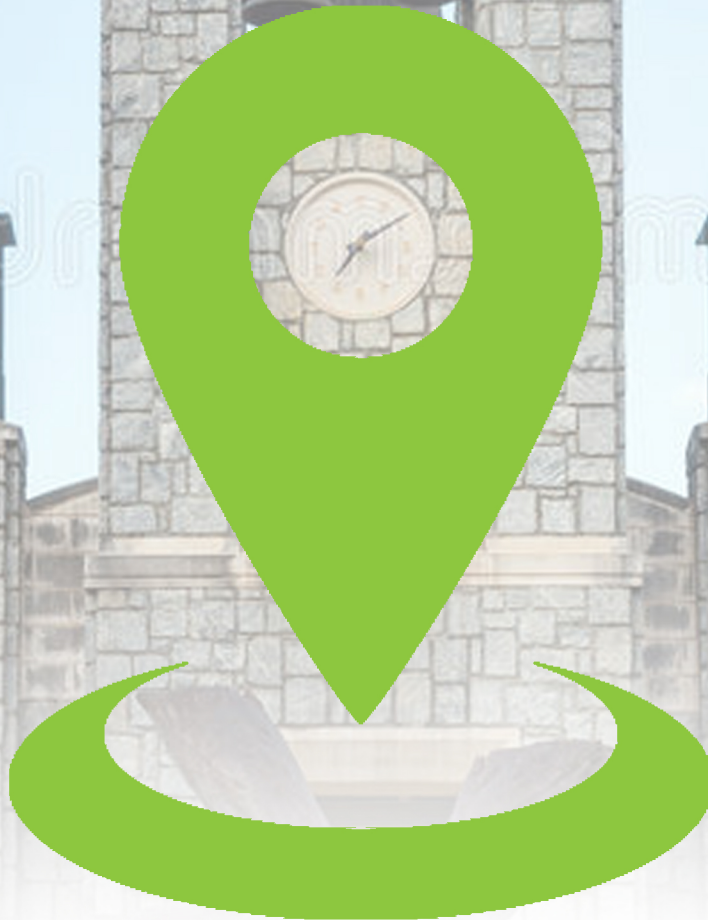


**FALL 2020**

# **SKILLSHOPS**

*Find Your Way to Success*



**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.

## How to Use Access BBCU Recordings



Couldn't make the live session? Not to worry!

All of the skillshops are recorded and available for you to view at your convenience. To access the recordings:

1. Go to Blackboard
2. Click on Student Success Center under Courses
  - a. If Student Success Center is not under your Courses, click on Courses > Course Search > type in Student Success Center
  - b. You will see SSC 101: Student Success Center, click the little down arrow and hit Enroll, then Submit.
3. Once you are enrolled, click Student Success Center under Courses
4. On the menu on the left-hand side, scroll down until you see SSC Virtual Rooms: SI/Tutoring Program & Educational Skillshops
5. Scroll down to Blackboard Collaborate Ultra
6. Click the three lines at the top left to access the menu
7. Click Recordings
8. Search for your desired skillshop

## 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 2

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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, October 12th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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.	Tuesday, October 13th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Engage 101	 Want to find activities to do on campus? Learn about the new Co-Curricular Pathway and Engage!	Tuesday, October 13th 1:00pm-2:00pm Blackboard Collaborate Ultra	Kendall Gross, Campus Activities Coordinator, Department of Student Affairs
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, October 15th 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, October 16th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate





## Week 3

Getting Organized for Academic Success	 This skillshop will help you develop an organized approach to learning in the higher education environment.	Monday, October 19th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Oh! Now I Get It: Discovering Your Learning Style	 This skillshop shows you how to apply study skills that fit your learning style.	Monday, October 19th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
The 7 C's of Communication	 Whether it is writing an email, discussing a diagnosis, or giving a presentation, the 7 C's of Communication are here to help. In this skillshop you, will learn what the 7C's of communication are and how to use them, in order to ensure that you are communicating effectively.	Tuesday, October 20th 10:00am-11:00am Blackboard Collaborate Ultra	Roxanna Gandia, SSC Bilingual Academic Support Professional
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, October 20th 11:00am-12:00pm Blackboard Collaborate Ultra	Sue Dudt, Life University Director of Career Services
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, October 20th 1:00pm-2:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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, October 21st 2:00pm-2:45pm Zoom Log in: 959 5810 2461 Passcode: 203040	Vincent D. Hinton, SSC Director of Counseling
Test-Taking Strategies	 Big exam stressing you out? Learn strategies for test prep, improving memory and test-taking techniques.	Thursday, October 22nd 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate

## Week 4

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, October 26th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Stop Before You Drop	 Understanding the refund table as it relates to dropping classes throughout the quarter.	Monday, October 26th 3:00pm-4:00pm Blackboard Collaborate Ultra	Phyllis Shropshire, Director of Student Accounts
Engage 101	 Want to find activities to do on campus? Learn about the new Co-Curricular Pathway and Engage!	Tuesday, October 27th 1:00pm-2:00pm Blackboard Collaborate Ultra	Kendall Gross, Campus Activities Coordinator, Department of Student Affairs




