

# STUDENT ACADEMIC SUCCESS SESSIONS

## FALL 2014 SESSION SCHEDULE



### Starting the Semester on the Right Foot

August 26, 4 p.m.

MUC Hickory/Hackberry Room

*Tyler Phelps, Assistant Director, Office of Academic Advising*

Learn to balance the responsibilities you will face as a college student and gain skills that will position you for a strong start to the semester

### Motivation for Success

September 3, 5 p.m.

MUC Hickory/Hackberry Room

*Vicky Dean, Assistant Director, University Housing*

Becoming motivated is the first step to success. Find strategies to build on your strengths and make the most of your college experience!

### Pitfalls of Procrastination

September 8, 5 p.m.

MUC Hickory/Hackberry Room

*Jessie Vosseller, Academic Advisor, Office of Academic Advising*

Learn to recognize and combat the causes and negative consequences of procrastination. Receive tips to help you develop new habits

### Overcoming Homesickness

September 16, 3 p.m.

MUC Hickory/Hackberry Room

*Cathy Passananti, Assistant Director, Morris University Center*

Starting college can be tough. Receive tips on balancing relationships at home with your new life at SIUE to overcome homesickness.

### Getting Involved on Campus

September 24, 4 p.m.

MUC Hickory/Hackberry Room

*Michelle Welter, Associate Director, Kimmel Student Involvement Center*

Learn how to get involved on campus through fraternities and sororities, academic clubs, intramural sports and more.

### Navigating the Academic Process

September 29, 4 p.m.

MUC Hickory/Hackberry Room

*Ian Toberman, Academic Advisor, Office of Academic Advising*

Learn to navigate the academic processes of SIUE and find the critical information you need to know about advising, registration and more.

### Test Anxiety

October 9, 3 p.m.

MUC Hickory/Hackberry Room

*Jessica Ulrich, Interim Director, Counseling Services*

Develop effective study habits and find the strategies to feel prepared for exams. Learn skills to conquer test anxiety that many college students experience.

### Healthy Balance in the College Atmosphere

October 15, 4 p.m.

MUC Hickory/Hackberry Room

*Riane Greenwalt, Director, Health Service*

Students are expected to have both a personal and professional life in college. This session will help you learn to balance both realms.

### Academic Success (Study Skills & Time Management)

October 21, 5 p.m.

MUC Hickory/Hackberry Room

*Kevin Thomas, Director, Office of Retention and Student Success*

Learn to overcome stress, develop study habits and prioritize your work so you can meet deadline and success academically.

### How to Read in College

October 27, 3 p.m.

MUC Hickory/Hackberry Room

*Connie Dake, Instructor and Speech Center Coordinator, Instructional Services*

Reading expectations are much higher in college. Learn to make strategic decisions about how to read, comprehend and retain material

### Career Exploration

November 4, 4 p.m.

MUC Hickory/Hackberry Room

*Susan Seibert, Director, Career Development Center*

Still searching for a major or career path? This session will help you explore your options and answer questions about majors and careers

### Inside Success: Everything You Want to Know!

November 10, 5 p.m.

MUC Hickory/Hackberry Room

*Special Speaker*

This session will feature a mock interview in which the interviewee will address common student questions.

### Transitions Within the University

November 19, 5 p.m.

MUC Hickory/Hackberry Room

*Tyler Phelps, Assistant Director, Office of Academic Advising*

Learn about changing majors and navigating the system to change your courses and stay on track to graduate!

### Finals Preparation

December 1, 4 p.m.

MUC Maple/Dogwood Room

*Connie Dake, Instructor and Speech Center Coordinator, Instructional Services*

Get ready to tackle the most stressful week of the semester! Learn to study effectively and prioritize to ensure a successful finals week. Being prepared will help you earn the grades you have worked for.

Presented by the Office of Retention and Student Success, the Student Academic Success Sessions are supplemental education programs designed to impart the necessary academic skills to attendees through one hour, engaging, professionally presented workshops.

Students must arrive on time in order to attend. For questions regarding the Student Academic Success Sessions, please contact the Office of Retention and Student Success.