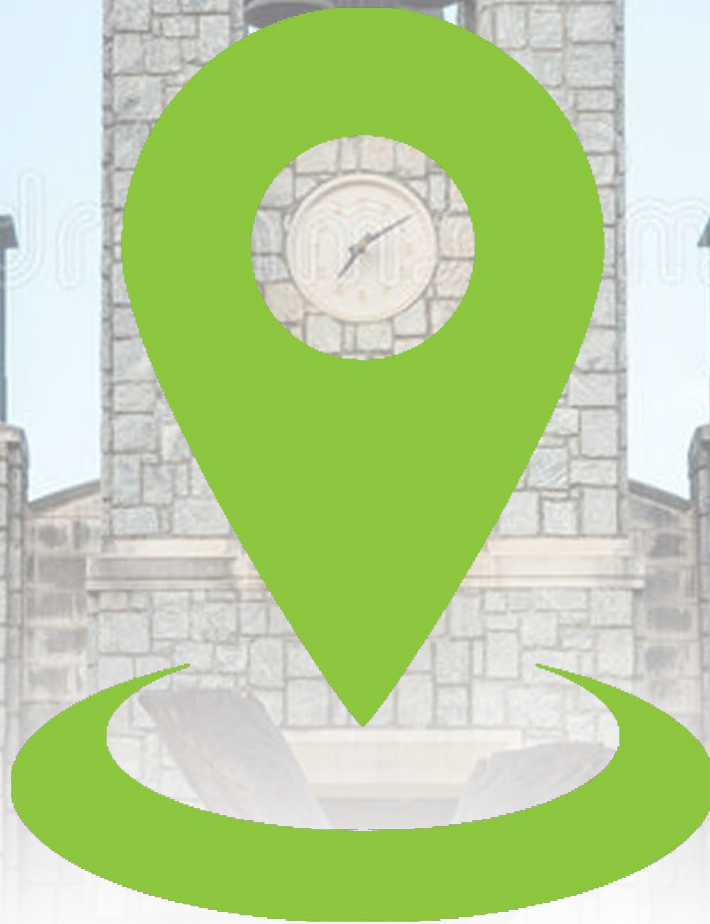


FALL 2021

EDUCATIONAL WORKSHOPS

Find Your Way to Success



Skillshops@life.edu
678 - 331 - 4570

LIFE[®] | Academic Support
University

What are Academic Workshops?

Academic workshops free workshops that provide helpful skills to assist in student success. The workshops help students develop effective learning strategies, such as improving their study strategies, goal-setting, time management, and other skills that are needed to be successful in the classroom. Workshops are held in small group settings and through one-on-one appointments.

Themed Logos



Getting Started in College



Getting Organized for Academic Success



Skills for Academic Success



Do well on that Test!



How to be a Successful Online Learner























Your Writing and Research Skills




















StudentLingo Workshop

Workshops hosted by Academic Center for Educational Success (ACES) in CGUS 218 (unless otherwise indicated)

Date		Workshop		Time
	OCT		<u>Week 1</u>	
W	6th		Find Your Success with ACES Location: CGUS Atrium and Socrates Cafe	11:00 am- 1:00 pm
F	8th		Find Your Success with ACES Location: CCE Atrium and Socrates	11:00 am-1:00 pm
			<u>Week 2</u>	
M	11th		Transitioning to College	10:00am-11:00am
M	11th		#Goals	2:00pm-3:00pm
M	11th		Find Your Success with ACES Location: CGUS Atrium and Socrates	11:00 am - 1:00 pm
TU	12th		Find Your Success with ACES Location: CCE Atrium and Socrates	11:00 am - 1:00 pm
TU	12th		Build Your Own Personal Strategy for a Great Quarter	10:00am-11:00am
TU	12th		Transitioning to College	2:00pm-3:00pm
TH	14th		Faculty Connections 101: Best Practices for Building Relationships with your Instructors	10:00am-11:00am
			<u>Week 3</u>	
M	18th		Using Mobile Apps to Organize Your Life	10:00am-11:00am
M	18th		Learning Styles and Study Strategies	2:00pm-3:00pm
TU	19th		Build Your Own Personal Strategy for a Great Quarter	10:00am-11:00am
TU	19th		The Learning Lab Presents: An APA Overview Location: CGUS 216	11:00am-12:00pm
TU	19th		#Goals	2:00pm-3:00pm
TH	21st		Don't Put This Workshop Off Until Tomorrow: Time Management Strategies	10:00am-11:00am
TH	21st		The Learning Lab Presents: An APA Overview Location: CGUS 216	11:00am-12:00pm
			<u>Week 4</u>	
M	25th		Memory Techniques and Study Strategies	10:00am-11:00am
M	25th		Great Grades Begin with Great Notes: Effective Notetaking Skills	2:00pm-3:00pm

