Fall 2021 Commit To Success Workshops

Division of Student Academic Support Services

TRIO Series: Getting Involved
Tuesday, September 7
11:00am–12:00pm
Learn about the student organizations, handsets & sources, leadership programs, service programs, diversity & cultural programs and campus programs that UMSL has to offer. Presented in partnership with the Office of Student Involvement.
The Dice
Welcome to College
Tuesday, September 7
1:00pm–2:00pm
This workshop will aid in understanding the expectations placed on you as a College student as well as provide strategies to help you succeed!

Growth Mindset
Tuesday, September 7
2:00pm–3:00pm
Intelligence is not fixed. You can develop your abilities through hard work and determination! You will learn about growth mindset principles and ways to actualize your academic success plan.

College of Business Administration
Welcome to College
Wednesday, September 8
10:00am–11:00am
Join the College of Business Administration to discuss programs and opportunities for you. Presented in partnership with UMSL College of Business Administration.

[Be in the Know Series] Academic Integrity/Plagiarism
Wednesday, September 8
11:00am–12:00pm
Join the College of Business Administration to discuss programs and opportunities for you. Presented in partnership with UMSL College of Business Administration.

[Be in the Know Series] Academic Integrity/Plagiarism
Welcome to College
Wednesday, September 8
1:00pm–1:30pm
Quick, drop–by session on tricks, trades and triumphs to help you navigate UMSL resources.

Test Prep: More than Just a Roll of the Dice
Wednesday, September 8
2:00pm–3:00pm
Have you struggled to remember course material, even after hours of reading and studying? Through a combination of brief bits of information delivery and fast–paced activities, you will gain knowledge about current research into learning and memory, and learn with a specific plan to improve your study skills.

Job Fair Training: How to Prepare for the Fair
Tuesday, September 14
3:30pm–4:30pm
Increase your chances of standing out, discuss how to prepare, practice what to say, and learn how to follow-up with employers before UMSL’s Career Fair.

Stress Reduction through Mindfulness
Wednesday, September 15
3:00pm
We all have the capacity to experience well–being, strength, and confidence, even in the face of stress, pain, or illness. In order to enhance that capacity, you will be introduced to the power of mindfulness, the practice of meeting each moment with an open heart and mind.

Study Skills Bootcamp
Wednesday, September 15
3:30pm–4:30pm
Enrolled in online classes this semester? Join us as we discuss what to expect!

Tips for Taking Online Classes
Thursday, September 16
10:00am–11:00am
Tackle school and money decisions with confidence through expert tips and help from the UMSL Student Financial Services. In this workshop, you will enhance your understanding and improve your financial literacy.

[TRIO Series] Financial Literacy
Thursday, September 16
2:00pm–3:00pm
Resources help us stay connected to the services we need. Join us to learn more about financial resources offered on campus!

The Real: The Psychology of Imposter Syndrome, Part One
Thursday, September 16
5:00pm–6:00pm
This educational workshop begins a 3–part series of enlightenment, self–reflection, and advocacy as we explore the depths of imposter syndrome on the psychological level. In this kick–off event we will have a conversation on the layered and complex experience.

[TRIO Series] Things I Wish I Would Have Known
Wednesday, September 22
12:00pm–1:00pm
Have you made it through the first couple of weeks of school? It’s time to talk! What did you learn about things you wished you knew. Take these tips and advice with you until you graduate!

Effective Note Taking
Wednesday, September 22
10:00am–11:00am
Are you finding your lectures hard to follow? Effective note–taking skills may be the answer! Join us for this interactive learning event that will cover different ways for you to engage in the lecture experience via note–taking.

Creating Student Communities
Wednesday, September 22
3:00–4:00pm
Discover and discuss why getting connected on campus provides the opportunity to gain valuable skills, learn better grades, and thrive at UMSL.

Relaxation NOT Frustration
Thursday, September 23
12:00pm–1:00pm
Come gather strategies to combat stress and promote personal well–being.

The Benefits of Mentorship & the Mentor Program
Thursday, September 23
2:00pm–3:00pm
You will learn about mentoring and mentorship, as well as why it is important to have a mentor/mentee to help expand personal development and access to opportunities.

