

Descriptions

Topic	Description	Presenter
Becoming A Better Writer	<i>"Why do I need to take writing in college?" This workshop will answer that question and will use faculty feedback to make students aware of writing mistakes commonly made. It will focus on writing resources, tips on how to become a better writer, and the importance of why writing is part of the lower division core.</i>	Cokey Allen
Becoming a Resilient Bear	<i>Learn skills to manage anxiety through cognitive restructuring, mindfulness techniques, and self-care</i>	Counseling Center
Balancing Academic and Family Demands	<i>In this workshop, we will identify family stressors that can interfere with learning, discuss the challenges of balancing family and academic requirements, and options to achieve success when family stress is high.</i>	Reesa Ramsahai
Where Did The Time Go? Time Management for the Busy Student	<i>Being a college student can be quite difficult and it involves many hours of studying. As a student your daily schedule is often tight, limiting the amount of study time available to you. This workshop is designed to help you manage your time effectively and have better study habits. Come learn Time Management and Study skills that will propel you academically.</i>	Tina Livingston
Success is NOT an Accident! Planning for Your Next Big Win	<i>Being successful in college requires organization, dedication, and lots of planning. This workshop will provide tips and strategies to help students create their own success plans. Attendees of this workshop will leave with a plan to be successful this semester.</i>	Nadia Eslinger
Diversity: Experiences, Identities, and Backgrounds	<i>This panel will discuss diversity and inclusion matters that students face in the classroom such as race, ethnicity, national origin, gender and gender identity, religious beliefs, political persuasion, and other individual and group distinctions.</i>	Angela Webster Amy Hawkins Michael Mwenda Kithinji Shoudong Feng
Communication Across the Generational Divide	<i>Anyone from age 18 to 80 can live, work or study on a college campus. And they may all communicate differently. This interactive workshop will examine effective communication skills, verbal and nonverbal. Students will learn behaviors and common mistakes to avoid.</i>	Fredricka Sharkey
Dating While in College	<i>Having a relationship while in college can be tricky. There is balancing the need for companionship and independence. Sometimes we grow in a direction different from our partner. Dr. Guinee will address these topics as well as knowing when and how to end a relationship.</i>	Jim Guinee
"The Antidote to Fear is Preparation" - Decreasing Your Test Anxiety	<i>How many times have you studied for a test and when you sit down to take it your brain goes blank. This is one one of the signs of test anxiety. Learn what others have done to help with test anxiety.</i>	Counseling Center
"That's Not What I Meant!" - Clear and Assertive Communication	<i>This workshop presents case scenarios to present a wide variety of communication missteps students make in communicating with their teachers so that students can work collaboratively to identify problematic student communication patterns and to offer more effective student-faculty communication strategies.</i>	Amy Hawkins
How to Turn Your Groups into Teams	<i>This student panel discussion will provide strategies to improve study groups, group work in the classroom, group papers and projects.</i>	Students
Money, Money, Money: Why Financial Literacy Matters!	<i>The purpose of this workshop is to make students aware of financial resources available to assist with the financial obligation associated with college. Topics will also include identity theft, financial aid tips, scholarships information, budgeting, and money saving tips.</i>	Leslie Knox

Getting from Nowhere to Somewhere: Connecting Your Interests to an Academic Major	<i>Exploring life roles and gaining knowledge and skills to place the self into a future career is part of the college student experience. Many students need assistance with that endeavor, which often begins with declaring a program of study. Participants of this workshop will learn how to translate their manifest interests into a possible academic major selection and set in motion a more meaningful and purposeful educational experience and career trajectory.</i>	Susan Barclay
Getting Smart About Sex	<i>Listen to professionals talk about safer sex , communicating about physical intimacy, sexual assault, and overall sexual health.</i>	Jason Ribbing
Help Me Navigate Blackboard	<i>Do you struggle with technology? Does the idea of using Blackboard for a class frighten you? Would you like to know the basics about using Blackboard? This workshop is designed for you.</i>	Vicki Parish
How to Be A Successful College Student from a Student's Perspective.	<i>Listen to your peers discuss the do's and don'ts of being academically successful. This student panel discussion is designed to give you strategies on how to put your best foot forward academically and explore the behaviors to avoid that undermine academic success.</i>	Students
How to Go to Graduate School	<i>This session will review how to plan and apply for graduate school programs, whatever field you're in. Freshmen through Seniors encouraged to attend.</i>	Angela Barlow
How to Read A Textbook - It's not as Hard as You Think.	<i>Students who attend this workshop will learn various strategies for tackling textbook reading, including learning to identify and use the various (helpful) features of a textbook and how (and when) to scan readings to maximize learning.</i>	Shannon Johnson Rebecca Bogoslavsky
Studying: That Thing You Never Did in High School	<i>"I didn't have to study in high school. Have you ever said that?" Students who attend this workshop will learn study skills to improve their academic performance, the difference between active and passive learning, and a pyramid of learning. Students with a better understanding of what the grade they want requires.</i>	Renee LeBeau-Ford
"I Don't like Group Work!" Successful Group Work Strategies	<i>This workshop will focus on four strategies to support students' abilities to manage and organize their group projects to reach successful outcomes.</i>	Candice Barnes
Improving My Grades	<i>This workshop will focus on practical and proven strategies for helping students improve their academic skills from a low or failing grade. Topics in the workshop will include growth mindset, metacognition, test-question review strategies, grade calculation, and tips for making better grades.</i> <i>By the end of the workshop, students will be able to</i> <i>+ describe growth and fixed mindset</i> <i>+ define metacognition</i> <i>+ identify test review strategies for developing metacognition</i> <i>+ calculate the impact of a failing grade on their overall grade</i>	Amy Baldwin
Improving Your Social Game	<i>Learn how to manage your social anxiety and improve your overall social interactions.</i>	Counseling Center
Put It In Your Own Words! The Secret to Understanding	<i>I can't remember a single thing I just read!" Is this you? Students who attend this workshop will learn and practice using a simple strategy for increasing comprehension of textbooks and other assigned reading materials.</i>	Patty Kohler-Evans
Learning is Not "One Size Fits All": Personality and Learning Styles	<i>In this workshop, you will get an understanding of your strengths, your challenges, and what you can do when your style of learning does not match that of your professor.</i>	Reesa Ramsahai
Simple Spending and Saving	<i>This workshop will focus on practical spending tips and how to spend wisely save.</i>	Doug Isanhart
Student Accounts-More Than a Collection Agency! How can we help you?	<i>Students will learn of resources within our office to help with the financial burden faced by many students. Come learn more about critical dates, deadlines, payment plans, and things every student needs to know regarding their account information.</i>	Audreka Peten
Study Skills for Successful Students	<i>"I didn't have to study in high school. Have you ever said that?" Students who attend this workshop will learn study skills to improve their academic performance, the difference between active and passive learning, and a pyramid of learning. Students with a better understanding of what the grade they want requires.</i>	Renee LeBeau-Ford
Where Are You Going? How Will You Get There?	<i>Everyone wants to be successful in life and most people even have a plan to achieve success. However, many people are not successful and have not</i>	Denise Demers