TU	26th		Surviving Midterms: Strategies for Test Prep & Test Taking	10:00am-11:00am
TU	26th		The Learning Lab Presents: An MLA Overview	11:00am-12:00pm
Location: CGUS 216				
TU	26th		Don't Put This Workshop Off Until Tomorrow: Time Management Strategies	2:00pm-3:00pm
TH	28th		Use Your Textbooks as a Success Tool: Reading Effectively for Academic Success	10:00am-11:00am
TH	28th		The Learning Lab Presents: An MLA Overview	11:00am-12:00pm
Location: CGUS 216				
NOV			<u>Week 5</u>	
M	1st		#Goals	10:00am-11:00am
M	1st		Using Mobile Apps to Organize Your Life	2:00pm-3:00pm
TU	2nd		What's Your Type? Personality in the Classroom	10:00am-11:00am
TU	2nd		The Learning Lab Presents: An Introduction to Essay Basics	11:00am-12:00pm
Location: CGUS 216				
TU	2nd		Learning Styles and Strategies	2:00pm-3:00pm
TH	4th		Developing Habits You Want	10:00am-11:00am
TH	4th		The Learning Lab Presents: An Introduction to Essay Basics	11:00am-12:00pm
Location: CGUS 216				
NOV			<u>Week 6</u>	
M	8th		Academic 911: Creating an Academic Recovery Plan for Midterm Grades	10:00am-11:00am
M	8th		Use Your Textbooks as a Success Tool: Reading Effectively for Academic Success	2:00pm-3:00pm
TU	9th		Don't Put This Workshop Off Until Tomorrow: Time Management Strategies	10:00am-11:00am
TU	9th		Surviving Midterms: Strategies for Test Prep & Test-Taking	2:00pm-3:00pm
TH	11th		Faculty Connections 101: Best Practices for Building Relationships with Your Instructors	10:00am-11:00am
NOV			<u>Week 7</u>	
M	15th		Surviving Midterms: Strategies for Test Prep & Test-Taking	10:00am-11:00am
M	15th		Memory Techniques and Study Strategies	2:00pm-3:00pm
TU	16th		What's Your Type? Personality in the Classroom	10:00am-11:00am

TU	16th		The Learning Lab Presents: Writing Research Location: CGUS 216	11:00am-12:00pm
TU	16th		#Goals	2:00pm-3:00pm
TH	18th		Learning Styles and Strategies	10:00am-11:00am
TH	18th		The Learning Lab Presents: Writing Research Location: CGUS 216	11:00am-12:00pm
<u>Week 8</u>				
M	22nd		Countdown to Finals: Develop a Plan to Finish the Quarter Strong	10:00am-11:00am
M	22nd		Academic 911: Creating an Academic Recovery Plan for Midterm Grades	2:00pm-3:00pm
TU	23rd		Developing the Habits You Want	10:00am-11:00am
<u>Week 9</u>				
M	29th		Countdown to Finals: Develop a Plan to Finish the Quarter Strong	10:00am-11:00am
M	29th		Surviving Midterms: Strategies for Test Prep & Test-Taking	2:00pm-3:00pm
TU	30th		Memory Techniques and Study Strategies	10:00am-11:00am
TU	30th		Using Mobile Apps to Organize Your Life	2:00pm-3:00pm
TH	Dec 2nd		#Goals	10:00am-11:00am
DEC <u>Week 10</u>				
M	6th		Build Your Own Person Strategy for a Great Quarter	10:00am-11:00am
M	6th		Faculty Connections 101: Best Practices for Building Relationships with Your Instructors	2:00pm-3:00pm
TU	7th		Countdown to Finals: Develop a Plan to Finish the Quarter Strong	10:00am-11:00am
TU	7th		#Goals	2:00pm-3:00pm
TH	9th		Faculty Connections 101: Best Practices for Building Relationships with Your Instructors	10:00am-11:00am
<u>Week 11</u>				
FINALS WEEK				



Transitioning to College

Learn about the 3 C's of transitioning into college: commitment, communication, and choice. First-time students to Life University or students who transferred to Life University, will understand the expectations of their new endeavor, as well as attitudes and behaviors responsible for success.

Build Your Own Personal Strategy for a Great Quarter

This workshop assists students in setting goals for the quarter and provides an overview of our workshop topics for the rest of the quarter.

Faculty Connection 101: Best Practices for Building Relationships with your Instructors

Relationships with your instructors are vital in college. The workshop covers topics as suggested conversations, the use of office hours, and the benefits to strong student-faculty connections.

#Goals

Feeling unmotivated? Learn the skills needed to beat procrastination and set & achieve realistic goals.

Getting Organized for Academic Success



Creating an Academic Plan

Developing an academic plan is like setting your GPS before going on a long road trip. Avoid wrong turns, calculate anticipated time to degree completion, and understand the requirements needed to begin developing your academic plan.

Don't Put This Workshop Off Until Tomorrow:

Time Management Strategies

This workshop will help you understand why time management is important. We will evaluate how we spend time, learn how to use tools to manage time effectively, and use our goals as a monitor for keeping us on track.

Developing the Habits You Want

The first half of this workshop identifies some habits good students often have. The second part of the workshop is a presentation of Brian Tracy's *The Power of Habit, 7 Steps to Successful Habits*.

Using Mobile Apps to Organize Your Life

Mobile apps are a great way to stay organized and collaborate, and they can all be accessed using your computer or mobile device! Use the calendar as a tool to keep track of your busy schedule, including your homework and upcoming tests. Mobile apps provide easy access to documents, spreadsheets, or presentations wherever you have access to the internet. It even allows you to collaborate from a distance - your whole group can access the same document and see real-time edits being made. The facilitator will also demonstrate how Google Drive even has an app for making your own website. Check it out!

Skills for Academic Success



Learning Styles and Study Strategies

Students will learn about three, main learning styles and discover their preferred learning style. They will also apply their understanding of preferred learning styles to improve their learning and study skills.

Memory Techniques and Study Strategies

Learn techniques to sharpen and improve your memory. You'll learn study skill tips, how to remember names, and ways to retain and recall information.

Use Your Textbook as a Success Tool: Reading Effectively for Academic Success

This workshop explores strategies to stay active with a text so that a reader can get the most out of a textbook (and stay awake while reading one!).

Great Grades Begin with Great Notes: Effective Notetaking Skills

Learning to take notes and actually USE them as a great technique for success in college.

What's Your Type? Personality in the Classroom

This workshop will help you understand your personality type and how it can impact your study habits and academics.



SERIES 4

Do Well on that Test!

Surviving Midterms: Strategies for Test Prep & Test-Taking

This workshop will explore techniques for reducing test anxiety and offer tactics for taking multiple choice, true/false, short answer, and essay type tests.

Academic 911: Creating an Academic Recovery Plan for Midterm Grades

It is mid-quarter and you may have received a midterm grade report in one of your classes that does not satisfy you. What can you do to rescue your grade?

Countdown to Finals: Develop a Plan to Finish the Quarter Strong

Are you starting to feel overwhelmed in preparing for final exams?? Learn how to regain control and make finals week successful.



SERIES 5

Your Writing and Research Skills

Research Rescue: Research Skills for Papers & Projects

This workshop is presented by a Life University Writing Instructor. The workshop features in depth explanation of how to use resources for research papers and projects.

