



STUDENT SUCCESS CENTER



WINTER 2024

ACADEMIC WORKSHOP SERIES

The UM-Flint Student Success Center is thrilled to unveil the revival of our student success workshop series. These sessions, led by experienced professors and staff, cover a diverse range of topics in professional development. Join us to discover valuable insights on how to thrive at UM-Flint and enhance your overall success.

Thursday

JAN
25

OVERCOMING PROCRASTINATION: A BLUEPRINT FOR COLLEGE SUCCESS

Description: Procrastination can be a persistent obstacle to achieving your goals and maximizing your potential. Each day comprises just 24 hours, and juggling the demands of education, employment, and daily life can be quite challenging. When you factor in the stress of meeting expectations and dealing with peer pressure, finding time for enjoyment while fulfilling responsibilities becomes even more daunting. This workshop is designed to equip you with practical strategies and insights to overcome procrastination effectively. During this workshop, you will explore the root causes of procrastination, learn to identify your personal triggers, and gain the tools needed to conquer this habit. We will delve into time management techniques, goal setting, and effective task prioritization, all aimed at boosting your productivity.

Presenter: Roy Shavers, Jr (Academic Success Specialist)
12:30-1:30 pm (Student Success Center)

Tuesday

JAN
30

CRAFTING YOUR PROFESSIONAL NARRATIVE: A RESUME BUILDING WORKSHOP

Description: Embark on a transformative journey to shape your professional narrative with our workshop, "Crafting Your Professional Narrative: A Resume Building Workshop." In this workshop, students will gain valuable insights and hands-on guidance to create a compelling and impactful resume. Our expert facilitator will lead you through the intricacies of resume building, offering practical tips and strategies to highlight your skills, experiences, and achievements. Learn how to tailor your resume to specific roles, showcase your unique strengths, and stand out in a competitive job market.

Presenter: Antonio Riggs (Associate Director, Office of Student Career Advancement and Success)
12:30-1:30 pm (Student Success Center)

Wednesday

FEB
7

MASTERING MIDTERMS AND FINALS: A STRATEGIC GUIDE TO EXAM PREPARATION

Description: Final exams often induce stress and anxiety in college students. However, by adequately preparing, you can confidently maneuver through this demanding phase and reach your academic objectives. This workshop is crafted to provide college students with pragmatic approaches and study methods to thrive in their final exams. Whether you're a freshman or a seasoned senior, you'll find value in the advice and techniques presented during this engaging and enlightening workshop.

Presenter: Taylor Lorenz (Supplemental Instructor)
12:30-1:30 pm (Student Success Center)

Wednesday

FEB
14

TIME MASTERY FOR ACADEMIC SUCCESS: UNLOCKING YOUR PRODUCTIVITY POTENTIAL

Description: Effective time management is a cornerstone of academic success. In this workshop, we will empower you with the knowledge and practical skills needed to optimize your time and achieve your academic goals efficiently. By participating in this workshop, you will gain valuable insights into how to strike a balance between your academic responsibilities and personal life. You will leave equipped with a customized time management plan, enabling you to navigate your academic journey with confidence, reduce stress, and maximize your academic performance. Join us on this journey to unlock your full academic potential.

Presenter: Nemar Jackson (Academic Success Specialist)
12:30-1:30 pm (Student Success Center)

Tuesday

FEB
20

NOTE-TAKING MASTERY: STRATEGIES FOR SUCCESS

Description: Have you ever encountered the challenge of taking notes but struggling with how to effectively study them afterward? Perhaps you've realized that your note-taking approach doesn't suit every class. This workshop aims to acquaint you with diverse strategies to rejuvenate your note-taking process, expanding the range of techniques for various purposes, such as capturing lecture content, reviewing new information, conducting in-depth study, and addressing other specific situations.

Presenter: Mary Ann Kost (Academic Success Specialist)
12:30-1:30 pm (Student Success Center)

Thursday

MAR
7

MASTERING THE ART OF REQUESTING: A WORKSHOP FOR COLLEGE STUDENTS ON SEEKING LETTERS OF RECOMMENDATION

Description: Embarking on the journey towards higher education or entering the professional realm often requires the support of professors who can vouch for your academic prowess and character. Obtaining a compelling letter of recommendation is a crucial step in this process, and the ability to ask for such letters is an essential skill for college students. This workshop is designed to guide you through the nuances of requesting letters of recommendation from your professors with confidence and professionalism.

Presenter: Dr. Jennifer LaCosse (Assistant Professor of Psychology)
12:30-1:30 pm (Student Success Center)

Thursday

MAR
28

UNLEASHING ACADEMIC EXCELLENCE: THE ART OF STAYING ORGANIZED IN COLLEGE

Description: An interactive and engaging session designed to equip you with practical skills and strategies to enhance your organizational abilities and academic success. The workshop is structured to provide you with hands-on experiences, discussions, and valuable insights into effective organizational techniques tailored specifically to the college environment.

Presenter: Dr. Jennifer LaCosse (Assistant Professor of Psychology)
12:30-1:30 pm (Student Success Center)

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