**Fall 2021 & Winter 2022 Tools for Success Events**

***Tools for Success is a series of workshops designed to assist students in adapting to university life and achieving overall success at NSU.***

*September: My Path to Success*

* **Road to Success at NSU:** *Student Success Presenter- Wednesday, September 8th: 12pm-1pm*
  + Overview of Student Success Scholars Program and resources available to you as a scholar. Gain guidance on how to best utilize NSU Campus Resources and reach success at NSU.
  + Zoom: <https://nova.zoom.us/j/95790565475>
* **NSU Hacks for Success:** *Student Success Presenter-Thursday, September 16th: 12:30pm-1:30pm*
* Adjusting to college can be difficult especially when you are trying to learn the campus culture. During this session we will teach you how to navigate the hidden curriculum at NSU.
* Zoom: <https://nova.zoom.us/j/99792264034>
* **Effective Presentation Skills:** *Student Success Presenter-Thursday, September 23rd: 12:30pm-1:30pm & 5pm-6pm*
  + Learn the skills to be a more confident presenter. During this session you will learn the strategies to develop, deliver, and articulate effective presentations.
  + Zoom: <https://nova.zoom.us/j/93808480228>
* **Balancing it All:** *Tutoring & Testing Center Presenter-Tuesday, September 28th: 12:30pm-1:30pm*
  + Now that the semester is starting to pick up, it is more important than ever to master the skills of time management. Learn from the academic success coaching team effective tools for organization that can help you balance it all.
  + Zoom: <https://nova.zoom.us/j/93348075521>

*October: My Academic & Career Success*

* **Building your Shark Family:** *Tutoring & Testing Center Presenter-Friday, October 1st: 12pm-1pm*
  + Building a network is necessary to help you achieve your academic and career goals. Learn how to create connections with staff, students, and faculty.
  + Zoom: <https://nova.zoom.us/j/92610035124>
* **College is Tough, but You're Tougher:** *Student Success Presenter-Wednesday, October 6th: 12pm-1pm & 5pm-6pm*
  + After attending this informative session, you will learn how to overcome obstacles that emerge as you pursue academic and career goals. You will also understand how to advocate for your needs as a student to ensure success.
  + Zoom: <https://nova.zoom.us/j/95584446006>
* **Midterm Prep Session**: *Student Success Presenter-Thursday, October 7th: 12:30pm-1:30pm & 5pm-6pm*
  + Learn some tips and tricks to be successful for your Midterm exams.
  + Zoom: <https://nova.zoom.us/j/93299371742>
* **Career Planning 101:** *CAPS Presenter-Thursday, October 21st : 12:30pm-1:30pm*
  + Wondering how you are going to plan your career goals at NSU? The Center for Academic Success is here for you! Learn about resources to find jobs, internships, research opportunities and even decide which major is best for you.
  + Zoom: <https://nova.zoom.us/j/96067907108>
* **Five Pillars of Pre-Health:** *Student Success: Student Success Presenter-Thursday, October 21, 5pm-6pm*
  + Are you interested in a career in healthcare? Learn how to build up your resume from freshman year on in college to be the applicant with a WOW factor who goes above and beyond. Learn how to stand out in each of the five pillars: academics, healthcare experience, research, leadership, and community outreach.
  + Zoom: <https://nova.zoom.us/j/91437729626>
* **Believe In Yourself:** *Guest Speaker-Wednesday, October 27th: 12pm-1pm (Dr. Richard Gesker)*
  + Overcoming the fear of failure and life’s obstacles is a part of your college journey. During this session you will learn about building your confidence and hear success stories from those who have experienced challenges in their own road to success.
  + Zoom: <https://nova.zoom.us/j/92901408834>
* **Understanding Your Personality Type & Career Path:** *Student Success Presenter-Wednesday, October 27th: 5pm-6pm*
  + Learn more about your personality style and how it plays a role in career exploration and your overall identity.
  + Zoom: <https://nova.zoom.us/j/99275101289>
* **Alvin Sherman Library Resources:** *Alvin Sherman Library Presenter-Thursday, October 28th: 12:30pm-1:30pm*
  + Learn about all of the resources and tools available through the Alvin Sherman Library that can support your professional, academic, and personal success at NSU.
  + Zoom: <https://nova.zoom.us/j/96113413333>

