

FRESHMAN FOCUS WORKSHOPS

SPRING 2018

WHEN

Monday, Jan. 29th @ 5:00pm

Tuesday, Feb. 20th @ 3:30pm

Wednesday, Mar. 28th @ 4:00pm

Thursday, Apr. 19th @ 3:30pm

WHERE

118 Whitehall Classroom Bldg.

 Office for
Institutional Diversity



CENTER for ACADEMIC RESOURCES and ENRICHMENT SERVICES

TOPICS

LESSONS LEARNED

This workshop will allow students to reflect on the fall semester to identify tools for success, tools to improve, and learn tips from other students. Participants will leave the workshop equipped to utilize the resources necessary to have a successful spring semester.

SUMMER BREAK

Students should attend this workshop to receive important information about how to research, obtain, and succeed in positions during their college summer breaks related to their major and/or career field.

EA AND NSE

This session will acquaint students with the world of study/travel opportunities awaiting them—beyond the UK campus. This workshop will include a panel of staff and students that will share their experiences and new students will learn how to participate in this life-changing activity

TIME/STRESS MANAGEMENT

This session will help students with balancing academics, employment, activities and more during their college career as well as beyond. The workshop will consist of information to create a plan for time management and skills to manage stress.