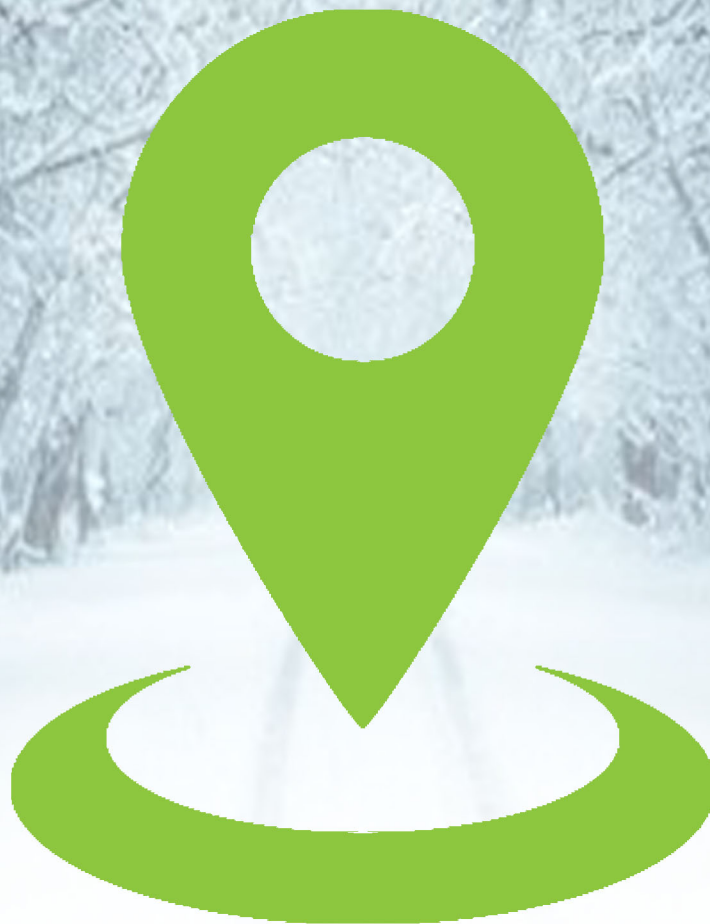


Winter 2020

SKILLSHOPS

Come Chill with the SSC



Skillshops@life.edu
770 - 426 - 2725

LIFE
University

Student Success Center |
Academic Support
DIVISION OF STUDENT AFFAIRS

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.

P2P: Peer-to-Peer Skillshops

Peer-to-Peer Skillshops are skillshops presented by our amazing student volunteers on-campus. Life University students and student organizations can present on topics in their expertise and/or interests to their peers. Peer-to-Peer skillshops connect students to each other by facilitating discussions on relatable topics that can help peers in the same position. Our students will present on ways to be the most effective student, using practices that have helped them throughout the program. Check out the cool topics that your peers are presenting on throughout the quarter by looking for the orange P2P icon on the calendar!

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/>



Financial Literacy

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



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/>



Student Engagement



<https://engage.life.edu>









University Initiatives

<https://www.life.edu/campus-life-pages/welcome-from-student-affairs/>






Week 1

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Academic Support Kickoff Table	 Come kick it with Academic Support to learn about our resources!	Monday, January 13th 10:00am-11:00am CCE Atrium	SSC Academic Support Team
Academic Support Kickoff Table	 Come kick it with Academic Support to learn about our resources!	Wednesday, January 15th 12:30pm-1:30pm CGUS Atrium	SSC Academic Support Team




Week 2

Academic Support Kickoff Table	 Come kick it with Academic Support to learn about our resources!	Tuesday, January 21st 10:00am-11:00am CGUS Atrium	SSC Academic Support Team
Reset & Recharge	 Do you need to hit the reset button or take time to recharge? If you're not sure how, join us as we explore ways to "Reset & Recharge".	Tuesday, January 21st 12:00pm-12:45pm MOD 4	Vincent Hinton, SSC Director of Counseling
Engage 101	 Want to find activities to do on campus? Learn about the new Co-Curricular Pathway and Engage!	Tuesday, January 21st 1:00pm-2:00pm CGUS 218	Kendall Gross, Campus Activities Coordinator, Department of Student Affairs
168 Prioritization: A Time Management Skillshop	 There are 168 hours in a week. Do you spend them wisely? Discover strategies to make the most of your time.	Wednesday, January 22nd 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
Calming the Body and Mind	 Calming the Body and Mind is the first step toward developing the capacity for responding vs. reacting to stressors.	Thursday, January 23rd 10:00am-11:00am CGUS 218	Rebecca Koch, Director of Service Initiatives, Executive Office
How to Effectively Communicate with your Professor	 In this interactive session learn and practice how to improve your communication skills and develop a relationship with your professor.	Thursday, January 23rd 11:00am-12:00pm MOD 4	Dr. Andrea Diaz, SSC Bilingual Academic Support Professional
Academic Support Kickoff Table	 Come kick it with Academic Support to learn about our resources!	Thursday, January 23rd 12:30pm-1:30pm CCE Atrium	SSC Academic Support Team