Understanding & Avoiding Plagiarism (StudentLingo workshop)

This workshop will help you better understand what plagiarism is, and what you can do to avoid plagiarizing when you have a written assignment.

SERIES 6

How to be a Successful Online Learner



Online Courses: Staying Motivated & Disciplined (StudentLingo workshop)

This workshop provides several practical tips and strategies students can use to stay focused and motivated while taking classes online. The presenters will discuss how to establish a study schedule, the importance of finding an ideal study space, and how to set goals and stay organized throughout the semester.

Taking Tests Online: Strategies For Success (StudentLingo workshop)

This workshop provides strategies that will help students be more successful when taking online tests. The presenters provide practical and effective strategies that students can use to prepare for taking a test.

"Education is what remains after one has forgotten what one has learned in school."

Albert
Einstein



THE LEARNING LAB WORKSHOPS

FALL 2021



ALL WORKSHOPS WILL TAKE PLACE IN THE
LEARNING LAB IN CGUS 216

An APA Overview

Tuesday, October 19, 11:00 am—12:00 pm

Thursday, October 21, 1:00—2:00 pm

This workshop will focus on the crafting essays that meet the requirements of an APA-compliant essays, including correct formatting, citations, and reference pages.

An MLA Overview

Tuesday, October 26, 11:00 am—12:00 pm

Thursday, October 28, 1:00—2:00 pm

This workshop will focus on the crafting essays that meet the requirements of an MLA-compliant essays, including correct formatting, citations, and reference pages.

An Introduction to Essay Basics

Tuesday, November 2, 11:00 am—12:00 pm:

Thursday, November 4, 1:00—2:00 pm:

This workshop will focus on crafting college-level essays. We will discuss making the most of the prewriting process, writing engaging introductions, thesis statements, and conclusions, and providing adequate supporting details in body paragraphs.

Writing Research Papers

Tuesday, November 16, 11:00 am—12:00 pm:

Thursday, November 18, 1:00 pm—2:00 pm:

This workshop will focus on the fundamentals of writing a research paper, including organizing your essay, evaluating sources, incorporating sources into your essay, and properly citing sources to avoid charges of plagiarism.





STUDENTLINGO WORKSHOPS

StudentLingo is a series of interactive on-demand workshops, action plans, and valuable resources focused on helping college students achieve their academic, personal, and career goals.

Visit: www.studentlingo.com/life

The site is available 24/7.



LIFE | Academic Center for
University | Educational Success (ACES)

Developing Critical Thinking

This workshop helps students to begin to develop the critical thinking skills to live and learn in a global environment.

Exam Preparation Tips & Test-Taking Strategies

This workshop will explain the difference between studying and learning, demonstrate a 5 step exam preparation process, and provide specific strategies for multiple-choice, essay, and final exams. The presenter will discuss strategies that give students the best chance of alleviating fear and passing those exams.

How to Work in Groups: Creating a Productive & Positive Learning Experience

This workshop will teach students about the importance of group dynamics and how it influences their participation and productivity when interacting in groups. Students will learn tips, strategies, and effective group processes that they can apply and benefit from when participating in a variety of groups.

Learning Strategies Every Student Should Know

This workshop walks students through the basics of metacognition. Using language that students will understand, the presenter explains how this concept can be integrated into study strategies and ultimately how it can help students move up Bloom's Taxonomy from lower level to higher level learning.

Online Courses: Staying Motivated & Disciplined

This workshop provides several practical tips and strategies students can use to stay focused and motivated while taking classes online. The presenters will discuss how to establish a study schedule, the importance of finding an ideal study space, and how to set goals and stay organized throughout the semester.

Reading Comprehension Strategies

This workshop explores strategies to stay active with a text so that a reader can get the most out of a textbook (and stay awake while reading one!).

Taking Tests Online: Strategies For Success

This workshop provides strategies that will help students be more successful when taking online tests. The presenters provide practical and effective strategies that students can use to prepare for taking a test.

Understanding & Avoiding Plagiarism

Description: This workshop will help you better understand what plagiarism is, and what you can do to avoid plagiarizing when you have a written assignment.