Power of Resilience</b> Wednesday, Nov. 8th 6:30-7:30 PM SOS Zoom Room</p>	<p><b>Alumni Connections: College of Education</b> Thursday, Nov. 9th 4:00-5:00 PM SOS Zoom Room</p>
<p><b>Alumni Connections: College of Business Administration</b> Friday, Nov. 10th 1:30-2:30 PM SOS Zoom Room</p>	<p><b>Salary &amp; Negotiations</b> Saturday, Nov. 11th 10:30-11:30 AM SOS Zoom Room</p>	<p><b>[LinkedIn Series] Mastering LinkedIn for Career Success</b> Monday, Nov. 13th 12:00-1:00 PM 107 Lucas Hall</p>	<p><b>Alumni Connections: College of Optometry</b> Tuesday, Nov. 14th 12:00-1:00 PM SOS Zoom Room</p>	<p><b>Inclusive Workplace Practices</b> Tuesday, Nov. 14th 1:30-2:30 PM SOS Zoom Room</p>	<p><b>Career Readiness Competencies: What They Are and Why They Matter</b> Wednesday, Nov. 15th 12:30-1:30 PM SOS Zoom Room</p>	<p><b>Academic Insight: College of Nursing</b> Thursday, Nov. 16th 1:00-2:00 PM SOS Zoom Room</p>	<p><b>Time Management: The Final Countdown</b> Monday, Nov. 27th 2:30-3:30 PM SOS Zoom Room</p>
		<p><b>Conflict Resolution</b> Tuesday, Nov. 28th 9:30-10:30 AM 107 Lucas Hall</p>	<p><b>Coping With Stress &amp; Grief</b> Wednesday, Nov. 29th 11:00 AM-12:00 PM 107 Lucas Hall</p>	<p><b>Alumni Connections: College of Arts and Sciences</b> Wednesday, Nov. 29th 2:00-3:00 PM SOS Zoom Room</p>	<p><b>Mistakes Are Okay: Mindset Matters</b> Thursday, Nov. 30th 1:30-2:30 PM 107 Lucas Hall</p>		



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Workshop  
Descriptions

60 Workshops for UMSL's 60th!