Developing Work/School Balance  
Tuesday, January 28 @ 3 pm in 107 Lucas  
Join us as we explore strategies for balancing the many demands within our lives and how to maintain a successful work-life balance.

What You Don’t Know Could Hurt You - Academic Integrity  
Wednesday, January 29 @ 11 am in 107 Lucas  
Dr. Tanisha Stevens of Academic Affairs will educate you on University Academic Integrity rules and regulations.

Knowledge Drops: School of Business  
Wednesday, January 29 @ 1 pm in 107 Lucas  
Discuss undergraduate programs and certificates, and explore earning your MBA with Business School advisors.

Focus 20/20  
Thursday, January 30 @ 4 pm in 107 Lucas  
If I can see it, I can do it! Visualization is a powerful tool for meeting your goals. Join us to create vision boards to keep us focused this semester.

Freshmen Frosty Friday  
Friday, January 31 @ 12 pm in 225 MSC  
Come connect with other freshmen students and discover strategies that will assist you in having a successful first year at UMSL.

What Are You Writing Down? - Effective Note Taking Skills  
Monday, February 3 @ 1 pm in 107 Lucas  
Are you retaining information well from class? Are your notes organized or scattered? Come to this workshop and learn how to effectively take notes.

Be In the Know: Important Info for Every Triton  
Wednesday, February 5 @ 11:30 am in 107 Lucas  
An overview of how to keep yourself informed and safe this year - presented by UMSL Police, Student Conduct, and Alcohol & Drug Prevention professionals.

Preparing for and Taking Exams - Test Taking Strategies and Test Anxiety  
Thursday, February 6 @ 9:30 am in 107 Lucas  
Get answers on how to maintain test taking strategies that will work for you!

The Importance of Your Mental Health in College  
Tuesday, February 11 @ 10 am in 107 Lucas  
Join us and learn strategies to ensure that you prioritize your mental health.

The “Major” Impact  
Wednesday, February 12 @ 11 am in 107 Lucas  
Come discuss major selection and varying career paths provided within your interests.

Freshmen Frosty Friday  
Friday, February 14 @ 12 pm in 225 MSC  
Come connect with other freshmen students and discover strategies that will assist you in having a successful first year at UMSL.

Academic Planning and Goal Setting  
Tuesday, February 18 @ 10:30 am in 107 Lucas  
Come learn about campus resources available to help finish the semester strong. Please bring course syllabi and planners as we set some SMART goals!

Watch Me Work Wednesday - Welcome Upperclassmen!  
Wednesday, February 19 @ 2 pm in 107 Lucas  
Connect with upperclassmen and discover strategies that will help you be successful during your college career and beyond.

It’s Okay to be Undeclared & the World of Work  
Tuesday, February 25 @ 3:30 pm in 107 Lucas  
Learn more about your possible interests, the major that might be the right fit for you, and your future in the world of work.

Job Fair Training: How to Prepare Before the Fair and Land a JOB  
Thursday, February 27 @ 1 pm in 107 Lucas  
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.

Freshmen Frosty Friday  
Friday, February 28 @ 12 pm in 225 MSC  
Come connect with other freshmen students and discover strategies that will assist you in having a successful first year at UMSL.

Fear of Public Speaking is Real!  
Monday, March 2 @ 9:30 am in 107 Lucas  
Do you get nervous when you know you have a group project that will require you to speak in front of your classmates? Did you know more than 25% of Americans are afraid of public speaking? Come learn strategies for managing your feelings about speaking in public.

Where Are They Now? - Anesthesiologist Assistant  
Wednesday, March 4 @ 11 am in 107 Lucas  
Come learn from a former UMSL student and MSS alum about the path to becoming an anesthesiologist assistant.

Managing Imposter Syndrome & Believing You Belong  
Thursday, March 5 @ 10:30 am in 107 Lucas  
You’re an important member of the UMSL community and dedicated to your academic & personal achievement! Your accomplishments speak for themselves. Yet, we all can feel out of place or like we don’t belong. If you have ever doubted your successes or fear others will discover you’re a “fraud,” please join us as we discuss this phenomenon and support each other in exploring our outlooks.
Stress Management & Self-Care Strategies  
Monday, March 9 @ 1:30 pm in 107 Lucas  
Gather strategies to combat student strain and promote personal well-being.

Freshmen Frosty Friday  
Friday, March 13 @ 12 pm in 225 MSC  
Come connect with other freshmen students and discover strategies that will assist you in having a successful first year at UMSL.

There’s No “I” in TEAM  
Monday, March 16 @ 3 pm in 107 Lucas  
Discuss the importance of building collaborative relationships, developing effective leadership skills, and becoming a change-agent to benefit yourself and others.

Translate Your Grit: Networking Event  
Tuesday, March 17 @ 11 am in 107 Lucas  
Take part in this exciting networking event that will provide an opportunity to highlight grit experiences as a professional competency.

Living Gritty: Panel Discussion  
Thursday, March 19 @ 3 pm in 107 Lucas  
Listen to tales of grit in action through the words of various panelists.

Finals Boot Camp: Study Skills  
Monday, March 30 @ 10 am in 107 Lucas  
Are you ready to finish the semester strong? Come discuss learning strategies to help you study smarter, not harder.

Relaxation NOT Frustration  
Tuesday, March 31 @ 12:30 pm in 107 Lucas  
Midterms are here and preparing for exams can often cause feelings of tension. Join us to discuss different tactics to effectively manage stress and discover resources that promote maintaining self-care practices.

How to Network 101  
Tuesday, April 7 @ 5:30 pm in 225 MSC  
Join us for an interactive networking event with faculty and staff that will support your ability to connect with anyone effectively. Refreshments will be provided.

How Life Works Series: Rock Your Budget  
Tuesday, April 21 @ 10 am in 107 Lucas  
Student loans, credit cards, and auto payments... OH MY! Join us as we uncover and discuss strategies to increase financial awareness, enhance financial know-how, and prepare for the future.

Interviewing Skills with Career Services  
Tuesday, April 21 @ 3 pm in 107 Lucas  
UMSL’s Career Services Department specializes in helping students create and implement career development skills. Learn about behaviors necessary to be successful in preparing for an interview and strategies for answering a variety of interview questions.

Get Stuck in a R.U.T. - Responsible Use of Technology in a Digital World  
Thursday, April 2 @ 11:30 am in 107 Lucas  
Navigating social media can be tricky! Come discuss how to utilize social media for good and learn about its pitfalls.

Self-Care in College  
Monday, April 6 @ 9 am in 107 Lucas  

Resume Workshop  
Thursday, April 16 @ 10:30 am in 107 Lucas  
Is a job hunt in your future? Join us as we discuss tips for creating a resume based on the experience you already have.

Job Hunting  
Tuesday, April 14 @ 12 pm in 107 Lucas  
Whether you are a graduating senior looking for a full-time job or an underclassmen looking for an internship, come discover strategies and tips for a successful job search.

Freshmen Frosty Friday  
Friday, April 24 @ 12 pm in 225 MSC  
Come connect with other freshmen students and discover strategies that will assist you in having a successful first year at UMSL.

Watch Me Work Wednesday - Welcome Upperclassmen!  
Wednesday, April 15 @ 2 pm in 107 Lucas  
Connect with upperclassmen and discover strategies that will help you be successful during your college career and beyond.

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