# Student Outreach & Support

## Fall 2023 Commit to Success Workshops

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Understanding Your College of Business Learning How to Learn</strong></td>
<td>Monday, Sep. 12th</td>
<td>12:00-1:00 PM 107 Lucas Hall</td>
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<tr>
<td><strong>Effective Note Taking</strong></td>
<td>Tuesday, Sep. 13th</td>
<td>1:30-2:30 PM SOS Zoom Room</td>
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<tr>
<td><strong>Time Management</strong></td>
<td>Thursday, Sep. 15th</td>
<td>1:00-2:00 PM 107 Lucas Hall</td>
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<tr>
<td><strong>Navigating Online Communication</strong></td>
<td>Saturday, Sep. 17th</td>
<td>11:00 AM-12:00 PM SOS Zoom Room</td>
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<tr>
<td><strong>Building Better Habits</strong></td>
<td>Tuesday, Sep. 20th</td>
<td>1:30-2:30 PM 107 Lucas Hall</td>
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<tr>
<td><strong>Academic Insight: School of Social Work</strong></td>
<td>Thursday, Sep. 22nd</td>
<td>10:00-11:00 AM 107 Lucas Hall</td>
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<tr>
<td><strong>Linkedin Series 12 Steps to Create a Professional Profile</strong></td>
<td>Saturday, Sep. 24th</td>
<td>10:00-11:00 AM 107 Lucas Hall</td>
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<td><strong>Study Skills Bootcamp</strong></td>
<td>Monday, Sep. 25th</td>
<td>10:30-11:30 AM SOS Zoom Room</td>
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<tr>
<td><strong>The Power of Group Work</strong></td>
<td>Tuesday, Sep. 26th</td>
<td>107 Lucas Hall</td>
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<td><strong>Effective Note Taking</strong></td>
<td>Wednesday, Sep. 27th</td>
<td>1:00-2:00 PM 107 Lucas Hall</td>
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<tr>
<td><strong>Academic Insight: Joint Engineering Program</strong></td>
<td>Thursday, Sep. 28th</td>
<td>11:00 AM-12:00 PM SOS Zoom Room</td>
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<tr>
<td><strong>[Artificial Intelligence Series] Career Exploration</strong></td>
<td>Friday, Sep. 29th</td>
<td>10:00-11:00 AM 107 Lucas Hall</td>
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<td><strong>Choosing Your Major</strong></td>
<td>Friday, Oct. 27th</td>
<td>10:00-11:00 AM 107 Lucas Hall</td>
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<td><strong>Time Management - Halftime</strong></td>
<td>Monday, Oct. 2nd</td>
<td>12:00-1:00 PM 107 Lucas Hall</td>
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<tr>
<td><strong>Avoiding Burnout</strong></td>
<td>Monday, Oct. 2nd</td>
<td>6:30-7:30 PM SOS Zoom Room</td>
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<tr>
<td><strong>Unlock Your Future: Career Pathways &amp; Ladders</strong></td>
<td>Thursday, Oct. 5th</td>
<td>12:00-1:00 PM 107 Lucas Hall</td>
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<td><strong>Effective Note Taking</strong></td>
<td>Wednesday, Oct. 4th</td>
<td>11:00 AM-12:00 PM 107 Lucas Hall</td>
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<td><strong>Test Prep</strong></td>
<td>Monday, Oct. 9th</td>
<td>1:00-2:00 PM 107 Lucas Hall</td>
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<tr>
<td><strong>Academic Insight: College of Optometry</strong></td>
<td>Tuesday, Oct. 10th</td>
<td>12:00-1:00 PM SOS Zoom Room</td>
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<td><strong>Breaking Up, Knowing When to Leave, &amp; Supporting Singles</strong></td>
<td>Tuesday, Oct. 10th</td>
<td>2:00-3:00 PM MSc Nash</td>
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<tr>
<td><strong>Alumni Connections: College of Education</strong></td>
<td>Monday, Oct. 2nd</td>
<td>12:00-1:00 PM 107 Lucas Hall</td>
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<td><strong>Test Taking Anxiety</strong></td>
<td>Saturday, Oct. 14th</td>
<td>10:00-11:00 AM 107 Lucas Hall</td>
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<td><strong>Academic Insight: College of Business Administration</strong></td>
<td>Wednesday, Oct. 25th</td>
<td>1:00-2:00 PM 107 Lucas Hall</td>
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<td><strong>Money Management &amp; Budgeting</strong></td>
<td>Thursday, Oct. 26th</td>
<td>10:00-11:00 AM 107 Lucas Hall</td>
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<td><strong>Physical &amp; Mental Health Connections</strong></td>
<td>Monday, Nov. 6th</td>
<td>1:00-2:00 PM 107 Lucas Hall</td>
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<tr>
<td><strong>Jump Start Your Career: Interview &amp; Professional Skills</strong></td>
<td>Wednesday, Nov. 8th</td>
<td>10:00-11:00 AM 107 Lucas Hall</td>
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<td><strong>The Power of Resilience</strong></td>
<td>Wednesday, Nov. 8th</td>
<td>6:30-7:30 PM SOS Zoom Room</td>
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<td><strong>Alumni Connections: School of Social Work</strong></td>
<td>Friday, Oct. 27th</td>
<td>12:00-1:00 PM 107 Lucas Hall</td>
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<td><strong>[Artificial Intelligence Series] Informal Interviewing</strong></td>
<td>Friday, Nov. 3rd</td>
<td>1:00-2:00 PM 107 Lucas Hall</td>
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<td><strong>Scholarship Search and Opportunities</strong></td>
<td>Tuesday, Oct. 24th</td>
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<td><strong>Conflict Resolution</strong></td>
<td>Tuesday, Nov. 28th</td>
<td>9:30-10:30 AM 107 Lucas Hall</td>
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<td><strong>Coping With Stress &amp; Grief</strong></td>
<td>Wednesday, Nov. 29th</td>
<td>11:00 AM-12:00 PM 107 Lucas Hall</td>
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<td><strong>Career Readiness Competencies: What They Are and Why They Matter</strong></td>
<td>Wednesday, Nov. 15th</td>
<td>12:30-1:30 PM SOS Zoom Room</td>
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<tr>
<td><strong>Academic Insight: College of Nursing</strong></td>
<td>Thursday, Nov. 16th</td>
<td>1:00-2:00 PM SOS Zoom Room</td>
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<td><strong>Time Management: The Final Countdown</strong></td>
<td>Monday, Nov. 27th</td>
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*60 Workshops for UMSL’s 60th!*