

SPRING INTO SUCCESS



APRIL 4 CALENDAR OF EVENTS

DATE	SESSION TITLE	PRESENTER	SESSION DESCRIPTION	TIME	LOCATION
4/4	IT'S TIME TO SPOTLIGHT SOME HELPFUL WEBSITES	Kylie Skepnek - Center for Exploring Majors	This presentation covers necessary and helpful websites that students can use while they are enrolled in classes at the University. From websites that will assist academics to ones that give students a practical way to stay active and healthy, the goal is to provide students with resources that empower them to perform their best throughout their college careers.	10-10:25 a.m.	ED 1126
4/4	IMPROVE YOUR SNOOZE!	Catherine Champagne - Recreation, Fitness and Wellness Center	Sleep is necessary for retaining what you learn in class and keeps you physically and emotionally healthy. This session will introduce you to simple practices for better quality sleep.	10:30-10:55 a.m.	ED 1126
4/4	EMAIL ETIQUETTE	Will Phillips and Sydney Colin - Center for Exploring Majors	This presentation will help you craft better emails! Learn the dos and don'ts when it comes to electronic communication.	11-11:25 a.m.	ED 1126
4/4	MAKING EDUCATION ACCESSIBLE AT ANY AGE	Center for Adult Learner Success	There are always exceptions, but an adult learner will likely identify with at least one of the following situations: 25 years or older, returning to school after 2+ years away or has dependents of their own. If this applies to you, tune into this session to see the resources available to you!	11:30-11:55 a.m.	Zoom: 9195579764
4/4	A MAJOR AND CAREER EXPLORATION PRIMER	Aaron Adkins - Center for Exploring Majors	This interactive session will introduce you to the major and career exploration process focusing on the initial steps of knowing yourself and considering your options.	Noon-12:25 p.m.	ED 1126
4/4	SALARY NEGOTIATION WORKSHOP	Elizabeth Buchanan and Jennifer Riestler - Career Services and Internships	A workshop focusing on the topic of salary negotiation. Learn tips and tricks on how to successfully negotiate a salary offer.	12:30-1:25 p.m.	ED 1126
4/4	PREPARING FOR FINAL EXAMS	Justin Faas and Ryan Olwig - Academic Skills	Need any last-minute exam tips? We'll give an in-depth look at how to prepare for finals and discuss different types of exam formats.	2-2:30 p.m.	Zoom: 9195579764
4/4	THREE RULES OF SUCCESS IN AND OUT OF THE CLASSROOM	Tim Fitzgibbon - Center for Exploring Majors	Learn what behaviors lead to success both in college and in your personal life. We will also discuss how you can make sure you follow them.	3-3:25 p.m.	ED 1126



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APRIL 5 CALENDAR OF EVENTS

DATE	SESSION TITLE	PRESENTER	SESSION DESCRIPTION	TIME	LOCATION
4/5	RE: YOUR RECENT EMAIL TO YOUR PROFESSOR	Karen Huseman - Center for Exploring Majors	Sending an email to your professor is stressful if you're not sure what to say or how to phrase your request. Learn tips to make your emails more effective.	10-10:25 a.m.	ED 1126
4/5	IT'S TIME TO SPOTLIGHT SOME HELPFUL WEBSITES	Kylie Skepnek - Center for Exploring Majors	Learn of helpful websites to use while enrolling in classes. From websites that assist academics to ones that give a practical way to stay active and healthy, the goal is to provide you with resources that empower you to perform your best throughout your college career.	10:30-10:55 a.m.	ED 1126
4/5	WRITING AT USI	Alice Graves, Denise McKenzie and Hannah Payne - Student Writer's Union and The Writer's Room	Writing well is a high-demand skill that employers and professors require, and most academic, professional and personal achievement depends upon strong writing. Join members of USI's Student Writer's Union and student tutors from The Writers' Room who will talk about how Writing at USI leads to success.	11-11:55 a.m.	ED 1126
4/5	SCHEDULE PLANNER AND DEGREE-WORKS: HOW TO MAP OUT THE PERFECT SEMESTER	Jenna Stamm and Will Phillips - Center for Exploring Majors	Learn of the importance of utilizing DegreeWorks and Schedule Planner to ensure a successful college journey. Includes building your class schedule to fit your lifestyle and advance academic progress.	Noon-12:25 p.m.	ED 1126
4/5	STRESS? WHAT STRESS? TOOLS FOR REDUCING ANXIETY AND INCREASING FOCUS	Tami Zuniga - Student Support Services	Come address your stress. Learn meditation, breathing techniques and the use of sensory aids such as stress balls and putty. Improve focus! Reduce stress and anxiety! Recipes for making stress balls, slime and sensory bottles will be provided.	12:30-12:55 p.m.	ED 1126
4/5	IMPROV!	Angela Valuch - Student Support Services	Working with peers, running events and figuring out complex problems, all requires improvising and thinking on the spot. Developing these skills is a great way to become more resilient to the unexpected that happens during college, and in the future.	1-1:25 p.m.	ED 1126
4/5	PREPARING FOR FINAL EXAMS	Justin Faas and Ryan Olwig - Academic Skills	Need any last-minute exam tips? We'll give an in-depth look at how to prepare for finals and discuss different types of exam formats.	1:30-1:55 p.m.	ED 1126
4/5	"LET'S PLAY MONEY": ADULTING 101	Jada Hogg - Multicultural Center	Debt-free, student loans, credit cards, home ownership, a new car? What money hand will you be dealt? Let's play this game called life! In this financial simulation, students will gain a sneak peek at a few of the things that adulting may bring.	2-2:55 p.m.	ED 1126
4/5	STUDY ABROAD	Center for International Programs	Ever wondered what it would be like to study abroad? USI offers study abroad opportunities in more than 60 countries around the globe. This session will provide you with more information about how to make study abroad a possibility!	3-3:45 p.m.	UC2217

