

# Student Outreach & Support

## Spring 2024 Commit to Success Workshops

SOS Zoom  
Room  
Meeting ID:  
977 840 6648

<b>Involvement Jamboree</b> Tuesday, Jan. 23rd 11:00 AM-1:00 PM MSC Rotundas	<b>Love &amp; Technology</b> Tuesday, Jan. 30th 12:00-1:00 PM The Nosh	<b>Spring 2024 COBA Exchange Expo</b> Thursday, Feb. 1st 11:00 AM -2:00 PM 107 ABH	<b>Understanding Your Syllabus</b> Thursday, Feb. 1st 2:00-3:00 PM 107 Lucas Hall	<b>Canvas 101</b> Friday, Feb. 2nd 1:00-2:00 PM 107 Lucas Hall	<b>Navigating Online Classes</b> Saturday, Feb. 3rd 10:00-11:00 AM SOS Zoom Room	<b>Scholarship Application Process</b> Monday, Feb. 5th 2:00-3:00 PM SOS Zoom Room	<b>Maintaining Boundaries &amp; Friendships</b> Tuesday, Feb. 6th 3:00-4:00 PM 107 Lucas Hall
<b>Science Notetaking</b> Wednesday, Feb. 7th 11:00 AM-12:00 PM and 2:00-3:00 PM MSC The Penthouse	<b>Building Better Habits</b> Wednesday, Feb. 7th 1:30-12:30 PM 107 Lucas Hall	<b>Email Etiquette and Professional Communication</b> Thursday, Feb. 8th 11:00 AM-12:00 PM SOS Zoom Room	<b>Math Study Skills</b> Thursday, Feb. 8th 2:00-3:00 PM MSC The Penthouse	<b>Time Management</b> Friday, Feb. 9th 10:00-11:00 AM SOS Zoom Room	<b>Safety Series: Get to Know Your UMSL PD</b> Friday, Feb. 9th 1:00-2:00 PM SOS Zoom Room	<b>[Artificial Intelligence Series] Career Exploration</b> Monday, Feb. 12th 10:00 - 11:00 AM 107 Lucas Hall	<b>Overcoming Procrastination</b> Tuesday, Feb. 13th 3:00-4:00 PM 107 Lucas Hall
<b>Effective Notetaking</b> Wednesday, Feb. 14th 1:00-2:00 PM SOS Zoom Room	<b>[Artificial Intelligence Series] Informal Interviewing</b> Thursday, Feb. 15th 10:00-11:00 am 107 Lucas Hall	<b>Just Do It! Overcoming Procrastination</b> Thursday, Feb. 15th 6:00-7:00 PM SOS Zoom Room	<b>It's My Life: How to Have Difficult Conversations with Family &amp; Friends</b> Tuesday, Feb. 20th 1:00-2:00 PM 107 Lucas Hall	<b>Understanding Student Accounts</b> Wednesday, Feb. 21st 11:00 AM-12:00 PM SOS Zoom Room	<b>Goal Setting: Short-Term &amp; Long-Term</b> Wednesday, Feb. 21st 2:30-3:30 PM 107 Lucas Hall	<b>Learning How to Learn</b> Thursday, Feb. 22nd 1:30-2:30 PM 107 Lucas Hall	<b>Safety Series: Know Your Rights</b> Friday, Feb. 23rd 2:00-3:00 PM SOS Zoom Room
<b>Understanding Pathways to Graduate School</b> Tuesday, Feb. 27th 6:00-7:00 PM SOS Zoom Room	<b>Time Management - Halftime</b> Wednesday, Feb. 28th 10:00-11:00 AM 107 Lucas Hall	<b>Coping with Stress and Grief</b> Thursday, Feb. 29th 1:00-2:00 PM SOS Zoom Room	<b>Yoga at the Rec Center!</b> Friday, Mar. 1st 10:00 - 11:00 AM Rec Center Studio 3	<b>Fostering a Growth Mindset</b> Monday, Mar. 4th 11:00-12:00 AM 107 Lucas Hall	<b>Career Fair Prep</b> Tuesday, Mar. 5th 4:00-5:00 PM Career Services Zoom Room	<b>Academic Writing: Research Papers</b> Wednesday, Mar. 6th 1:00-2:00 PM SOS Zoom Room	<b>Career Fair Prep</b> Thursday, Mar. 7th 4:00-5:00 PM Career Services Zoom Room