Week 3

Oh! Now I Get It! Discovering Your Learning Style	 This skillshop shows you how to apply study skills that fit your learning style.	Monday, January 27th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
Note-taking: Are You Getting the Most Out of Each Lecture?	 Can't read your notes or remember what you wrote? Learn various strategies to better understand notes and course material.	Monday, January 27th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Goal Setting: The Process of SMART Planning	 This interactive skillshop will help you to break down large goals into manageable and realistic steps.	Tuesday, January 28th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
Easy No-Cook Recipes	 Easy no-cook meals perfect for busy weeknights and lazy weekends.	Tuesday, January 28th 1:00pm-2:00pm Demo Kitchen	Andrea Brooks, Food and Nutrition Club
Under Construction: Developing Habitudes for College Success!	 This skillshop will explore 7 distinct habitudes (habits & attitudes) that contribute to student development.	Tuesday, January 28th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate





Week 3

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Don't Touch My Hair	 Come learn new tips, tricks, and products for hair care that will aid in your professional work journey through life.	Wednesday, January 29th 11:30am-12:30pm MOD 4	Mark Pilgrim, SSC Academic Support Professional
M & M: Mindfulness & Meditation	 This session will equip you in being more intentional and awaken your current experience as we explore mindfulness and meditation.	Wednesday, January 29th 2:00pm-2:45pm MOD 4	Vincent Hinton, SSC Director of Counseling
Under Construction: Developing Habitudes for College Success!	 This skillshop will explore 7 distinct habitudes (habits & attitudes) that contribute to student development.	Wednesday, January 29th 5:30pm-6:30pm Commons' Dining Hall	Andreea Johnson, SSC Academic Support Associate






Week 4

Getting 'Gritty' With It: Developing a Growth Mindset	 This skillshop will explore growth vs. fixed mindsets. Learn perseverance and commitment to overcome challenges.	Monday, February 3rd 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
Stop Before You Drop	 Understanding the refund table as it relates to dropping classes throughout the quarter.	Monday, February 3rd 3:00pm-4:00pm CGUS 218	Phyllis Shropshire, Director of Student Accounts
Decision-Making through a Vitalistic Approach	 An interactive exploration of how vitalism can guide our day-to-day decisions and activities.	Tuesday, February 4th 10:00am-11:00am CGUS 218	Rebecca Koch, Director of Service Initiatives, Executive Office
Engage 101	 Want to find activities to do on campus? Learn about the new Co-Curricular Pathway and Engage!	Tuesday, February 4th 1:00pm-2:00pm CGUS 218	Kendall Gross, Campus Activities Coordinator, Department of Student Affairs
Exploring Me: Who Am I?	 Who we are is a journey in self-discovery that will change over time and may potentially impact how we navigate through life.	Tuesday, February 4th 3:00pm-3:45pm MOD 4	Vincent Hinton, SSC Director of Counseling
Avoiding Plagiarism with APA Citation Style	 Avoid plagiarism by properly giving credit to the ideas of others with APA citation style.	Tuesday, February 4th 3:00pm-4:00pm CGUS 218	Tamisa Ridley, Instruction/Reference Librarian
Goal Setting: The Process of SMART Planning	 This interactive skillshop will help you to break down large goals into manageable and realistic steps.	Thursday, February 6th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate








Week 5

Oh! Now I Get it! Discovering Your Learning Style	 This skillshop shows you how to apply study skills that fit your learning style.	Monday, February 10th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
What's My Love Language?	 Join us to find out more about the impact of relationships.	Monday, February 10th 1:00pm-1:45pm MOD 4	Vincent Hinton, SSC Director of Counseling
Note-Taking: Are You Getting the Most Out of Each Lecture?	 Can't read your notes or remember what you wrote? Learn various strategies to better understand notes and course material.	Monday, February 10th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
168 Prioritization: A Time Management Skillshop	 There are 168 hours in a week. Do you spend them wisely? Discover strategies to make the most of your time.	Tuesday, February 11th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate









Week 5

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Stop Cramming! Test-Taking Strategies	 Big exam stressing you out? Learn strategies for test prep, improving memory and test-taking techniques.	Tuesday, February 11th 1:00pm-2:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Avoiding Plagiarism with MLA Citation Style	 Avoid plagiarism by properly giving credit to the ideas of others with MLA citation style.	Tuesday, February 11th 3:00pm-4:00pm CGUS 218	Tamisa Ridley, Instruction/Reference Librarian
What's My Love Language?	 Join us to find out more about the impact of relationships.	Wednesday, February 12th 4:00pm-4:45pm MOD 4	Vincent Hinton, SSC Director of Counseling
Oh! Now I Get It! Discovering Your Learning Style	 This skillshop will show you how to apply study skills that fit your learning style.	Wednesday, February 12th 5:30pm-6:30pm Commons' Dining Hall	Andreea Johnson, SSC Academic Support Associate
Tips for an Exceptional Scholarship Personal Statement	 Learn how to write a compelling personal statement that expresses your passions, accomplishments, ambition, and creativity.	Thursday, February 13th 10:00am-11:00am CGUS 218	Cameron Bakkar, SSC Academic Support Coordinator





Week 6

The Art of Presenting	 Anxious about public speaking? This skillshop will explore ways to show authenticity and develop your presence as a communicator.	Monday, February 17th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
Getting Organized for Academic Success	 This skillshop will help you develop an organized approach to learning in the higher education environment.	Monday, February 17th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
A Life of Lasting Purpose	 Participants will discover the potential value of living a life of Lasting Purpose.	Tuesday, February 18th 10:00am-11:00am CGUS 218	Rebecca Koch, Director of Service Initiatives, Executive Office
Bloom Where You Are Planted: Developing a Leadership Mindset	 Leadership doesn't always equal management. Learn to stretch your comfort zone and positively influence the people around you.	Tuesday, February 18th 1:00pm-2:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Citation Management with EndNote Basic	 Save and organize your citations all in one place using EndNote Basic. In addition, create reference or works cited lists, and insert in-text citations all while typing your paper!	Tuesday, February 18th 3:00pm-4:00pm CGUS 218	Tamisa Ridley, Instruction/Reference Librarian
Understanding How to Avoid Plagiarizing	 This presentation will discuss the definition of plagiarism and some of the rules associated with citing information on a research or essay paper.	Thursday, February 20th 10:00am-11:00am CGUS 218	Andre Clanton, Assistant Dean of Students for Community Living
Netiquette Matters	 You might find yourself hitting "send" without really thinking about what you've just written. Clean-up your act with these etiquette tips.	Thursday, February 20th 11:00am-12:00pm MOD 4	Mark Pilgrim, SSC Academic Support Professional





Week 7

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Everything You Wanted to Know About Registrar (but were too afraid to ask)	 Services provided by the Registrar's Office, including record reviews, graduation, and transcript orders and more!	Thursday, February 20th 1:00pm-2:00pm CGUS 218	Keiko Childs, Registrar Coordinator Elizabeth Geisz, Associate Registrar
Note-Taking: Are You Getting the Most Out of Each Lecture?	 Can't read your notes or remember what you wrote? Learn various strategies to better understand notes and course material.	Monday, February 24th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
Tips for an Exceptional Scholarship Personal Statement	 Learn how to write a compelling personal statement that expresses your passions, accomplishments, ambition, and creativity.	Monday, February 24th 3:00pm-4:00pm CGUS 218	Cameron Bakkar, SSC Academic Support Coordinator
Reset & Recharge	 Do you need to hit the reset button or take time to recharge? If you're not sure how, join us as we explore ways to "Reset & Recharge".	Monday, February 24th 4:00pm-4:45pm MOD 4	Vincent Hinton, SSC Director of Counseling
Study Smarter, NOT Harder!	 Wondering what to highlight? This skillshop will give practical tips on improving study habits.	Tuesday, February 25th 1:00pm-2:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Writing Your Resume: Getting It Right the First Time	 Students will be guided through the basics of writing a resume tailored to their specific program, education and experience for an internship or job.	Tuesday, February 25th 1:00pm-2:00pm CCE 109	Sue Dudt, Director of Career Services
Let's Talk About Sex (and Gender Identity)	 What are the differences between "sex," "gender" and "gender-identity" socially and in the law; and how do these concepts affect our daily lives?	Thursday, February 27th 10:00am-11:00am CGUS 218	Leigh Parker, Title IX Coordinator
Healthy & Easy Snacks for Your Dorm Room	 Stay healthy while living in a dorm by making these easy and quick snacks	Thursday, February 27th 1:00pm-2:00pm Demo Kitchen	Andrea Brooks, Food and Nutrition Club