On the Places You’ll Go/Virtual Museum Tour

Learn about the student organizations, Fraternities & sororities, leadership programs, service programs, diversity & cultural programs and campus resources that UMSL has to offer. Presented in partnership with the Office of Student Involvement.

**Tuesday, October 18**
11:00am – 12:00pm
Do you feel like you aren’t maximizing your study habits for exam week? Whip them into shape with our Study Skills Bootcamp, a workshop dedicated to helping you improve your study habits.

**School of Social Work**
Tuesday, October 19
1:00pm – 2:00pm
Join the School of Social Work to discuss programs and opportunities for you. Presented in partnership with UMSL School of Social Work.

**Zoom In, Zoom Out**
Tuesday, October 19
2:00pm – 3:00pm
Quick, drop-by session on tricks, trades, and triumphs to help you make your presentations pop and how to properly follow? Effective note-taking skills may be the answer! Join us for this interactive learning event that will cover different ways for you to engage in the lessons presented via note-taking.

**It’s Okay to be Undecidred and the World of Work**
Wednesday, October 20
3:00pm – 4:00pm
Learn more about your possible interests, the major that might be the right fit for you, and your future in the world of work.

**Interviewing Skills with Career Services**
Thursday, October 21
2:00pm – 3:00pm
Come and learn about behaviors necessary to be successful in preparing for an interview! Presented in partnership with Career Services.

**Removing the Mask of Imposter Syndrome: An Introspective Dive**
Thursday, October 21
5:00pm – 6:00pm
This interactive workshop will guide you through an empowering psycho-educational experience designed to validate, affirm, and encourage you to unfold your own personal, emotional, and spiritual experiences with imposter syndrome. We will use narrative therapy principles and we will equip you with the tools to further process and re-write your own personal story. Presented in partnership with Melina Douglass.

**Mistress, Mindset, and Success**
Friday, October 22
1:30pm – 2:30pm
Are you ready? Do you push through tough challenges? Join us to find out how our mindset and resilience can lead to success, both in and out of the classroom.

**The “No” Tis “TEAM”**
Tuesday, October 26
10:30am – 11:30am
Discuss the importance of building collaborative relationships, developing effective leadership skills and becoming a change agent to benefit yourself
Division of Student Academic Support Services

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and others.

**TRIO Series** Effective Note Taking
Tuesday, October 26
9:00am – 10:00am
Are you finding your lectures hard to follow? Effective note-taking skills may be the answer! Join us for this interactive learning event that will open different ways for you to engage in the lecture experience via note-taking.

**Academic Writing**
Wednesday, October 27
11:00am – 12:00pm
Do you need help setting your research paper? Join us to learn tips for quality academic writing. Presented in partnership with the University Tutoring Center.

**Interactive Learning**
Wednesday, October 27
2:00pm – 3:00pm
Most people rely on formal settings to make proper connections in advance to their career. Come discover how others have made concrete connections in some of the most unlikely places.

**TRIO Series** Boundaries/Healthy Relationships
Thursday, October 28
10:00am – 11:00am
Join us to learn how setting boundaries can affect your friendships and relationships. Learn about healthy relationships and what some red flags may be. Presented in partnership with Counseling Services.

**Professional Panel**
Thursday, October 28
4:00pm – 5:00pm
Interested in learning how to navigate your career after college? Come join us and connect with professional leaders from the St. Louis Community to learn tips and strategies for a successful career.

**Oh the Places You’ll Go! Virtual Museum Tours**
Friday, October 29
1:00pm – 2:00pm
Join us as we go on a virtual tour inside a nationally recognized tourist attraction! Feel free to stick around afterwards to debrief and fellowship with your peers.

**Student Justice**
Monday, November 1
10:00am – 11:00am
Are you interested in learning more about social justice, diversity and inclusivity? Join us for a deeper dive into these issues in a safe and respectful environment.

**TRIO Series** Communication Skills
Tuesday, November 2
11:00am – 12:00pm
Communication is the key to any relationship, whether it be in your personal, work, or school life. Boost your relationships in a workshop designed to excel your communication, deep listening, and conflict-resolution skills in a workshop designed to excel your communication, deep listening, and conflict-resolution skills.

**Group Interviewing**
Tuesday, November 2
10:00am – 11:00am
Join us for this interactive and informative workshop where you can practice and hone your interviewing skills in a fun and supportive environment.