*November: My Well Being*

* **My Mental & Emotional Well-Being:** *Student Counseling-Henderson Presenter: Wednesday,* *November 3rd: 12pm-1pm*
  + College can be stressful and trying to balance work, school, and life can create challenges. During this session you will learn tips and resource to manage your stress and overall mental health.
  + Zoom: <https://nova.zoom.us/j/92285398221>
* **My Support System:** *NSU Care Team Presenter: Wednesday, November 3rd: 1pm-1:30pm*
  + A strong support system is key to your college success and overall well-being. The NSU Student CARE Team is a multidisciplinary team designed to provide support for students’ well-being and academic success by connecting students in need with campus and community resources.
  + Zoom: <https://nova.zoom.us/j/95938265208?pwd=YytOd2tILy9LeS9oNkdUYk1ydUorUT09&from=addon>
* **My Financial Well Being:** *NSU Financial Aid Presenter,**Thursday, November 4th from 12:30pm-1:30pm*
  + Learn more about NSU's Office of Student Financial Assistance, when to start the FAFS application, and best avenues to learn/apply to scholarships and grants.
  + Zoom: <https://nova.zoom.us/j/94989697075>
* **Get Ready for Game Day:** *Tutoring & Testing Center Presenter-Wednesday, November 10th: 12pm-1pm*
* Learn test-taking strategies to help you prepare for your next exam including study tips for better memorization, finding the motivation to study, the importance of self-testing, and what to do test day.
* Zoom: <https://nova.zoom.us/j/92610035124>
* **My Nutrition & Physical Well-Being:** *Nutrition Faculty Presenter: Wednesday, November 17th: 12pm-1pm*
  + Creating a healthy lifestyle in college is important to your success. Join us to learn from Nutrition experts on how to maintain a balanced diet and resources on campus to stay active.
  + Zoom: <https://nova.zoom.us/j/97520935949>
* **Balancing My Finances:** *Northwestern Mutual Presenter: Thursday, November 18th: 12:30pm-1:30pm*
  + This workshop will focus on how students can put together a personal budget and manage their finances while in college.
  + Zoom: <https://nova.zoom.us/j/94070894140>
* **Finals Week Prep Session:** *Student Success Presenter, Tuesday, November 30th: 12:30pm-1:30pm & 5pm-6pm*
  + Learn some tips and tricks to be successful for your Final exams.
  + Zoom: <https://nova.zoom.us/j/98270757304>

*January: My Goals & Impact*

* **Evaluating Fall Goals & Planning for Future Success:** *Student Success Presenter: Wednesday, January 5th: 12pm-1pm & 5pm-6pm*
  + A new semester of planning for success. During this workshop you will reflect on your Fall 2021 goals and create a plan for success for the Winter 2022 semester. You will also develop strategies to ensure you overcome any obstacles on the road to your goals.
  + Zoom: <https://nova.zoom.us/j/94705602127>
* **Alvin Sherman Library Resources:** *Alvin Sherman Library Presenter-Tuesday, January 11th 12:30pm-1:30pm*
  + Learn about all of the resources and tools available through the Alvin Sherman Library that can support your professional, academic, and personal success at NSU.
  + Zoom: <https://nova.zoom.us/j/98025579618>
* **Personalizing Your Study Plan:** *Tutoring & Testing Center Presenter, Wednesday, January 12th: 12pm-1pm*
* Each person learns and interprets new information differently. By discovering your own learning style, you can spend your time and energy studying more efficiently. Start this Winter semester with a study plan that is personalized for you.
* Zoom: <https://nova.zoom.us/j/95335634085>
* **Balancing My Finances:** *Northwestern Mutual Presenter: Wednesday, January 19th: 12pm-1pm*
  + This workshop will focus on how students can put together a personal budget and manage their finances while in college.
  + Zoom: <https://nova.zoom.us/j/91279349926>
* **Enhancing Your Writing & Communication Process:** *Writing Center Presenter-Wednesday, January 26th:12pm-1pm*
  + In this session, you will learn the skills to enhance your writing process and overall communication approach that will help you reach your goals. You will learn stronger approaches to completing academic assignments, papers, and other classwork that would lead to success.
  + Zoom: <https://nova.zoom.us/j/95726275758>