Week 8

Ballin' on a Budget	 Are you ballin' on a budget? This skillshop provides plenty of opportunities to learn how to manage your finances effectively.	Monday, March 2nd 10:00am-11:00am CGUS 218	Jessica Magazu, Director of Financial Aid
Stop Cramming! Test-Taking Strategies	 Big exam stressing you out? Learn strategies for test prep, improving memory and test-taking techniques.	Monday, March 2nd 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Writing Your Resume: Getting It Right the First Time	 Students will be guided through the basics of writing a resume tailored to their specific program, education and experience for an internship or job.	Tuesday, March 3rd 1:00pm-2:00pm CCGUS 218	Sue Dudt, Director of Career Services
Exploring Me: Who Am I?	 Who we are is a journey in self-discovery that will change over time and may potentially impact how we navigate through life.	Tuesday, March 3rd 2:00pm-4:00pm (<i>drop in</i>) MOD 4	Vincent Hinton, SSC Director of Counseling






Week 8

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
168 Prioritization: A Time Management Skillshop	 There are 168 hours in a week. Do you spend them wisely? Discover strategies to make the most of your time.	Tuesday, March 3rd 3:00pm-4:00pm CCGUS 218	Andreea Johnson, SSC Academic Support Associate
Getting 'Gritty' With It: Developing a Growth Mindset	 This skillshop will explore growth vs. fixed mindsets. Learn perseverance and commitment to overcome challenges.	Wednesday, March 4th 5:30pm-6:30pm Commons' Dining Hall	Andreea Johnson, SSC Academic Support Associate
How to Be a Student of Life	 Come learn how to maintain physical and mental health through various organization techniques, workout programs, mindfulness exercises and chiropractic care!	Thursday, March 5th 11:00am-12:00pm CGUS 218	Kain Queck, Student LIFEforce
Three People: Stereotyping, Socialization, and Societal Norms	 In this interactive workshop, participants will explore the concepts of stereotyping, socialization, and societal norms.	Thursday, March 5th 12:00pm-1:00pm MOD 4	Mark Pilgrim, SSC Academic Support Professional

Week 9

Netiquette Matters	 You might find yourself hitting "send" without really thinking about what you've just written. Clean-up your act with these etiquette tips.	Monday, March 9th 10:00am-11:00am MOD 4	Mark Pilgrim, SSC Academic Support Professional
Oh! Now I Get It! Discovering Your Learning Style	 This skillshop will show you how to apply study skills that fit your learning style.	Tuesday, March 10th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
It's the Home Stretch: Making the Most of the End of the Quarter	 Stay motivated and focused through an academically challenging time with strategies that focus on how to review a large amount of material.	Tuesday, March 10th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Be YogaFit	 "You're only as old as your spine". Let's nurture health by cultivating a gentle flow of stretching around your desk to keep the blood flowing and spine strong. Come stretch a little, breathe a little, and keep the stress off for a little.	Tuesday, March 10th 4:00pm-5:00pm Wellness Center	Pat Banks, Director of Campus Recreation and Wellness Yogitha Malkireddy, Fitness Instructor
Gender and Sexual Diversity (SafeSpace)	 The purpose of this session is to bring awareness to LGBTIQ diversity and inclusion. Gain insights into the lives and experiences of LGBTIQ and other marginalized people.	Thursday, March 12th 10:00am-11:00am CGUS 218	SafeSpace Committee
Promoting Healthy Relationships	 Relationships take many forms – are you in a "good" or "bad" one? Come discuss the hallmarks of healthy and unhealthy relationships and how we can make decisions to improve our social interaction.	Thursday, March 12th 1:00pm-2:00pm CGUS 218	Leigh Parker, Title IX Coordinator
Pillow Talk: Conversation, Intimacy & Sleep	 Let's talk about the conversations you have with your pillow (and make your own pillow to take with you)!	Thursday, March 12th 2:00pm-4:00pm (drop in) CGUS 218	Vincent Hinton, SSC Director of Counseling

Week 10

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
The Art of Presenting	 Anxious about public speaking? This skillshop will explore ways to show authenticity and develop your presence as a communicator.	Monday, March 16th 1:00pm-2:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
168 Prioritization: A Time Management Skillshop	 There are 168 hours in a week. Do you spend them wisely? Discover strategies to make the most of your time.	Monday, March 16th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Calming the Body and Mind	 Calming the Body and Mind is the first step toward developing the capacity for responding vs. reacting to stressors.	Tuesday, March 17th 10:00am-11:00am CGUS 218	Rebecca Koch, Director of Service Initiatives, Executive Office
M & M: Mindfulness & Meditation	 This session will equip you in being more intentional and awaken your current experience as we explore mindfulness and meditation.	Tuesday, March 17th 4:00pm-4:45pm MOD 4	Vincent Hinton, SSC Director of Counseling
Oh! Now I Get It! Discovering Your Learning Style	 This skillshop will show you how to apply study skills that fit your learning style.	Thursday, March 19th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate