Commit To Success
Meeting ID: 977 840 6648 at this Zoom link:
Student Academic Support Services
Plagiarism to discuss programs and
Join the College of
10:00am – 11:00am
Wednesday, September 8
You can develop your
Intelligence is not fixed.
Growth Mindset
expectations placed on you
in understanding the
UMSL has to offer. Presented
and campus programs that
UMSL has to offer! Presented
in partnership with the Office
of Student Involvement. [This
workshop is only available to
TRIO students, please contact
Johnny Glen (johanyglen@umsl.edu) for more information.]
Welcome to College
tuesday, September 7
10:00am – 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.
College of Business
Administration
Wednesday, September 8
10:00am – 11:00am
Join the College of Business Administration to discuss programs and opportunities presented in partnership with UMSL, College of Business Administration.
[In the Know Series] Academic Integrity! / Plagiarism
Wednesday, September 8
11:00am – 12:00pm
Join us for an overview on the various forms of academic dishonesty. You will learn about the importance of properly citing your sources. Presented in partnership with Student Conduct & Academic Integrity.
Time Management – Getting Off to a Balanced Start
Thursday, September 9
11:00am – 12:00pm
Beginning college students will develop a time management plan. We’ll explore time management tools and tips for organization and effective planning.
Job Fair: How to Prepare for the Fair
Thursday, September 9
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
2:00pm – 3:00pm
We all have the capacity to experience well-being, stress, and confidence, and to rearrange our thoughts and emotions to gain peace of mind and/or increased resilience. Presented in partnership with Mindfulness & Meditation.
How to Build Relationships with Your Mentor
Saturday, September 18
11:00am – 12:00pm
Come as we share how to reach out and engage with those who are dedicated to your education and success.
Growth Mindset
Monday, September 20
11:00am – 12:00pm
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.
Getting Involved
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.
Active Reading Strategies
Tuesday, September 21
11:00am – 12:00pm
You are overwhelmed with your class readings or # of feelings 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.
Zoom in, Zoom Out
Tuesday, September 21
1:00pm – 1:30pm
Quick, drop-by session on tricks, trades and triumphs for remembering what you just read! Presented in partnership with Mindfulness & Meditation.
Effective Note Taking
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. Discussion topics will vary.
How to Use Libraries
Tuesday, September 22
3:00pm – 4:00pm
Discover and discuss why getting connected on campus provides students with the opportunity to gain valuable skills, earn better grades, and thrive at UMSL.
Relaxation NOT Frustration
Thursday, September 23
12:00pm – 1:00pm
Struggling to make time for your wellness? Join us to discuss tips for staying healthy! Presented in partnership with the Recreation and Wellness Center.
Resume Workshop
Tuesday, September 28
3:00pm – 4:30pm
A job hunt in your future? Join us as we discuss tips for creating a resume based on the experience you already have!
Managing Your Health as a Student
Wednesday, September 29
10:00am – 11:00am
Come learn about health care options provided at UMSL. 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.
Goal Setting: Short- & Long-Term
Thursday, September 30
11:00am – 12:00pm
Join us as we learn about the importance of goal setting and the science behind setting and achieving goals.
All workshops will be held at this Zoom link: https://umslsystem.zoom.us/ mysas-workshop (Meeting ID: 977 840 6648
Student Academic Support Services
University of Missouri–St. Louis

[TRIO Series] Getting Involved
Tuesday, September 7
11:00am – 12:00pm
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