**Student Academic Support Services**

### Fall 2021 Commit To Success Workshops

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Welcome to College</strong></td>
<td>Tuesday, September 7</td>
<td>1:00pm – 2:00pm</td>
<td>This workshop will aid in understanding the expectations placed on you as a college student, as well as provide strategies to help you succeed!</td>
</tr>
<tr>
<td><strong>Growth Mindset</strong></td>
<td>Tuesday, September 7</td>
<td>2:00pm – 3:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>College of Business Administration</strong></td>
<td>Wednesday, September 8</td>
<td>10:00am – 11:00am</td>
<td>Join the College of Business Administration to discuss programs and opportunities for you. Presented in partnership with UMSL College of Business Administration.</td>
</tr>
<tr>
<td><strong>Active Reading Strategies</strong></td>
<td>Tuesday, September 14</td>
<td>11:00am – 12:00pm</td>
<td>Learn the importance of being an intentional and effective reader. Please join us as we discuss how to improve your study skills.</td>
</tr>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 7</td>
<td>11:00am – 12:00pm</td>
<td>Join us for an overview on the various forms of academic dishonesty. You will also gain experience developing a test day strategy and making a study plan.</td>
</tr>
<tr>
<td><strong>Time Management – Getting Off to a Balanced Start</strong></td>
<td>Thursday, September 9</td>
<td>11:00am – 12:00pm</td>
<td>Begin your semester by developing a time management plan. We will explore time management tools and tips for organization and effective planning.</td>
</tr>
<tr>
<td><strong>Career &amp; Transferable Competencies</strong></td>
<td>Thursday, September 9</td>
<td>2:00pm – 3:00pm</td>
<td>Have you ever wondered what employers are looking for in potential candidates? This workshop will help you use your college experiences to develop career competencies. Presented in partnership with Career Services.</td>
</tr>
<tr>
<td><strong>Safety Series: Get to Know Your UMSL PD</strong></td>
<td>Friday, September 10</td>
<td>12:00pm – 1:00pm</td>
<td>Come and meet your UMSL Police Department. Bring your questions, concerns and thoughts to share! Presented in partnership with the UMSL Police Department.</td>
</tr>
<tr>
<td><strong>Strategies for Using Downtime on Campus</strong></td>
<td>Thursday, September 16</td>
<td>1:00pm – 2:00pm</td>
<td>Enrolled in online classes this semester? Join us as we discuss what to expect! Tips for Taking Online Classes.</td>
</tr>
<tr>
<td><strong>Introduction to Campus Resources</strong></td>
<td>Thursday, September 16</td>
<td>2:00pm – 3:00pm</td>
<td>Resources help us stay connected to the services we need. Join us to learn more about the many free resources offered on campus!</td>
</tr>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 14</td>
<td>3:00pm – 4:00pm</td>
<td>Stressed about exams? Learn strategies for using 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.</td>
</tr>
<tr>
<td><strong>Job Fair Training: How to Prepare for the Fair</strong></td>
<td>Tuesday, September 14</td>
<td>3:30pm – 4:30pm</td>
<td>Increase your chances of standing out, discuss how to prepare, practice what you say, and learn tricks to follow-up with employers before UMSL’s Career Fair.</td>
</tr>
<tr>
<td><strong>Stress Reduction through Mindfulness</strong></td>
<td>Wednesday, September 15</td>
<td>2:00pm – 3:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Study Skills Bootcamp</strong></td>
<td>Wednesday, September 15</td>
<td>3:30pm – 4:30pm</td>
<td>Enrolled in online classes this semester? Join us as we discuss what to expect! Introduction to Campus Resources.</td>
</tr>
<tr>
<td><strong>Getting into Graduate School</strong></td>
<td>Monday, September 20</td>
<td>4:00pm – 5:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Getting into the Know Series: Academic Integrity/Plagiarism</strong></td>
<td>Wednesday, September 8</td>
<td>11:00am – 12:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>The Real: The Psychology of Imposter Syndrome, Part One</strong></td>
<td>Thursday, September 23</td>
<td>3:00pm – 4:00pm</td>
<td>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 open, relatable, and culturally inclusive conversations as we seek to define the layered and complex experience. Presented in partnership with Melissa Douglass.</td>
</tr>
<tr>
<td><strong>Friday Online Games</strong></td>
<td>Friday, September 24</td>
<td>1:00pm – 2:00pm</td>
<td>Quick drop-by session on tricks, trades and triumphs to help you navigate UMSL resources. Effective Note Taking.</td>
</tr>
<tr>
<td><strong>Introduction to Campus Resources</strong></td>
<td>Thursday, September 16</td>
<td>2:00pm – 3:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Getting into Graduate School</strong></td>
<td>Monday, September 20</td>
<td>4:00pm – 5:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Zoom In, Zoom Out</strong></td>
<td>Tuesday, September 21</td>
<td>11:00am – 12:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>The Benefits of Mentorship &amp; the iMentor Program</strong></td>
<td>Thursday, September 23</td>
<td>11:00am – 12:00pm</td>
<td>Relaxed and enjoyable, an iMentor program provides a safe space for students to engage with professionals in their career field and receive individualized support.</td>
</tr>
<tr>
<td><strong>The Benefits of Mentorship &amp; the iMentor Program</strong></td>
<td>Thursday, September 23</td>
<td>11:00am – 12:00pm</td>
<td>Relaxed and enjoyable, an iMentor program provides a safe space for students to engage with professionals in their career field and receive individualized support.</td>
</tr>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>12:00pm – 1:00pm</td>
<td>Come connect with other students and get assistance with your learning and college success plan.</td>
</tr>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 21</td>
<td>11:00am – 12:00pm</td>
<td>Come join us as we share how to reach out and engage with those who are dedicated to your education and success.</td>
</tr>
<tr>
<td><strong>Getting into the Know Series: Academic Integrity/Plagiarism</strong></td>
<td>Wednesday, September 8</td>
<td>11:00am – 12:00pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>The Real: The Psychology of Imposter Syndrome, Part One</strong></td>
<td>Thursday, September 23</td>
<td>3:00pm – 4:00pm</td>
<td>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 open, relatable, and culturally inclusive conversations as we seek to define the layered and complex experience. Presented in partnership with Melissa Douglass.</td>
</tr>
</tbody>
</table>