<b>Preparing for Midterms</b> Thursday, Mar. 7th 6:00-7:00 PM SOS Zoom Room	<b>Demystifying Networking</b> Friday, Mar. 8th 1:00-2:00 PM 107 Lucas Hall	<b>Work/Life/School Balance</b> Saturday, Mar. 9th 10:00-11:00 AM SOS Zoom Room	<b>#FYP Social Media 101</b> Tuesday, Mar. 12th 2:00-3:00 PM SOS Zoom Room	<b>School of Nursing: Career Fair</b> Tuesday, Mar. 12th Seton Lobby 11:00 AM-1:00 PM	<b>[LinkedIn Series] 12 Steps to Create a Professional Profile</b> Wednesday, Mar. 13th 2:00-3:00 PM SOS Zoom Room	<b>Career Fair Prep</b> Wednesday, Mar. 13th 3:30-4:30 PM Career Services	<b>Conflict Resolution</b> Thursday, Mar. 14th 9:30-10:30 AM 107 Lucas Hall
<b>Career Fair</b> Friday, Mar. 15th 9:30 AM - 1:00 PM Touhill Performing Arts Center	<b>Safety Series: Safety Tips/Q&amp;A</b> Friday, Mar. 15th 9:30-10:30 AM 107 Lucas Hall	<b>[LinkedIn Series] Mastering LinkedIn for Career Success</b> Saturday, Mar. 16th 10:00-11:00 AM SOS Zoom Room	<b>The Power of Group Work</b> Tuesday, Mar. 19th 2:00-3:00 PM 107 Lucas Hall	<b>Career Pathways and Ladders</b> Wednesday, Mar. 20th 11:00 AM-12:00 PM SOS Zoom Room	<b>Overcoming Test Anxiety</b> Thursday, Mar. 21st 10:00-11:00 AM SOS Zoom Room	<b>Preventing Harm</b> Wednesday, Apr. 3rd 12:00-1:00 PM The Nosh	<b>Don't Break the Bank! - Budgeting 101</b> Thursday, Apr. 4th 2:30-3:30 PM SOS Zoom Room
<b>Time Management: The Final Countdown</b> Tuesday, Apr. 9th 2:30-3:30 PM SOS Zoom Room	<b>Diversity Within First-Generation College Students</b> Tuesday, Apr. 9th 1:00-2:00 PM 107 Lucas Hall	<b>Safety Series: Self Defence</b> Friday, Apr. 12th 11:00 AM-12:00 PM 107 Lucas Hall	<b>Interview and Professional Skills</b> Tuesday, Apr. 16th 2:00-3:00 PM SOS Zoom Room	<b>Avoiding Burnout</b> Tuesday, Apr. 16th 6:00-7:00 PM SOS Zoom Room	<b>Study Skills Bootcamp</b> Wednesday, Apr. 17th 10:00-11:00 AM 107 Lucas Hall	<b>Learning How to Learn</b> Thursday, Apr. 18th 1:00-2:00 PM SOS Zoom Room	<b>The Entrepreneur in Me - Passion Projects and Side Hustles</b> Friday, Apr. 19th 1:00-2:00 PM 107 Lucas Hall
		<b>Mistakes are OK: Mindset Matters</b> Tuesday, Apr. 23rd 1:30-2:30 PM SOS Zoom Room	<b>Mirthweek Carnival</b> Wednesday, Apr. 24th 12:00 -5:00 PM RWC East Lawn	<b>Preparing for Final Exams</b> Thursday, Apr. 25th 3:00-4:00 PM 107 Lucas Hall	<b>Letters to Our Future Self</b> Tuesday, Apr. 30th 2:30-3:30 PM SOS Zoom Room		



60 Workshops for UMSL's 60th!



Scan for  
Workshop  
Descriptions