Enrolled in online classes this semester? Join us to discuss what to expect!

**Safety Series: Know Your Rights**
- **Friday, September 11th**
  - **Meeting ID:** 945 0245 694
  - Discuss and review your rights and responsibilities as a student.

**Relaxation NOT Frustration**
- **Thursday, September 17th**
  - **Meeting ID:** 911 5495 876
  - Learn strategies for managing stress and reducing anxiety.

**Getting Into Graduate School**
- **Tuesday, October 13th**
  - **Meeting ID:** 916 9640 1052
  - Understand the process of applying to graduate programs.

**Powerful Speaking Techniques**
- **Monday, September 28th**
  - **Meeting ID:** 988 2582 5532
  - Discover effective strategies for public speaking.

**Oh the Places You’ll Go: Virtual Museum Tours**
- **Friday, October 2nd**
  - **Meeting ID:** 993 5025 1934
  - Explore virtual tours of national museums and landmarks.

**Stress Tips!**
- **Tuesday, October 20th**
  - **Meeting ID:** 993 7136 1470
  - Tips for managing stress and achieving mental well-being.

**Know Your UMSL PD!**
- **Monday, September 20th**
  - **Meeting ID:** 993 6343 3122
  - Learn about the UMSL Police Department and their role.

**Self-Care Strategies**
- **Friday, October 8th**
  - **Meeting ID:** 992 5106 9810
  - Strategies for self-care and mental health support.

**Self-Assessment and COPing**
- **Tuesday, October 5th**
  - **Meeting ID:** 993 3345 4503
  - Learn tools for self-assessment and improving coping skills.

**Creating Student Communities**
- **Tuesday, September 22nd**
  - **Meeting ID:** 991 4945 1635
  - Discover ways to build community and connection among students.

**Techniques for Successful Interviewing**
- **Tuesday, October 27th**
  - **Meeting ID:** 991 4945 1635
  - Strategies for preparing for and excelling in job interviews.

**Your Rights as a Student**
- **Monday, September 21st**
  - **Meeting ID:** 993 5025 1934
  - Understanding legal rights and responsibilities as a student.

**Who Do You Think You Are?**
- **Tuesday, October 26th**
  - **Meeting ID:** 993 5025 1934
  - Explore personal identity and its impact on academic success.

**September 9th Safety Series: Safety Tips/Q&A**
- **Friday, September 9th**
  - **Meeting ID:** 992 5106 9810
  - Safety tips and Q&A session for students.

**October 11th Safety Series: Safety Tips/Q&A**
- **Friday, October 11th**
  - **Meeting ID:** 992 5106 9810
  - Additional safety tips and strategies for students.

Office of Multicultural Student Services

**FRIDAY, SEPTEMBER 11TH**
- **Meeting ID:** 945 0245 694
- **Meeting ID:** 911 5495 876

**THURSDAY, SEPTEMBER 17TH**
- **Meeting ID:** 916 9640 1052

**TUESDAY, OCTOBER 13TH**
- **Meeting ID:** 993 5025 1934
- **Meeting ID:** 993 6343 3122

**TUESDAY, OCTOBER 20TH**
- **Meeting ID:** 993 7136 1470

**TUESDAY, OCTOBER 26TH**
- **Meeting ID:** 993 5025 1934

**THURSDAY, OCTOBER 27TH**
- **Meeting ID:** 992 5106 9810

**TUESDAY, NOVEMBER 10TH**
- **Meeting ID:** 975 9228 3163

**SCHOLARSHIP SEARCH**
- **Wednesday, November 11th**
  - **Meeting ID:** 986 8899 7485

**FRIDAY, NOVEMBER 13TH**
- **Meeting ID:** 993 6500 2037

**FRIDAY, NOVEMBER 20TH**
- **Meeting ID:** 948 7185 5643

OFFICE OF MULTICULTURAL STUDENT SERVICES

**Fall 2020 Commit To Success Zoom Workshops**

Welcome to College
- **Meeting ID:** 984 9101 2824

Enrolling in online classes this semester? Join us to discuss what to expect!

**Safety Series: Know Your Rights**
- **Friday, September 11th**
  - **Meeting ID:** 945 0245 694
  - Discuss and review your rights and responsibilities as a student.

**Relaxation NOT Frustration**
- **Thursday, September 17th**
  - **Meeting ID:** 911 5495 876
  - Learn strategies for managing stress and reducing anxiety.

**Getting Into Graduate School**
- **Tuesday, October 13th**
  - **Meeting ID:** 916 9640 1052
  - Understand the process of applying to graduate programs.

**Powerful Speaking Techniques**
- **Monday, September 28th**
  - **Meeting ID:** 988 2582 5532
  - Discover effective strategies for public speaking.

**Oh the Places You’ll Go: Virtual Museum Tours**
- **Friday, October 2nd**
  - **Meeting ID:** 993 5025 1934
  - Explore virtual tours of national museums and landmarks.

**Stress Tips!**
- **Tuesday, October 20th**
  - **Meeting ID:** 993 7136 1470
  - Tips for managing stress and achieving mental well-being.

**Know Your UMSL PD!**
- **Monday, September 20th**
  - **Meeting ID:** 993 6343 3122
  - Learn about the UMSL Police Department and their role.

**Self-Care Strategies**
- **Friday, October 8th**
  - **Meeting ID:** 992 5106 9810
  - Strategies for self-care and mental health support.

**Self-Assessment and COPing**
- **Tuesday, October 5th**
  - **Meeting ID:** 993 3345 4503
  - Learn tools for self-assessment and improving coping skills.

**Creating Student Communities**
- **Tuesday, September 22nd**
  - **Meeting ID:** 991 4945 1635
  - Discover ways to build community and connection among students.

**Techniques for Successful Interviewing**
- **Tuesday, October 27th**
  - **Meeting ID:** 991 4945 1635
  - Strategies for preparing for and excelling in job interviews.

**Who Do You Think You Are?**
- **Tuesday, October 26th**
  - **Meeting ID:** 993 5025 1934
  - Explore personal identity and its impact on academic success.

**September 9th Safety Series: Safety Tips/Q&A**
- **Friday, September 9th**
  - **Meeting ID:** 992 5106 9810
  - Safety tips and Q&A session for students.

**October 11th Safety Series: Safety Tips/Q&A**
- **Friday, October 11th**
  - **Meeting ID:** 992 5106 9810
  - Additional safety tips and strategies for students.

**TUESDAY, OCTOBER 26TH**
- **Meeting ID:** 993 5025 1934

**THURSDAY, OCTOBER 27TH**
- **Meeting ID:** 992 5106 9810

**TUESDAY, NOVEMBER 10TH**
- **Meeting ID:** 975 9228 3163

**SCHOLARSHIP SEARCH**
- **Wednesday, November 11th**
  - **Meeting ID:** 986 8899 7485

**FRIDAY, NOVEMBER 13TH**
- **Meeting ID:** 993 6500 2037

**FRIDAY, NOVEMBER 20TH**
- **Meeting ID:** 948 7185 5643

OFFICE OF MULTICULTURAL STUDENT SERVICES

**Fall 2020 Commit To Success Zoom Workshops**