

Tools *for* **SUCCESS**

FILL YOUR TOOLBOX

(and your belly-Lunch provided)

Student Success Workshop Series: FALL 2010

DATE

TOPIC

8/31/10

Getting Involved

Become aware of the involvement opportunities that NSU has to offer and strengthen the skills that will help you integrate into the NSU community.

9/07/10

Time Management: Juggling School, Work and Life

This workshop is designed to bring awareness of time management techniques essential to your success in all aspects of life. The goal is to establish a relationship between you and your time allocation process.

9/14/10

Winning at Math

This interactive workshop will empower and promote active learning and student success in your college math courses. Receive guidance, gain success strategies, and learn techniques that will lead YOU to be a "winner in math."

9/21/10

Academic Integrity

What is academic integrity? What is academic misconduct? A discussion on topics that all students should be very educated on.

9/28/10

Test Preparation

Gain confidence and assurance in your test-taking abilities, as you explore test-taking strategies that include how to approach different types of tests and the actual test-taking process.

10/05/10

Academic Advising: Don't Leave your Success to Chance!

Come learn from academic advisors how to engage in proactive, positive decision-making and problem-solving in this fun and interactive session.

10/12/10

Exam Week- No Session

10/19/10

Academic Writing

Find out what distinguishes academic writing. Learn how honoring your audience can maximize your grade. Gain the tools to properly address the assignment, select the appropriate format, and choose the right language.

10/26/10

Stress Management

This workshop will help students identify typical stressors and apply stress reduction techniques.

11/02/10

Keys to Financial Planning

Learn "smart steps" that you can use to minimize debt and manage your finances, including strategic borrowing and effective budgeting.

11/09/10

Online Resources & Etiquette

Come and see live demonstrations of real-world research scenarios, and learn time-saving techniques for finding what you need when you need it. Learn how to be Net appropriate for interacting in all of your online communities.

11/16/10

Career Exploration

This workshop will help you understand yourself better by discovering your interests, skills, work values, and personality. You will also be provided a checklist to help you get started at NSU with making choices towards deciding a career goal.

11/23/10

Wellness

Come to this session to discover the Six Dimensions of Wellness with an emphasis on the "Physical" aspect (Preventive Health Care, Nutrition, and Fitness).

11/30/10

Effects of Alcohol

Learn about the effects of alcohol and the various ways in which it may impact you, influence your decision making skills, and abstract thinking ability.



All workshops are from 12:10-12:50 p.m.

Rosenthal Student Center, Room 200

For more information, please contact Dr. Dalis Dominguez at dalis@nova.edu or (954)262-8485.