	<i>achieved their goals because they didn't have an effective plan. This session will discuss goal setting and the secret to developing a successful plan of action.</i>	
Suicide Awareness	<i>Participants will address how to help those who struggle with suicidal thoughts.</i>	Susan Sobel
A Declassified Test Survival Guide	<i>This workshop will cover a number of strategies that will improve your test taking abilities, including some secrets that most instructors won't tell you about.</i>	Jim Guinee
"10% Luck, 20% Skill, 15% Concentrated Power of Will..." - Traits of Successful Students	<i>This workshop will focus on the traits of successful students and practical ways to implement those traits in their everyday lives. Outcomes: Inspiration, Application and Action!</i>	Charlotte Strickland
Transition to College	<i>Ms. Livingston will address the pressures of being independent, time management skills and balancing personal relationships and academics.</i>	Tina Livingston
What Can My Graphing Calculator Really Do?	<i>Are you taking an algebra class? Are you struggling with your calculator? Do you need a refresher or a crash course on the basic uses of a graphing calculator? This workshop is designed to give students time saving tips on how to use this tool.</i>	Scott Ross
The ULTIMATE Graduation Checklist	<i>In this workshop, you will learn the components needed to graduate. Topics in the workshop will include the lower and upper division core, prerequisites, AMAPS, minor requirements, Degree Works, the graduation application, and more.</i>	Leigh Ann Denhartog
"Will This Be on the Test?" - What You Need to Write Down	<i>This workshop will provide tips and strategies to assist students with taking notes. Participants will learn the goal of note taking, notes based on course subjects, what to do before, during and after the lecture. Participants will use The Cornell Note Taking Method during a mock lecture to practice the skills learned.</i>	Renee LeBeau-Ford
The Meaning of Life: Finding Your Life's Purpose	<i>This workshop will focus on helping students explore a sense of purpose to assist them in determining what they want to do with their lives. Topics for this workshop will include reviewing the "Why," "Who," "Where," and "How" to determine the "What." By the end of the workshop, students will be able to + Describe the process of developing a sense of purpose + Create a purpose statement</i>	Amy Baldwin
Perception is Reality: Why PR Matters	<i>One of the definitions of public relations is "managing strategic relationships." This workshop will explore how students need to be strategic with relationships they develop in college with peers, professors, etc. because of how they can help them in college and throughout life.</i>	Riva Brown
What you need to know if you're the "First To Go."	<i>This panel discussion will provide information about the unique challenges and opportunities of first-generation students from a variety of voices.</i>	Nadia Eslinger
Now and Later: The Sweet Science of Getting Stuff Done	<i>Procrastination in large, reflects our struggle with self-control and often "I don't feel like it" takes precedence over our academic goals. If this sounds like you, please join me in addressing this issue. This workshop will focus on when and how we procrastinate as well as strategies to overcome procrastination.</i>	Tina Livingston
Your Choices = You	<i>I know you've heard the saying, "put your money where your mouth is." Are your choices consistent with what you SAY your goal is? This workshop will focus on how choices play a role in academic success and our lives. It will stress the importance of making choices consistent with your goals. It uses student feedback on the best and worst choices they've made, and their advice to others.</i>	Marvin Williams
Your Mind Goes Blank During a Test? Try This!	<i>In this workshop, we will discuss the symptoms of test anxiety and tips for overcoming it.</i>	Dana Goodwin