Tuesdays & Thursdays with TRiO!

Fall 2011 Semester TRiO Workshop Series

⇒ Thursday, September 22nd: 4:30-5:30 (Kirby 108)

Exam Preparation: Best Practices
Too good to miss. Become a master of exams...from a certified exam master!

⇒ Tuesday, October 11th: 4:30-5:30 (Kirby 108)

Asking for Help/Campus Resources
Why asking for help is not a weakness—but a strength! And where to find the help you need!

⇒ Thursday, October 27th: 4:30-5:30 (*UPDATE: moved to Schewe 210)

Major and Career Exploration
Hands-on skills and resources to help you make informed college major and career decisions.

⇒ Tuesday, November 8th: 4:30-5:30 (Kirby 108)

Meaning, Purpose, and Goals
Find and use your personal life meanings in order to help establish your goals.

⇒ Thursday, November 17th: 4:30-5:30 (Kirby 108)

Grad School Preparation
No it’s not too early to start thinking about graduate school. But where and how to start? Find out here!

⇒ Monday, December 5th: 4:30-5:30 (Kirby 108)

Stress Management
Learn various skills and coping strategies to help manage the various stressors of college and your personal life. So important, it’s not on a Tuesday or Thursday!

Future Planned Workshops:

♦ FAFSA (How to!)
♦ Cover Letter, Resumes, and Vitas!
♦ Multicultural Competency
♦ Leadership Seminar
♦ Professionalism
♦ And More!