Student Academic Support Services

**Fall 2021**
**Commit To Success Workshops**

**OCTOBER**

**Reframing Motivation**
Monday, October 4
3:00pm–4:00pm
Do you feel like your motivation fluctuates? You’ll learn strategies that allow you to tap into your values to sustain healthy motivation levels.

**Self and Care Strategies**
Tuesday, October 12
10:00am–11:00am
What will you do to keep you in the game? Join us to face the big question in this and many more.

**Zoom in, Zoom Out**
Wednesday, October 6
1:00pm–3:30pm
Quick, drop-by session on tips, tricks, and triumphs to help you navigate UMSL resources.

**Effective Public Speaking Techniques**
Thursday, October 7
10:00am–11:00am
Join us as we discuss tips on how to make your presentations pop and how to effectively captivate your audience.

**Time Management – Halftime**
Thursday, October 7
3:00pm–4:00pm
Does it seem as if the first half of the semester has flown by and you didn’t even realize it? Don’t worry, you can learn how to successfully maximize your time and use it to your advantage.

**Study Skills Bootcamp**
Monday, October 18
2:00pm–3:00pm
This interactive workshop will guide you through the process of understanding your college’s expectations and how to properly respond.

**School of Social Work**
Tuesday, October 19
10:00am–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–3:30pm
Quick, drop-by session on tips, tricks, and triumphs to help you navigate UMSL resources.

**Effective Note Taking**
Wednesday, October 20
1:00pm–2:00pm
Come connect with other students and faculty to discuss strategies that will assist you in having a successful year at UMSL. Discussion topics will vary.

**Learning How to Learn**
Saturday, October 16
11:00am–12:00pm
Have you struggled to remember course material, even after hours of reading and studying? Though we can teach you some helpful tricks to tackle big projects, this is your chance to learn how to effectively and efficiently manage your workload.

**Effective Note Taking**
Friday, October 22
1:00pm–2:00pm
Come connect with other students and faculty to discuss strategies that will assist you in having a successful year at UMSL. Discussion topics will vary.

**It’s Okay to be Underdeclared**
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!

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

**Halftime**
Tuesday, October 6
12:00pm–1:00pm
Wednesday, October 13
Roll of the Dice
Monday, October 18
11:00am–12:00pm
Thursday, October 13
The Roll of the Dice
Monday, October 18
11:00am–12:00pm
Thursday, October 13
These workshops will cover different ways for you to gain experience developing your skills. You will also have the opportunity to practice with other students.

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

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

**It’s Okay to be Underdeclared**
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!

**Email Like a Pro**
Tuesday, October 26
11:00am–12:00pm
Friday, October 22
1:00pm–2:00pm
Have you been hesitant to send that big email? You’ll learn how to properly respond to messages, and how to properly resolve issues.

**Effective Leadership Skills 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!

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