*February: My Identity*

* **Discovering your Values:** *Student Success Presenter-Wednesday, February 2nd: 12pm-1pm*
  + Understanding your values can help you understand your own identity. Values help shape our passions and goals, during this session you will learn to identify your values and tradeoffs.
  + Zoom: <https://nova.zoom.us/j/91451950219>
* **Prioritizing You:** *Tutoring & Testing Center Presenter, Tuesday, February 8th: 12:30pm-1:30pm*
  + College can be equally exciting and stressful. With such a busy schedule, it is still so important to take time and take care of yourself. During this workshop, the academic success coaches will go over easy ways to incorporate self-care into your weekly routine.
  + Zoom: <https://nova.zoom.us/j/95368987266>
* **Embracing Diversity at NSU:** *Office of Diversity, Inclusion, & Belonging Presenter-Thursday, February 10th: 12:30pm-1:30pm*
  + Gain an understanding of how you can immerse yourself in your own or other cultures at NSU.
  + Zoom: <https://nova.zoom.us/j/92483269345>
* **Understanding Your Personality Type:** *Student Success presenter-Wednesday, February 16th: 12pm-1pm*
  + Learn more about your personality style and how it plays a role in career exploration and your overall identity.
  + Zoom: <https://nova.zoom.us/j/99275101289>
* **Midterm Prep Session**: *Student Success Presenter Thursday, February 17th: 12:30pm-1:30pm & 5pm-6pm*
  + Learn some tips and tricks to be successful for your Midterm exams.
  + Zoom: <https://nova.zoom.us/j/93512117851>

*March:**My Skills & Future*

* **Resume Building & Gaining Experience:** *CAPS Presenter- Wednesday, March 9th: 12pm-1pm*
  + During this workshop you will learn how to build your resume and find opportunities that align with your career interests.
  + Zoom: <https://nova.zoom.us/j/94594797763>
* **Interview & Networking Skills:** *Student Success Presenter-Wednesday, March 16th: 12pm-1pm & 5pm-6pm*
  + Are you looking to impress employers during interviews? Want to show the real you during job or internship interviews? The workshop will guide you in the pre, during, and post interview process while giving you the confidence to sell your fit for opportunities in interview settings.
  + Zoom: <https://nova.zoom.us/j/96590340987>
* **Five Pillars of Pre-Health:** *Student Success: Student Success Presenter-Thursday, March 17th, 12:30pm-1:30pm*
  + Are you interested in a career in healthcare? Learn how to build up your resume from freshman year on in college to be the applicant with a WOW factor who goes above and beyond. Learn how to stand out in each of the five pillars: academics, healthcare experience, research, leadership, and community outreach.
  + Zoom: <https://nova.zoom.us/j/95826668427>
* **Stress Management Skills:** *Student Counseling-Henderson Presenter-Wednesday, March 23rd: 12pm-1pm*
  + Become aware of different strategies to identify and manage typical stressors. You will learn how to apply a range of stress reduction techniques to your everyday life.
  + Zoom: <https://nova.zoom.us/j/96382773051>
* **College Bucket List:** *Tutoring & Testing Center Presenter, Wednesday, March 30th: 12pm-1pm*
  + Take advantage of your college experience by creating a college bucket list. Hear from upper-class students why they chose certain involvements, coursework, and experiences. Get advice on how to create the best path for you.
  + Zoom: <https://nova.zoom.us/j/98240169709>

*April: My Successful 1st Year in College*

* **Preparing for Your Sophomore Year at NSU:** *Student Success Presenter-Wednesday, April 6th: 12pm-1pm & 5pm-6pm*
  + Gain an understanding of what you should know as your first year comes to a close, why is it important to plan in advance, and how to achieve success going forward.
  + Zoom: <https://nova.zoom.us/j/96462022709>
* **Evaluating Goals & Planning for the Future:** *Student Success Presenter-Thursday, April 14th: 12:30pm-1:30pm*
  + Your first year in college is coming to a close. During this workshop you will reflect on goals made going into Fall and Winter semester. You will learn strategies on how to plan for success going into the summer and Fall 2022 semester.
  + Zoom: <https://nova.zoom.us/j/96892737430>
* **Finals Week Prep Session:** *Student Success Presenter, Tuesday, April 19th: 12:30pm-1:30pm & 5pm-6pm*
  + Learn some tips and tricks to be successful for your Final exams.
  + Zoom: <https://nova.zoom.us/j/93494995948>