2019 Commit to Success Workshops

Writing Successfully in the Sciences!
Monday, March 4th - 1 pm
Location: 107 Lucas

This workshop will focus on tips, tools, and strategies that can assist you when composing successful papers in the sciences. From getting started, research methods, structure, and using the right kinds of language, you will learn how to be a more confident scientific writer.

How Life Works Series: Rock Your Budget
Tuesday, March 5th - 11 am
Location: 107 Lucas

Student loans, credit cards, auto payments, Oh My! The saying goes: live like a college student while you are in college so that you will not have to live like one when you are an adult! Discover strategies to enhance your financial knowledge and increase your awareness of your current financial situation.

Job Fair Training: How to Prepare Before the Fair and Land a JOB
Friday, March 8th - 10 am
Location: 107 Lucas

Job fairs are fantastic opportunities to connect with numerous companies in your field and take strides towards beginning your career. Come increase your chances of standing out and discuss how to prepare, practice and what to say. Also learn how to follow-up with potential employers before UMSL’s Spring Career Fair next week.

Does Worrying Impact How You Function on a Daily Basis?
Wednesday, March 13th at 3 pm
Location: 107 Lucas

Has the excitement of school worn off? You made it through your first few weeks of school and you may be thinking, “Why am I here?” Come and learn ways to boost your energy and drive as mid-terms approach.

WOW! or WO...
Wednesday, March 13th at 3 pm
Location: 107 Lucas

How do you leave an interview? Are you walking out wowed and leaving the interviewers wowed? Or are you just walking out? Come learn how to leave a lasting impression...In a good way!

Filling Your Cup: Prioritizing Your Mental Health as a College Student
Thursday, March 14th - 11 am
Location: 107 Lucas

Student mental health can have a huge impact on student success. In particular, college students are among the groups who possess the highest levels of stress and psychopathology. Come to this workshop to learn tips and strategies to ensure that you make your mental health a priority.

The “Major Impact”
Thursday, March 14th at 2 pm
Location: 107 Lucas

What is your purpose? How did you choose your major? Come discuss major selection and the varying career paths provided within your selected academic program of interest. Let’s discuss how major selection and your purpose can impact personal and professional success.

Academic Planning and Goal Setting
Friday, March 15th at 11 am
Location: 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!

How Life Works Series: Successful Students Say...
Monday, March 18th - 3 pm
Location: 107 Lucas

Learn tips that successful students use in and out of the classroom.

You’re Not in Kansas Anymore Toto - How School Has Changed My Life
Tuesday, March 19th - 1 pm
Location: 107 Lucas

Whether you are a local living on campus or a student who has to come a thousand miles to attend UMSL, let’s discuss how being in school has impacted your personal and professional growth.

Knowledge Drops - The Rec Center - Rock the Rec
Wednesday, March 20th - 12:30 pm
Location: 229 Recreation & Wellness Center

The Recreational and Wellness Center has a lot to offer. Join us as a staff member instructs you on how to utilize the center. Please wear comfortable clothing for this workshop.
<table>
<thead>
<tr>
<th>Workshop Name</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Watch Me Work Wednesdays - Welcome Back Upperclassmen</td>
<td>Wednesday, March 20th</td>
<td>3 pm</td>
<td>107 Lucas</td>
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<tr>
<td>How Life Works Series: Job Hunting</td>
<td>Wednesday, April 3rd</td>
<td>4 pm</td>
<td>107 Lucas</td>
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<tr>
<td>Watch Me Work Wednesdays-Welcome Back Upperclassmen</td>
<td>Wednesday, April 10th</td>
<td>2 pm</td>
<td>107 Lucas</td>
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<td>Come connect with upperclassmen and discover strategies that will help you be successful during your college career. Meetings will be held once a month for students entering their second year of studies and above. Designed especially for upper-classmen.</td>
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<td>It’s Okay to be Undeclared</td>
<td>Thursday, March 21st</td>
<td>10 am</td>
<td>107 Lucas</td>
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<td>How Life Works Series: Let Me Be Great!</td>
<td>Thursday, April 4th</td>
<td>10 am</td>
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<td>How do you advocate for yourself in a way that reflects integrity and professionalism? Come learn more about UMSL’s community standards as well as strategies on how to appropriately self-advocate.</td>
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<td>Major Discovery - College of Education</td>
<td>Monday, April 8th</td>
<td>1 pm</td>
<td>107 Lucas</td>
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<td>Come join the College of Education as they discuss what is new and bring you up to date on changes that may affect you.</td>
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<td>The End of the Semester is Near... Are you Prepared to Close Out Successfully?</td>
<td>Tuesday, April 9th</td>
<td>10 am</td>
<td>107 Lucas</td>
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<td>Who’s Who?</td>
<td>Tuesday, April 16th</td>
<td>3 pm</td>
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<td>Increase your Study Skills in Preparing for Finals</td>
<td>Tuesday, April 30th</td>
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<td>Knowledge Drops: Health Services</td>
<td>Thursday, April 18th</td>
<td>2 pm</td>
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<td>Health Services is located in 131 MSC. At this workshop you will be educated on all of the health services and resources that they provide.</td>
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<td>Professional Development</td>
<td>Tuesday, April 23rd at 3pm</td>
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<td>107 Lucas</td>
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<td>Do you know how to make a bad situation good whether at work or school? Come learn how to change requirements into opportunities and stay motivated at a job that you may not love. Make sure that every opportunity is never wasted – learn how to take away from whatever situation you are in.</td>
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<td>Increase your Study Skills in Preparing for Finals</td>
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<td>Do you know your learning style? How you comprehend material could impact your study habits. This workshop will provide you with the skills necessary to prepare for finals.</td>
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