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Week 2			
Oh! Now I Get It: Discovering Your Learning Style	 This skillshop will show you how to apply study skills that fit your learning style.	Monday, July 20th 3:00pm-4:00pm Blackboard Collaborate Ultra	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, July 21st 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Online Courses: Staying Motivated and Disciplined	 Learn skills to help you navigate learning online.	Tuesday, July 21st 1:00pm-2:00pm Blackboard Collaborate Ultra	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, July 23rd 10:00am-11:00am Blackboard Collaborate Ultra	Rebecca Koch, Director of Service Initiatives, Executive Office
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.	Friday, July 24th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Week 3			
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, July 27th 12:00pm-1:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Taking Tests Online: Strategies for Success	 Is online testing stressing you out? Learn strategies for test prep, improving memory and test-taking techniques using an online platform.	Tuesday, July 28th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Career Readiness for the Undergraduate Student	 In this session, we will introduce you to career readiness skills/competencies and guide you towards opportunities that await you in your college experience.	Tuesday, July 28th 11:00am-12:00pm Blackboard Collaborate Ultra	Sue Dudd, Life University Director of Career Services
Getting Organized for Academic Success	 This skillshop will help you develop an organized approach to learning in the higher education environment.	Thursday, July 30th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
10 Tips for Success in Your Online Course	 This skillshop will explore 7 distinct habitues (habits & attitudes) that contribute to student success, especially while using an online platform.	Friday, July 31st 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Week 4			
Relationships 101	 We all need each other; yet, effective communication can be challenging. Learn to strengthen relationships with a mindful approach to communicating.	Monday, August 3rd 12:00pm-12:45pm Zoom Zoom Meeting ID: 991 1708 7468 Password: 321321	Vincent D. Hinton, SSC Director of Counseling Andreea Johnson SSC Academic Support Associate
Stop Before You Drop	 Understanding the refund table as it relates to dropping classes throughout the quarter.	Monday, August 3rd 3:00pm-4:00pm Blackboard Collaborate Ultra	Phyllis Shropshire, Director of Student Accounts
Avoiding Plagiarism with APA Citation Style	 Avoid plagiarism by properly giving credit to the ideas of others with APA citation style.	Tuesday, August 4th 3:00pm-4:00pm Blackboard Collaborate Ultra	Tamisa Ridley, Instruction/Reference Librarian
Decision-Making through a Vitalistic Approach	 An interactive exploration of how vitalism can guide our day-to-day decisions and activities.	Thursday, August 6th 1:00pm-2:00pm Blackboard Collaborate Ultra	Rebecca Koch, Director of Service Initiatives, Executive Office
Oh! Now I Get It: Discovering Your Learning Style	 This skillshop will show you how to apply study skills that fit your learning style.	Friday, August 7th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Week 5			
Stop! Think About It: Problem Solving and Critical Thinking Skills	 Learn elements of critical thinking and how to practically solve problems in this interactive skillshop.	Monday, August 10th 3:00pm-4:00pm Blackboard Collaborate Ultra	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.	Tuesday, August 11th 10:00am-11:00am Blackboard Collaborate Ultra	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, August 11th 3:00pm-4:00pm Blackboard Collaborate Ultra	Tamisa Ridley, Instruction/Reference Librarian
168 Prioritization: A Time Management Skillsshop		There are 168 hours in a week. Do you spend them wisely? Discover strategies to make the most of your time.	Thursday, August 13th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Getting 'Gritty' With It: Developing a Growth Mindset		This skillsshop will explore growth vs. fixed mindsets. Learn perseverance and commitment to overcome challenges.	Friday, August 14th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate






Week 6

Under Construction: Developing Habitudes for College Success!		This skillsshop will explore 7 distinct habitudes (habits & attitudes) that contribute to student development.	Monday, August 17th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Wait! What Did I Just Read?		This skillsshop provides strategies for getting the most out of your tests and lectures when studying for exams.	Monday, August 17th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Taking Tests Online: Strategies for Success		Is online testing stressing you out? Learn strategies for test prep, improving memory and test-taking techniques using an online platform.	Tuesday, August 18th 1:00pm-2:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Goal Setting: The Process of SMART Planning		This interactive skillsshop will help you to break down large goals into manageable and realistic steps.	Friday, August 21st 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate




Week 7

Ballin' on a Budget		Are you ballin' on a budget? This skillsshop provides plenty of opportunities to learn how to manage your finances effectively.	Monday, August 24th 10:00am-11:00am Blackboard Collaborate Ultra	Jessica Magazu, Director of Financial Aid
Study Smarter, NOT Harder		Wondering what to highlight? This skillsshop will give practical tips on improving study habits.	Monday, August 24th 3:00pm-4:00pm Blackboard Collaborate Ultra	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, August 25th 10:00am-11:00am Blackboard Collaborate Ultra	Rebecca Koch, Director of Service Initiatives, Executive Office
The Art of Presentation		Anxious about public speaking? This skillsshop will explore ways to show authenticity and develop your presence as a communicator.	Thursday, August 27th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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.	Friday, August 28th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate





Week 8

Netiquette Matters: A Guide for Effective Online Communication		You might find yourself hitting "send" without really thinking about what you've just written. Clean-up your act with these etiquette tips.	Monday, August 31st 10:00am-11:00am Blackboard Collaborate Ultra	Mark Pilgrim, SSC Academic Support Professional
Oh! Now I Get It: Discovering Your Learning Style		This skillsshop will show you how to apply study skills that fit your learning style.	Monday, August 31st 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
M & M: Mindfulness and Meditation		This session will equip you in being more intentional and awaken your current experience as we explore mindfulness and meditation.	Tuesday, September 1st 3:00pm-3:45pm Zoom Zoom Meeting ID: 992 0578 7212 Password: 233233	Vincent D. Hinton, SSC Director of Counseling
168 Prioritization: A Time Management Skillsshop		There are 168 hours in a week. Do you spend them wisely? Discover strategies to make the most of your time.	Thursday, September 3rd 10:00am-11:00am Blackboard Collaborate Ultra	Cameron Bakkar, SSC Academic Support Coordinator
Taking Tests Online: Strategies for Success		Is online testing stressing you out? Learn strategies for test prep, improving memory and test-taking techniques using an online platform.	Friday, September 4th 11:00am-12:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate

Week 9

Online Courses: Staying Motivated & Disciplined		Stay motivated and focused through an academically challenging time with strategies that focus on how to review a large amount of material.	Tuesday, September 8th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Taking Tests Online: Strategies for Success		Is online testing stressing you out? Learn strategies for test prep, improving memory and test-taking techniques using an online platform.	Thursday, September 10th 10:00am-11:00am Blackboard Collaborate Ultra	Cameron Bakkar, SSC Academic Support Coordinator
Getting Organized for Academic Success		This skillshop will help you develop an organized approach to learning in the higher education environment.	Friday, September 11th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate

Week 10

The Art of Presentation		Anxious about public speaking? This skillshop will explore ways to show authenticity and develop your presence as a communicator.	Monday, September 14th 1:00pm-2:00pm Blackboard Collaborate Ultra	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, September 15th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Express My Stress		This skillshop will focus on possible causes and reactions of normal routines that may be stressful or anxiety producing and the use of technology to help monitor, reduce and better manage stressful moments.	Tuesday, September 15th 4:00pm-4:45pm Zoom Zoom Meeting ID: 941 3133 0314 Password: 233233	Vincent D. 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.	Friday, September 18th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate