

# What are Skillshops?

Educational Skillshops are free workshops that provide helpful skills to assist in student success. There are two types of skillshops: Academic Success and Campus Connections.

- **Academic Success** skillshops help students develop effective learning strategies, such as improving their studying, goal setting, and time management skills through interactive processes and individual one-on-one appointments.
- **Campus Connections** skillshops are presented by professionals around campus that help students develop effective life strategies that are needed outside of academics, such as financial literacy, media literacy, care and compassion, and counseling.



## Green Bag Campaign For Academic & Emotional Fitness

The **Green Bag Campaign** is a collaborative effort initiative designed to improve students' ability to employ academic success skills and emotional coping strategies. Life University staff members will host information tables, classroom presentations, skillshops, and other events designed to help students "fill their bag" with techniques and strategies to build their academic and emotional fitness levels. After each Green Bag skillshop, you will receive a stamp. After you have completed 5 out of the 9 Green Bag skillshops, bring your stamped page to the SSC to receive a bag of SSC swag! Look for the green bag icon.

## Theme Logos



**AALPHA**

<https://www.life.edu/campus-life-pages/student-success-center/academic-support/>



**Academic Success**

<https://www.life.edu/campus-life-pages/student-success-center/academic-support/>



**Counseling**

<https://www.life.edu/campus-life-pages/student-success-center/counseling/>



**Global Voices**

<https://www.life.edu/campus-life-pages/student-success-center/academic-support/>



**Literary Resources**

<https://www.life.edu/campus-life-pages/sid-and-nell-williams-library/>



**Financial Literacy**

<https://www.life.edu/admissions-pages/financial-aid/>



**Student Engagement**

<https://engage.life.edu>