

Fall 2009 Secrets of Success (SOS) Workshops

SOS Workshops are free to UIndy students upon presentation of their student ID, but attendance is limited to the first 75 students at each workshop.

LP credit is available unless otherwise noted.

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.

Wednesday, September 2, 12:10-12:50pm

Blackboard

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.

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

Booting Up

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.

Wednesday, September 9, 12:10-12:50pm

R U Internet Safe?

Talking to classmates, researching assignments ... everyone's online quite a bit. But are you aware of how your online activity now may affect your job search when you graduate? Or place you at risk for identity theft and other crimes? Come learn about how you can protect yourself and your future while working and having fun online

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

Alcohol Awareness

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.

Monday, September 14, 6:10-6:50pm

Not All Minds Think Alike: Assessing Your Learning Style

In this workshop, you will discover your learning style; learn strategies to utilize your strengths, and tips on how to compensate when your instructor uses a teaching style that is different from your learning style.

Tuesday, September 15, 3:10-3:50pm

Time Management

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.

Wednesday, September 16, 12:10-12:50pm

KML and Sease Wing: One-Stop Shopping for Research, Writing, and Technology Help

Are you aware of all of the services available to students in and around the Krannert Library? Come to this workshop to hear how the friendly folks at the Reference desk, Client Services Help Desk, Media Services, and the Writing Lab can help you to have a successful school year!

Thursday, September 17, 3:10-3:50pm

Communicating with Professors

Effective communication with professors is a key to college success, but sometimes it can be intimidating for students to approach their professors. This workshop will give you some tips for making that communication a little easier.

Wednesday, September 23, 12:10-12:50pm

Foreign Language Tips

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.

Tuesday, September 29, 3:10-3:50pm

Roadmap to Registration

FOR FRESHMEN ONLY

No LP Credit

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.

Wednesday, September 30, 12:10-12:50pm

Succeeding on Essay Exams

Many college-level exams require essays. Come to this workshop to learn how to organize and write your essays. We will also discuss tips on how best to study for an essay exam.

Thursday, October 1, 3:10-3:50pm

Test Anxiety

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.

Monday, October 5, 6:10-6:50pm

Roadmap to Registration

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Tuesday, October 6, 3:10-3:50pm

Tips for Studying & Taking Tests

Successful learners know how to study so that learning becomes efficient, effective and fun. This workshop will present a few powerful study skills that can be used in and outside the classroom, as well as some test taking techniques to help you "show what you know."

Wednesday, October 14, 12:10-12:50pm

Recycling at UIndy

Come learn about green efforts at UIndy! We will be discussing the strides we are making to becoming a green campus and how you can help in your everyday life. Learn about sustainability, recycling, and how to help save the Earth!

Thursday, October 15, 3:10-3:50pm

Straight Talk About Sex

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.

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Tuesday, October 20, 3:10-3:50pm

Majors, Minors & Making Plans!

Confused about your future? Get the big-picture perspective on academic decision-making at this workshop presented by the Office of Career Services.

Wednesday, October 21, 12:10-12:50pm

Roadmap to Registration *FOR FRESHMEN ONLY*

No LP Credit

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Monday, October 26, 6:10-6:50pm

Stress Management

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.

Tuesday, October 27, 3:10-3:50pm

Regrouping After Midterms

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.

Wednesday, October 28, 12:10-12:50pm

Conquering the Blank Page

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."

Thursday, October 29, 2:10-2:50pm

Nutrition & Energy

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.

Wednesday, November 4, 12:10-12:50pm

6 Dimensions of Health

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, 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.

Thursday, November 5, 2:10-2:50pm

Budgets & Credit Cards

Wondering where all of your money goes? Always getting free offers for a credit card? This workshop by Fifth Third Bank teaches you the essentials of managing your money, as well as the advantages and pitfalls of having a credit card.

Tuesday, November 10, 3:10-3:50pm

Civic Engagement, Service Learning and Volunteerism

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!

Thursday, November 12, 2:10-2:50pm

Interpreting Employee Benefits

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

Tuesday, November 17, 3:10-3:50pm

The Path to Professionalism

Preparing for a successful first career position or internship involves more than having a good GPA. You need to look and act like a young professional, and the fine points of professional etiquette are not acquired overnight. Come to this workshop by Career Services and hear tips regarding appropriate work place behavior for networking, attire, cell and office phone use, introductions and much more.

Wednesday, November 18, 12:10-12:50pm

Social Bookmarking

Social bookmarking is a web-based tool that enables you to create and access websites 24 hours a day regardless of where you are. Come to this workshop to learn how to make the most of this technology.

Monday, November 30, 6:10-6:50pm

Test Anxiety

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

Tuesday, December 1, 3:10-3:50pm

The Ins and Outs of Successful Interviewing

You just don't want to wing it! Come to this interactive workshop for some tips on making your first or next interview go smoothly, whether applying for a summer job, internship, or beginning career position.
