OFFICE OF STUDENT ENRICHMENT AND ACHIEVEMENT

Fall 2020 Commit To Success SKILS Working Sessions

Zoom In, Zoom Out: Netiquette
Tuesday, September 1st @ 1 pm
Meeting ID: 977 840 6648
Concerned about presenting yourself best in the virtual world? This workshop will share strategies for navigating online setting effectively.

Stress Reduction through Mindfulness
Monday, September 7th @ 10 am
Meeting ID: 977 840 6648
We all have the capacity to experience mindfulness, and small changes in our daily lives can help you enhance that capacity. This workshop will introduce the power of mindfulness for students in each moment with open heart and mind.

Getting Off to a Balanced Start - Time Management
Tuesday, September 8th @ 5 pm
Meeting ID: 977 840 6648
Begin your semester by developing a time management plan. We will explore time management tools and tips for organization an effective planning.

Test Prep: More than Just a Roll of the Dice
Wednesday, September 9th @ 1 pm
Meeting ID: 977 840 6648
Strained about exams? Not sure how to start studying? This workshop will share basic test taking strategies and tools that you will also gain experience developing a test day strategy and taking a study plan.

Developing a Growth Mindset
Tuesday, September 15th @ 12 pm
Meeting ID: 977 840 6648
Intelligence is not fixed. We can develop our skills through hard work and determination! In this workshop we will focus on how to identify your growth mindset and how to use it to actualize your academic success plan.

Learning How to Learn
Monday, September 21st @ 10 am
https://umsystem.zoom.us/j/9778406648
Have you struggled to remember course material, even with hours of reading and studying? Through a combination of bite-sized information delivery and self-paced learning, participants will gain knowledge about current research, study techniques and become aware of their current habits and learn with a specific plan to improve their learning moment with open heart and mind.

Active Reading Strategies
Thursday, September 24th @ 12 pm
https://umsystem.zoom.us/j/9778406648
Are you finding your lectures hard to follow? Reading? Through a combination of brief information delivery and self-paced activities, participants in this workshop will gain knowledge about current research and then apply their learning moment with open heart and mind.

Finding Your Motivation
Tuesday, October 6th @ 1 pm
https://umsystem.zoom.us/j/9778406648
Do you struggle to motivate yourself to get started? Motivating yourself to go to class, complete assignments, or do anything else can be a challenge. This workshop will share strategies for increasing motivation and self-efficacy, which can in turn lead to increased grades and success.

Stress Reduction through Mindfulness
Wednesday, October 14th @ 3:30 pm
https://umsystem.zoom.us/j/9778406648
Are you great at being there for others, but find yourself losing your own strength and confidence? This session will explore mindfulness, the practice of meeting each moment with an open heart and mind.

Finding the Connection: Career and Transferable Competencies
Tuesday, October 27th @ 12 pm
Meeting ID: 977 840 6648
What does it mean to drop a course? This workshop will share the implications of an academic decision. What does it mean to change your major? This workshop will explore the implications of changing your major.

Test Prep: More than Just a Roll of the Dice
Wednesday, November 4th @ 10 am
Meeting ID: 977 840 6648
Strained about exams? Not sure how to start studying? This workshop will share basic test taking strategies and tools that you will also gain experience developing a test day strategy and taking a study plan.

Test Prep: More than Just a Roll of the Dice
Friday, November 6th @ 11:30 am
Meeting ID: 977 840 6648
Strained about exams? Not sure how to start studying? This workshop will share basic test taking strategies and tools that you will also gain experience developing a test day strategy and taking a study plan.

Stress Management
Monday, November 9th @ 1 pm
Meeting ID: 977 840 6648
We’re in the final stretch of the semester. Make the most of each day to finish strong! By attending this workshop, you will learn some tips and tools to manage stress and prioritize your time for optimum success.

Zoom In, Zoom Out: Academic Policies
Tuesday, November 10th @ 1 pm
Meeting ID: 977 840 6648
What does it mean to drop a course? This workshop will explore the implications of an academic decision. What does it mean to change your major? This workshop will explore the implications of changing your major.

Zoom In, Zoom Out: Student Choice
Friday, November 20th @ 11 am
Meeting ID: 977 840 6648
Guided discussion based on students interests.

Zoom In, Zoom Out: Finals Prep
Tuesday, December 1st @ 12 pm
Meeting ID: 977 840 6648
Almost there! This workshop will cover last minute strategies, including tips for making the most of your study time, a review of key concepts, and ways to reduce stress, where you can study most effectively, etc.