**Zoom In, Zoom Out**
Wednesday, November 3
1:00pm – 1:30pm
Quick, drop-in session on tricks, trades and triumphs to help you navigate UMSL resources.

**Learning How to Learn**
Wednesday, November 3
2:00pm – 3:00pm
Have you struggled to remember course material, even after hours of reading and studying? Through a combination of short briefs of information delivery and fast-paced activities, you will gain knowledge about current research into learning and memory and leave with a specific plan to improve your study skills.

**Safety Series** Know Your Rights, Part Two
Thursday, November 4
12:00pm – 1:00pm
Come and review rights you may not know you have. Presented in partnership with the UMSL Police Department.

**Money Management & Budgeting**
Monday, November 8
1:00pm – 2:00pm
Do you know how to budget your money? Are you wanting to save your money for a big purchase? Come learn about budgeting and money management skills.

**Zoom In, Zoom Out**
Tuesday, November 9
10:00am – 11:00am
Come learn how to leave a lasting impression in a good way! Presented in partnership with UMSL Human Resources.

**Time Management – Final Countdown**
Wednesday, November 10
11:00am – 12:00pm
You are in the stretch of the semester. Make the most of each day to finish strong! This workshop will help you learn how to successfully maximize and prioritize your time for optimum success.

**Laying Imposter Syndrome to Rest: The Systems Approach, Part Three**
Thursday, November 11
5:00pm – 6:00pm
This empowering workshop wraps up the 3-part series with a laser focus on the larger, systemic issues and signs that fuel the impact of imposter syndrome on the individual level. We will create action plans on strategies to advocate and advocate for more inclusive educational and workplace environments.

**TRIO Series** Test Prep: More than Just a Roll of the Dice
Monday, November 15
12:00pm – 1:00pm
Stressed about exams? Learn strategies for acing every type of exam, from multiple choice exams to short answer and essay exams. You will also gain experience developing a test day strategy and making a study plan.

**LinkedIn to Connections: LinkedIn Strategy and Making a Study Plan**
Tuesday, November 16
1:00pm – 2:00pm
Quick, drop-in season on tricks, trades and triumphs to help you navigate UMSL resources.

**TRIO Series** Test Prep: More than Just a Roll of the Dice
Tuesday, November 16
10:00am – 1:30pm
Quick, drop-in season on tricks, trades and triumphs to help you navigate UMSL resources.

**Zoom In, Zoom Out**
Wednesday, November 17
12:00pm – 1:00pm
Learn more about conducting a job search online and how to create a professional looking LinkedIn profile.

**Scholarship Search**
Thursday, November 18
10:00am – 11:00am
This workshop will provide resources and strategies to assist you in locating scholarships to finance the remainder of your college education.

**Thoughts About Its Pitfalls!**
Sunday, November 14
11:00am – 12:00pm
Join us to discover new ways to utilize social media for good and learn about its pitfalls!

**Trick or Treat**
Wednesday, November 17
4:00pm – 5:00pm
Come learn how to leave a lasting impression in a good way! Presented in partnership with UMSL Human Resources.

**Study Skills Bootcamp**
Saturday, November 13
12:00pm – 1:00pm
Come learn how to leave a lasting impression in a good way! Presented in partnership with UMSL Human Resources.

**TRIO Series** Managing Stress
Friday, December 3
10:00am – 1:00pm
Understanding your strengths and weaknesses enable you to gain new resources and opportunities within your career. Join us as we discuss the many ways that understanding strengths and weaknesses can increase your market value.

**Safety Series** Safety Tips/Q&A
Thursday, December 2
12:00pm – 1:00pm
How can you have fun, but be safe at the same time? Join us to discover valuable safety tips! Presented in partnership with the UMSL Police Department.

**TRIO Series** Managing Stress
Friday, December 3
10:00am – 1:00pm
Take a broader and learn several ways to manage stress and release the bad vibes students may experience while preparing for finals week.

**Oh the Places You’ll Go! Virtual Museum Tours**
Friday, December 3
12:00pm – 1:00pm
Join us as we go on a virtual tour inside a nationally recognized tourist attraction! Feel free to stick around afterwards to debrief and fellowship with your peers.