

Fall 2008 Secrets of Success (SOS) Workshops

SOS Workshops are free and open to all UIndy students, staff, and faculty. Pre-registration is not required.

LP credit is available. For more information contact the Academic Success Center, 788-6153.

Please arrive on-time. If you arrive late, you will not receive credit for attending.

All SOS Workshops will be held in SC 010.

Booting Up

Wednesday, September 3rd, 12:10-12:50pm

Explore the information technology available to you at UIndy. This workshop will show you how to access the UIndy Intranet, your email account, student records (SWIS), campus computer labs and the World Wide Web.

Blackboard

Thursday, September 4th, 3:10-3:50pm

This workshop will show you how to access Blackboard and how to navigate through this online classroom tool. Students who have wireless laptops are encouraged to bring them to this workshop.

Foreign Language

Wednesday, September 10th, 12:10-12:50pm

This workshop will provide information about the foreign language requirements and opportunities at UIndy, some tips on how to learn a foreign language, and available resources for additional support.

Time Management

Thursday, September 11th, 3:10-3:50pm

Effective time management reduces stress and increases success, but the options can be overwhelming! This workshop will present some tips on how to find or create the system that works best for you.

Benefits of Physical Activity for Students

Monday, September 15th, 6:10-6:50pm

There are many well-known benefits of performing regular exercise, including improved strength, flexibility, and endurance. But there are also psychological benefits that are of special interest to students. Learn why it's important to stay active, and pick up some tips for fitting physical activity into your daily routine.

Alcohol Awareness

Wednesday, September 17th, 12:10-12:50pm

New places ... new people ... no curfew ... new choices. It's all so exciting! Is it possible to have fun and still be 'responsible'? Come to this workshop, led by the Student Counseling Center, for some interesting facts and conversation.

Reading & Understanding History Textbooks

Thursday, September 18th, 3:10-3:50pm

Textbooks for entry-level college courses can be challenging to read. It is difficult to know how to pick out the important information, when there is SO much presented. This workshop will give you some tips that you can put to use right away to get the most out of your textbooks.

How to Succeed in 100-level Biology Classes

Monday, September 22nd, 6:10-6:50pm

Whether you are taking Biology to fulfill your core or major requirement, these classes are often more complex than High School Biology classes. Come to this workshop, led by one of the Biology faculty members, to learn a few strategies to help you be successful in these classes.

Conquering the Blank Page

Wednesday, September 24th, 12:10-12:50pm

Often, the toughest part of writing a paper is getting started. Even if you manage to choose an appropriate topic, the anxiety caused by a blank page can be debilitating. In this workshop the Writing Lab offers help in finding/narrowing topics and combating "blank page anxiety."

Roadmap to Registration

Thursday, September 25th, 3:10-3:50pm

It's time to think about next semester's classes. Are you unsure of the registration process, or are you unclear about what classes to take? This session will provide detailed information on the University's general core requirements and how to create a balanced schedule.

Test Anxiety

Monday, September 29th, 6:10-6:50pm

Successful performance on tests is a combination of knowledge, skill and confidence. Anxiety can unravel hours of study and preparation. In this workshop the Student Counseling Center will present ways to "show what you know" on your next exam.

Roadmap to Registration

Wednesday, October 1st, 12:10-12:50pm

It's time to think about next semester's classes. Are you unsure of the registration process, or are you unclear about what classes to take? This session will provide detailed information on the University's general core requirements and how to create a balanced schedule.

Majors, Minors & Making Plans!

Thursday, October 16th, 3:10-3:50pm

Confused about your future? Take some time to really think through your options using the key elements in career and academic decision making that will be presented in this workshop by Career Services.

Roadmap to Registration

Monday, October 20th, 6:10-6:50pm

It's time to think about next semester's classes. Are you unsure of the registration process, or are you unclear about what classes to take? This session will provide detailed information on the University's general core requirements and how to create a balanced schedule.

The 2008 November Elections

Tuesday, October 21st, 2:10-2:50pm

We all see the political ads, but the election process is so much more than that. This timely workshop will discuss the current election campaigns and will include an explanation of the electoral college – how it works, and how it affects the strategy of presidential candidates.

6 Dimensions of Health

Wednesday, October 22nd, 12:10-12:50pm

Health is no longer seen as merely the absence of disease or infirmity. The National Wellness Institute has developed a 6-dimensions model of health that consists of the intellectual, spiritual, physical, occupational/vocational, emotional, and social aspects of a person's life. This workshop will discuss specific strategies in dealing with the stress of college life in relation to the 6 dimensions.

Regrouping After Midterms

Thursday, October 23rd, 3:10-3:50pm

Now is the time to face the reality of midterm grades that may not have been what you had expected or wanted. This workshop will help you re-focus and make an action plan for the rest of the semester.

Straight Talk About Sex

Tuesday, October 28th, 2:10-2:50pm

From all directions, there are messages in our society about sexual activity and sexual health. Many of these messages can be conflicting and confusing. This workshop, presented by the Student Health Center, will present facts and answer questions regarding this important, but often avoided, topic.

Scoring on Essay Exams

Wednesday, October 29th, 12:10-12:50pm

Many college-level exams require essays. Come to this workshop to learn what professors are looking for in your essays, as well as some tips on how best to study for an essay exam.

Researching in KML

Thursday, October 30th, 3:10-3:50pm

Does the task of finding useful and relevant books and articles for your research paper seem overwhelming? Come learn how the resources available at our own Krannert Memorial Library can make your next research assignment less stressful.

The Ins and Outs of Successful Interviewing

Monday, November 3rd, 6:10-6:50pm

Sweaty palms, butterflies in your stomach ... how DO you make a good impression at an interview? Come to this interactive workshop for some tips on making the interview process go smoothly, whether you are applying for a summer job, an internship or your first career position.

Preparing for Life After UIndy

Tuesday, November 4th, 2:10-2:50pm

When you leave UIndy, you will enter a global environment that is changing daily. Are you excited...or anxious? This session will explore life after UIndy, how to utilize your degree, and offer some strategies that will help you prepare for that bright future.

Interpreting Employee Benefits

Tuesday, November 11th, 2:10-2:50pm

Salary is only one part of most compensation packages. This workshop will present the different types of benefits that companies might offer, and give some tips on how to compare those benefits when considering job offers.

Stress Management

Monday, November 17th, 6:10-6:50pm

Stress is unavoidable, and some of it can be good, because it acts as a motivator. Too much stress, however, can be disruptive, causing both mental and physical problems. This workshop will provide several strategies for coping with stress.

Civic Engagement

Tuesday, November 18th, 2:10-2:50pm

This workshop, presented by the Community Programs Center, will acquaint you with the different local, national, and international opportunities through which one can become engaged in the community. Students can also learn how to transfer volunteer hours onto their transcript and how to register for academic credit for Service Learning. This presentation is a part of an effort to support and encourage the University's motto *Education for Service!*

Nutrition & Energy

Tuesday, December 2nd, 2:10-2:50pm

Classes, jobs, exercising, going out with friends ... your schedule is busy ... how do you eat healthy when you are in a hurry? What you eat can affect your physical and mental energy, as well as your weight and your body's ability to resist infections. Come to this workshop, presented by the Student Health Center, for tips on healthy eating.

Test Anxiety

Wednesday, December 3rd, 12:10-12:50pm

Successful performance on tests is a combination of knowledge, skill and confidence. Anxiety can unravel hours of study and preparation. In this workshop the Student Counseling Center will present ways to "show what you know" on your next exam.