

# EDUCATIONAL SKILLSHOPS

WINTER 2021

## STAY WARM WITH THE SSC

Students,  
It is cold outside. BRRRR!

Find the warmth and support you  
need with our quarterly Skillshops!

[Skillshops@life.edu](mailto:Skillshops@life.edu)  
770-426-2725

**LIFE**<sup>®</sup>  
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.

## 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!	Tuesday, January 12th 10:00am-11:00am CGUS Atrium	Academic Support Team


Academic Support Kickoff Table		Come kick it with Academic Support to learn about our resources!	Wednesday, January 13th 12:30pm-1:30pm CCE Atrium	Academic Support Team
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## Week 2

SKILLSHOP		BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Academic Support Kickoff Table		Come kick it with Academic Support to learn about our resources!	Tuesday, January 19th 10:00am-11:00am CGUS Atrium	Academic Support Team


What Are Skillshops?		Want to find out how you could benefit from a Skillshop? Not sure what they are exactly? Come join us for an overview and to learn about this great resource available to you for free as a Life Student!	Tuesday, January 19th 1:00pm-2:00pm CGUS 218	Keanya Harris, SSC Academic Support Coordinator
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Academic Support Kickoff Table		Come kick it with Academic Support to learn about our resources!	Wednesday January 20th 12:30pm-1:30pm CCE Atrium	Academic Support Team
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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, January 21st 10:00am-11:00am CGUS 218	Rebecca Koch, Director of Service Initiatives, Executive Office
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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.	Friday, January 22nd 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
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## Week 3


SKILLSHOP		BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Getting Organized for Academic Success		This skillshop will help you develop an organized approach to learning in the higher education environment.	Monday, January 25th 10:00am-11:00am CGUS 218	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, January 25th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
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New Year, New Me!		In this session, we will introduce ways to advocate for yourself. As a first time student, you may be on your own for the first time ever! Scary right? Don't be. Learn how to effectively communicate with faculty and staff at the SSC.	Tuesday, January 26th 10:00am-11:00am CGUS 218	Keanya Harris, Student SSC Academic Support Coordinator
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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.	Tuesday, January 26th 1:00pm-2:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
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What's APP-ening?		We will discuss the apps you should have on your phone for a successful quarter! Learn how to stay organized, study tips, note taking, and more! These educational apps at your fingertips will help you succeed and move through your quarter with ease.	Tuesday, January 26th 3:00pm-4:00pm CGUS 218	Reanna Elswick, SSC Academic Support Associate
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Test-Taking Strategies		Big exam stressing you out? Learn strategies for test prep, improving memory and test-taking techniques.	Thursday, January 28th 10:00am-11:00am CGUS 218	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.	Thursday, January 28th 2:00pm-2:45pm CGUS 218	Vincent D. Hinton, SSC Director of Counseling
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## Week 4

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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.	Monday, February 1st 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 1st 3:00pm-4:00pm CGUS 218	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, February 2nd 3:00pm-4:00pm CGUS 218	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, February 4th 10:00am-11:00am CGUS 218	Rebecca Koch, Director of Service Initiatives, Executive Office
Communication 101 	Interpersonal communication skills are vital to all relationships. Learn to overcome barriers to effective communication.	Friday, February 5th 11:00am-11:45am CGUS 218	Andreea Johnson, SSC Academic Support Associate





## Week 5

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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, February 8th 10:00am-11:00am CGUS 218	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, February 8th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Taking Tests Strategies for Success 	Learn strategies for test prep, improving memory and test-taking techniques.	Tuesday, February 9th 10:00am-11:00am 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 9th 3:00pm-4:00pm CGUS 218	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, February 11th 1:00pm-2:00pm CGUS 218	Keiko Childs, Registrar Coordinator Elizabeth Geisz, Associate Registrar





## Week 6

SKILLSHOP	BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Goal Setting: The Process of SMART Planning 	This interactive skillshop will help you to break down large goals into manageable and realistic steps.	Monday, February 15th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
The Art of Presentation 	Need to improve your public speaking abilities? Want to discover new tactics? This skillshop will explore ways to show authenticity and develop your presence as a communicator.	Monday, February 15th 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
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.	Tuesday, February 16th 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 16th 3:00pm-4:00pm CGUS 218	Tamisa Ridley, Instruction/Reference Librarian






## Week 7

SKILLSHOP		BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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, February 22nd 10:00am-11:00am CGUS 218	Jessica Magazu, Director of Financial Aid
Communication 101		Interpersonal communication skills are vital to all relationships. Learn to overcome barriers to effective communication.	Monday, February 22nd 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
Goal Setting: The Process of SMART Planning		This skillshop will help you develop an organized approach to learning in the higher education environment.	Tuesday, February 23rd 3:00pm-4:00pm 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.	Thursday, February 25th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate






## Week 8

SKILLSHOP		BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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 1st 10:00am-11:00am CGUS 218	Mark Pilgrim, SSC Academic Support Professional
Goal Setting: The Process of SMART Planning		This interactive skillshop will help you to break down large goals into manageable and realistic steps.	Monday, March 1st 3:00pm-4:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
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 2nd 2:00pm-2:45pm TBD	Vincent Hinton, SSC Director of Counseling
Test-Taking Strategies		Big exam stressing you out? Learn strategies for test prep, improving memory and test-taking techniques.	Tuesday, March 2nd 3:00pm-4:00pm CGSU 218	Andreea Johnson, SSC Academic Support Associate

## Week 9

SKILLSHOP		BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
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, March 8th 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, March 9th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
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 11th 1:00pm-2:00pm Blackboard Collaborate Ultra	Leigh Parker, Title IX Coordinator
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, March 12th 10:00am-11:00am CGUS 218	Andreea Johnson, SSC Academic Support Associate
You Got A Friend In Me: The Styles of Effective Communication		We all need each other, right? Yet, effective communication can be challenging. Learn to strengthen relationships with a mindful approach to communicating.	Friday, March 12th 1:00pm-1:45pm CGUS 218	Andreea Johnson, SSC Academic Support Associate

## Week 10

SKILLSHOP		BRIEF DESCRIPTION	DATE/TIME/LOCATION	PRESENTER
Mind Matters: Developing a Growth Mindset		This skillshop will explore growth vs. fixed mindsets. Learn perseverance and commitment to overcome challenges.	Monday, March 15th 1:00pm-2:00pm CGUS 218	Andreea Johnson, SSC Academic Support Associate
The Art of Presentation		Need to improve your public speaking abilities? Want to discover new tactics? This skillshop will explore ways to show authenticity and develop your presence as a communicator.	Monday, March 15th 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, March 16th 1:00pm-2:00pm CGUS 218	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.	Tuesday, March 16th 4:00pm-4:45pm TBD	Vincent Hinton, SSC Director of Counseling
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, March 18th 10:00am-11:00am CGUS 218	Rebecca Koch, Director of Service Initiatives, Executive Office