## Week 4

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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, October 27th 3:00pm-3:45pm Zoom Log in: 926 9939 3595 Passcode: 155155	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, October 27th 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, October 29th 10:00am-11:00am Blackboard Collaborate Ultra	Rebecca Koch, Director of Service Initiatives, Executive Office
The Art of Story-Telling: Journaling as a Tool for Self-Expression	 Learn to creatively express yourself by reframing the moments of your life into a captivating story.	Friday, October 30th 11:00am-11:45am Zoom log in: 995 2014 3154 Passcode: 155155	Vincent D. Hinton, SSC Director of Counseling 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, November 2nd 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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, November 2nd 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Taking Tests Online: Strategies for Success	 Is online learning stressing you out? Learn strategies for test prep, improving memory and test-taking techniques using an online platform.	Tuesday, November 3rd 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
Building and Leveraging Your LinkedIn Profile	 The first step in connecting with others via LinkedIn is to create your LinkedIn account and profile. Join us for an interactive introduction on creating a professional profile on this social media platform.	Tuesday, November 3rd 11:00am-12:00pm Blackboard Collaborate Ultra	Sue Dudd, Director of Career Services Lindsey Farley, Social Media & Marketing Project Manager
Avoiding Plagiarism with MLA Citation Style	 Avoid plagiarism by properly giving credit to the ideas of others with MLA citation style.	Tuesday, November 3rd 3:00pm-4:00pm Blackboard Collaborate Ultra	Tamisa Ridley, Instruction/Reference Librarian
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, November 5th 1:00pm-2:00pm Blackboard Collaborate Ultra	Keiko Childs, Registrar Coordinator Elizabeth Geisz, Associate Registrar
Mind Matters: Developing a Growth Mindset	 This skillshop will explore growth vs. fixed mindsets. Learn perseverance and commitment to overcome challenges.	Friday, November 6th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate

## Week 6

Goal Setting: The Process of SMART Planning	 This interactive skillshop will help you to break down large goals into manageable and realistic steps.	Monday, November 9th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
The Art of Presentation	 Anxious about public speaking? This skillshop will explore ways to show authenticity and develop your presence as a communicator.	Monday, November 9th 3:00pm-4:00pm Blackboard Collaborate Ultra	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, November 10th 1:00pm-2:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate


## Week 6


SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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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, November 10th 3:00pm-4:00pm Blackboard Collaborate Ultra	Tamisa Ridley, Instruction/Reference Librarian
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### Week 7

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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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, November 16th 10:00am-11:00am Blackboard Collaborate Ultra	Jessica Magazu, Director of Financial Aid
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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.	Monday, November 16th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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Goal Setting: The Process of SMART Planning	 This skillshop will help you develop an organized approach to learning in the higher education environment.	Tuesday, November 17th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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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.	Thursday, November 19th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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### Week 8

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, November 23rd 10:00am-11:00am Blackboard Collaborate Ultra	Mark Pilgrim, SSC Academic Support Professional
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Goal Setting: The Process of SMART Planning	 This interactive skillshop will help you to break down large goals into manageable and realistic steps.	Monday, November 23rd 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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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?	Tuesday, November 24th 10:00am-11:00am Blackboard Collaborate Ultra	Leigh Parker, Title IX Coordinator
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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, November 24th 2:00pm-2:45pm Zoom Log in: 979 3469 5326 Passcode: 118118	Vincent Hinton, SSC Director of Counseling
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Test-Taking Strategies	 Big exam stressing you out? Learn strategies for test prep, improving memory and test-taking techniques.	Tuesday, November 24th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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### Week 9

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.	Monday, November 30th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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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, December 1st 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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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, December 3rd 1:00pm-2:00pm Blackboard Collaborate Ultra	Leigh Parker, Title IX Coordinator
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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, December 3rd 2:00pm-4:00pm ( <i>drop in</i> ) Zoom Log in: 994 8750 1751 Passcode: 441441	Vincent Hinton, SSC Director of Counseling
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### Week 9


SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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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, December 4th 10:00am-11:00am Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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Relationships 101		We all need each other; Yet, effective communication can be challenging. Learn to strengthen relationships with a mindful approach to communicating.	Friday, December 4th 1:00pm-2:00pm Zoom Log in: 935 9998 6846 Password: 039039	Vincent D. Hinton, SSC Director of Counseling Andreea Johnson, SSC Academic Support Associate
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**Week 10**


SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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Mind Matters: Developing a Growth Mindset		This skillshop will explore growth vs. fixed mindsets. Learn perseverance and commitment to overcome challenges.	Monday, December 7th 1:00pm-2:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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The Art of Presentation		Anxious about public speaking? This skillshop will explore ways to show authenticity and develop your presence as a communicator.	Monday, December 7th 3:00pm-4:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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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, December 8th 1:00pm-2:00pm Blackboard Collaborate Ultra	Andreea Johnson, SSC Academic Support Associate
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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, December 8th 4:00pm-4:45pm Zoom Log in: 914 6457 2508 Passcode: 721721	Vincent Hinton, SSC Director of Counseling
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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, December 10th 10:00am-11:00am Blackboard Collaborate Ultra	Rebecca Koch, Director of Service Initiatives, Executive Office
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