---

**Struggling to make time for your wellness? 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**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Wednesday, September 22</td>
<td>3:00pm – 4:00pm</td>
<td>Discover and discuss why getting connected on campus matters and how it can benefit students.</td>
</tr>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Wednesday, September 22</td>
<td>3:00pm – 4:00pm</td>
<td>Discover and discuss why getting connected on campus matters and how it can benefit students.</td>
</tr>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Wednesday, September 22</td>
<td>3:00pm – 4:00pm</td>
<td>Discover and discuss why getting connected on campus matters and how it can benefit students.</td>
</tr>
</tbody>
</table>

---

**How to Use Library Services**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>11:00am – 12:00pm</td>
<td>Learn more about the layered and complex experience. In this kick – off event we will have open, relatable, and culturally inclusive conversations as we seek to define the layered and complex experience. Presented in partnership with Melissa Douglass.</td>
</tr>
</tbody>
</table>

---

**Zoom In, Zoom Out**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>11:00am – 12:00pm</td>
<td>Quick drop-by session on tricks, trades and triumphs to help you navigate UMSL resources. Effective Note Taking.</td>
</tr>
</tbody>
</table>

---

**Monday, September 27**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>11:00am – 12:00pm</td>
<td>Quick drop-by session on tricks, trades and triumphs to help you navigate UMSL resources. Effective Note Taking.</td>
</tr>
</tbody>
</table>

---

**How to Use Library Services**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>11:00am – 12:00pm</td>
<td>Quick drop-by session on tricks, trades and triumphs to help you navigate UMSL resources. Effective Note Taking.</td>
</tr>
</tbody>
</table>

---

**Meeting ID: 977 840 6648**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>11:00am – 12:00pm</td>
<td>Quick drop-by session on tricks, trades and triumphs to help you navigate UMSL resources. Effective Note Taking.</td>
</tr>
</tbody>
</table>

---

**Meeting ID: 977 840 6648**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>11:00am – 12:00pm</td>
<td>Quick drop-by session on tricks, trades and triumphs to help you navigate UMSL resources. Effective Note Taking.</td>
</tr>
</tbody>
</table>

---

**Meeting ID: 977 840 6648**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting ID: 977 840 6648</strong></td>
<td>Tuesday, September 28</td>
<td>11:00am – 12:00pm</td>
<td>Quick drop-by session on tricks, trades and triumphs to help you navigate UMSL resources. Effective Note Taking.</td>
</tr>
</tbody>
</table>
Join us as we discuss tips for creating a resume based on the experience you already have.

Managing Your Health as a Student

Tuesday, September 29
10:00am – 11:00am

Come 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 programs, leadership programs and campus programs that UMSL has to offer. Presented in partnership with the Office of Student Involvement.

Goal Setting: Short – Term & Long – Term

Thursday, September 30
11:00am – 12:00pm

Join us as we discuss tips for staying healthy! Presented in partnership with the Recreation and Wellness Center.

Wellness & Nutrition

Tuesday, September 28
2:00pm – 3:00pm

Struggling to make time for your health? Join us to discuss tips for staying healthy! Presented in partnership with the Recreation and Wellness Center.

Resume Workshop

Tuesday, September 28
5:30pm – 6:30pm

Is a job hunt in your future? Join us as we discuss tips for creating a resume based on the experience you already have.

Effective Public Speaking Techniques

Thursday, October 7
10:00am – 11:00am

Do you know how to create a presentation that will engage your audience? Join us as we discuss tips on how to make your presentation pop and how to effectively captivate your audience.

Time Management – Halftime

Thursday, October 7
3:00pm – 4:00pm

Do you struggle with balancing your work and personal life? Join us as we discuss strategies for managing your time effectively.

Student Academic Support Services

Tuesday, October 19
1:00pm – 2:30pm

Are you looking for more information about Title IX or Student Conduct policies? Join us to discuss how to navigate UMSL resources.

Part One

Thursday, October 11
1:00pm – 2:00pm

Are you looking for more information about Title IX? This workshop will cover our governing Councils Rules and Regulations and the investigation and resolution process for Title IX and Equity Complaints. You will gain a better understanding of what qualifies as a violation, how a Complaint is investigated, and how a Complaint is ultimately resolved.

Self–Care Strategies

Tuesday, October 12
10:00am – 11:00am

What is self–care? Join us to find out about the answers to this question, and more!

Active Reading Strategies

Tuesday, October 12
2:00pm – 3:00pm

Are you overwhelmed with your class readings or tired of feeling like you don’t know what you should read just yet? Attend this workshop and learn strategies for becoming a more intentional and effective reader.

Test Prep: More than Just a Roll of the Dice

Wednesday, October 13
2:00pm – 3:00pm

Stressed about exams? Learn strategies for studying for multiple choice exams to short answer exams. You will also gain knowledge about current research into learning and memory and leave with a specific plan to improve your study habits.

Professional Panel

Wednesday, October 27
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.

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 the interactive learning event that will cover different ways for you to engage in the lecture experience via note–taking.
Student Academic Support Services

attraction! Feel free to stick around afterwards to debrief and fellowship with your peers.

Social 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.

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-by 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 your study skills. Join us for this workshop to discover strategies that will assist you in locating valuable safety tips! Presented in partnership with the UMSL Police Department.

Zoom in, Zoom Out
Tuesday, November 10
11:00am–12:00pm
You’re in the final 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, systematic issues and flaws that fuel the impact of imposter syndrome on the individual level. We will create action plans on strategies to educate and advocate for more inclusive educational and workplace environments.

