Division of Student Academic Support Services
Fall 2021 Commit To Success Workshops

SEPTEMBER

(TRO Series) Getting Involved
Tuesday, September 7
11:00am–12:00pm
Learn about the student organizations, Intramural & Intercollegiate, leadership programs, service programs, diversity & cultural programs and campus programs that UMSL has to offer. Presented in partnership with the Office of Student Involvement.

Welcome to College
Tuesday, September 7
1:00pm–2:00pm
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
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.

Getting Involved
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 apply it to your academic success plan.

College of Business Administration
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.

Quick, drop-by session on topics, tricks and triumphs to help you navigate UMSL resources.

Roll of the Dice
Thursday, September 9
11:00am–12:00pm
Begin your semester by developing a time management plan. We’ll explore time management tools and tips for organization and effective planning.

Learning How to Learn
Tuesday, September 14
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 delivered in the 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.

Job Fair Training: How to Prepare for the Fair
Tuesday, September 14
3:00pm–4:00pm
Increase your chances of standing out, discuss how to prepare yourself to say what you know and how to follow-up with employers before UMSL’s Career Fair.

Time Management – Getting Off to a Balanced Start
Thursday, September 9
11:00am–12:00pm
Learn about the student resources and opportunities offered on campus!

The Real: The Psychology of Dishonesty
Wednesday, September 15
2:00pm–3:00pm
Explore the science behind setting and achieving goals. Join us as we discuss what to expect!

You will learn about growth mindset principles and ways to actualize your academic success plan.

Getting into Graduate School
Monday, September 20
4:00pm–5:00pm
Please join us to learn more about strategies for applying to and gaining acceptance into graduate school. Presented in partnership with the UMSL Graduate School.

Strategies for Using Downtime
Friday, September 17
12:00pm–1:00pm
Come connect with other students and discover strategies that will assist you in having a successful year at UMSL.

Effective Note Taking
Monday, September 13
1:00pm–2:00pm
Picking a class schedule can be difficult and finding classes at just the right times can be even more tricky. You may find that you have scheduled too many large blocks of time between classes and find yourself not to spend your time if you are interested in learning strategies for avoiding blocks of time, this workshop is for you!

Introduction to Campus Resources
Thursday, September 16
2:00pm–3:00pm
Resources help us stay connected to the services we need. Join us to learn more about the many free resources offered on campus!

Quick, drop-by session on topics, tricks and triumphs to help you navigate UMSL resources.

How to Use Library Services
Monday, September 27
11:00am–12:00pm
Are you overwhelmed with your class readings or tired of feeling like you don’t remember what you just read? Attend this workshop and learn strategies for becoming a more intentional and effective reader. Please bring one textbook or reading to practice with.

The Benefits of Mentorship & the iMentor 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.

Struggling to make time for your wellness? Join us as we discuss tips for maintaining your wellness and gain insight into the experience you already have!

Managing Your Health as a Student
Wednesday, September 29
10:00am–11:00am
Learn about health care options provided to you! Presented in partnership with the UMSL Health Services Department.

Getting Involved
Wednesday, September 29
3:00pm–4:00pm
Learn about the student organizations, fraternities & sororities, leadership programs, service programs, diversity & cultural programs and campus programs that UMSL has to offer. Presented in partnership with the Office of Student Involvement.

Getting Involved
Tuesday, September 21
10:00am–11:00am
Join us as we learn about the importance of goal-setting and the science behind setting and achieving goals.

Call out: Zoom In, Zoom Out

All workshops will be held at this Zoom link: https://umsystem-zoom.us/ zoom/ums-workshops
Meeting ID: 977 840 6648