

Lunch Provided

Lucky 13

TUESDAYS, 12:10–12:50 P.M.

Rosenthal Student Center, Room 200

Student Success Workshop Series: 13 ways to help you succeed!

- 9/1/09 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.
- 9/8/09 Academic Integrity**-What is academic integrity? What is academic misconduct? A discussion on topics that all students should be very educated on.
- 9/15/09 Identifying Opportunities for Success—YOU DECIDE!**-Opportunities for success are all around you; discover how to identify and use them to your advantage. Come learn about the variety of academic support opportunities available to you at NSU.
- 9/22/09 Stress Management: Decaffeinate Your Life!**-This workshop will help students identify typical stressors and apply stress reduction techniques.
- 9/29/09 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.
- 10/6/09 Test Preparation**-Gain confidence and assurance in your test-taking abilities, as you explore strategies that include how to approach different types of tests and review the actual test-taking process.
- BONUS**
- 10/13/09 Relaxation Station**-Focus on mental and physical well-being by nurturing mind and body.
- 10/20/09 Library Resources: To Google or Not to Google?**-Let the librarians show you the most efficient ways to use Google as a search tool. See live demonstrations of real-world research scenarios and learn time-saving techniques for finding what you need when you need it.
- 10/27/09 Show Me the Money: Keys to Financial Success**-Learn "smart steps" that you can use to minimize debt and manage your finances, including strategic borrowing and effective budgeting.
- 11/3/09 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 reduce abstract thinking ability.
- 11/10/09 Career Exploration: First Things First—Know Thyself!!** -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.
- 11/17/09 Wellness Made Simple**-Come to this session to discover the Six Dimensions of Wellness, with an emphasis on the "Physical" dimension (preventive health care, nutrition, and fitness).
- 11/24/09 Netiquette**-You and your friends aren't the only ones looking at your online profiles; make sure you're "Net" appropriate for interacting in all of your online communities.
- 12/1/09 Different People Make the World Go 'Round**-Join this roundtable discussion to help college students from various backgrounds, national origins, religious beliefs, sexual orientations, and general world views to value those differences. Students attending this workshop will leave with a greater sense of community, connectedness, and oneness.
- BONUS**
- 12/8/09 Relaxation Station**-Focus on good mental and physical well-being by nurturing mind and body.

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


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