Friday Online Games
Friday, November 12
12:00pm–1:00pm
Come connect with other students and discover strategies that will assist you in having a successful year at UMSL. Discussion topics will vary.

Study Skills Bootcamp
Saturday, November 13
11:00am–12:00pm
Do you feel like your study habits are sub-par? Whip them into shape with our Study Skills Bootcamp, a workshop dedicated to helping you improve your study habits.

[TRIO Series] Test Prep: More than Just a Roll of the Dice
Thursday, November 18
10:00am–11:00am
This workshop will provide resources and strategies to assist you in locating valuable social media for good and learn about its pitfalls.

What to Wear to an Interview
Tuesday, November 16
1:00pm–3:00pm
Confused on what to wear to an interview? Join us to learn tips and tricks on how to look professional and how to wow your interviewers!

LinkedIn to Connections: LinkedIn and Indeed
Wednesday, November 17
1:00pm–2:00pm
Learn more about conducting a job search online and how to create a professional looking LinkedIn profile.

Scholarship Search
Thursday, November 18
1:00pm–2:00pm
This workshop will provide resources and strategies to assist you in locating scholarships to finance the remainder of your college education.

Test Prep: More than Just a Roll of the Dice
Thursday, November 18
2:30pm–3:30pm
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.

Navigating Technology
Thursday, November 18
2:00pm–3:00pm
Navigating social media can be tricky. Come discuss how to utilize social media for good and learn about its pitfalls.

Taking Time to S.W.O.T. Your Thoughts
Wednesday, December 1
11:00am–12:00pm
Understanding your strengths and weaknesses enable you to gain more resources and opportunities within your career. Join us as we discuss the many ways that understanding strengths and weaknesses can increase your market value.

[TRIO Series] Test Prep: More than Just a Roll of the Dice
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.

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.

Glen (johanglen@umsl.edu) for more information.

Student Academic Support Services

attraction! Feel free to stick around afterwards to debrief and fellowship with your peers.

Social 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.

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-by 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 your study skills. Join us for this workshop to discover strategies that will assist you in locating valuable safety tips! Presented in partnership with the UMSL Police Department.

Zoom in, Zoom Out
Tuesday, November 10
11:00am–12:00pm
You’re in the final 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, systematic issues and flaws that fuel the impact of imposter syndrome on the individual level. We will create action plans on strategies to educate and advocate for more inclusive educational and workplace environments.

Friday Online Games
Friday, November 12
12:00pm–1:00pm
Come connect with other students and discover strategies that will assist you in having a successful year at UMSL. Discussion topics will vary.

Study Skills Bootcamp
Saturday, November 13
11:00am–12:00pm
Do you feel like your study habits are sub-par? Whip them into shape with our Study Skills Bootcamp, a workshop dedicated to helping you improve your study habits.

[TRIO Series] Test Prep: More than Just a Roll of the Dice
Thursday, November 18
10:00am–11:00am
This workshop will provide resources and strategies to assist you in locating valuable social media for good and learn about its pitfalls.

What to Wear to an Interview
Tuesday, November 16
1:00pm–3:00pm
Confused on what to wear to an interview? Join us to learn tips and tricks on how to look professional and how to wow your interviewers!

LinkedIn to Connections: LinkedIn and Indeed
Wednesday, November 17
1:00pm–2:00pm
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.

Test Prep: More than Just a Roll of the Dice
Thursday, November 18
2:30pm–3:30pm
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.

Navigating Technology
Thursday, November 18
2:00pm–3:00pm
Navigating social media can be tricky. Come discuss how to utilize social media for good and learn about its pitfalls.

Taking Time to S.W.O.T. Your Thoughts
Wednesday, December 1
11:00am–12:00pm
Understanding your strengths and weaknesses enable you to gain more resources and opportunities within your career. Join us as we discuss the many ways that understanding strengths and weaknesses can increase your market value.

[TRIO Series] Test Prep: More than Just a Roll of the Dice
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.

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.

Glen (johanglen@umsl.edu) for more information.