

While You're Away ... WINS Workshops

Workshop Descriptions

NEW Workshop

Academic Advisement "Hot Topics" - *designed for first and second semester students*

Learn how advisors are able to support you. Discover answers to the following questions and more: Why the advisement key? What are the SUNY General Education Requirements? Am I academically on the right course for degree completion? What is my role as a student in the academic advisement process? When can I register? And, much more!



Study Skills at Your Fingertips - Learn how to develop a study method. Identify how much time you need to study and learn how to make the most of that time.



Time Management – Learn techniques to manage your time, build a schedule, and prioritize and set goals.



Notetaking – Learn how to identify important information and take notes successfully. Find out how to be an active listener.



Test Anxiety – Learn what to do when anxiety blocks your performance. Learn how to prepare so that you feel in control, be able to put the test in perspective, make a study plan and practice relaxation.



It is Never Too Early (or Late) to Prepare for Advisement – Learn to prepare for the advisement process so that **you** are in control and ready for the upcoming semester.



Design Your Own – Have something special that you want your class to know/learn? We can design a workshop specifically to meet the needs of your class (requires a minimum of three weeks notice).



What Can I do With a Major In ... Learn about career options within a particular academic major. Topics include education and training, employment options, job outlook, earnings, etc. The presenter will be a representative of The Career Center.



Creating Your Career: Career Exploration – Learn about the career decision making process, how to research a career, use career assessments, locate and print online career resources, conduct an informational interview and learn how to network.



Transfer College Advisement 101 – This presentation covers information about the transfer application process, the transferability of credits, articulation agreements, 2+2 programs, transfer college scholarships, and will orient students to the resources needed to research four-year colleges/universities and majors. The presenter will be a representative from the Career Center.



The Benefits of Involvement: Discovering the Co-Curricular Program - Learn about the benefits of being involved in the co-curricular program, what opportunities are available, leadership education and experiences, the Co-Curricular Student Development Transcript, and the Leadership Resource Center.



"Making the Grade and Keeping Your Aid: Satisfactory Academic Progress Requirements for Federal and State Financial Aid Programs."