

# R'SUCCESS WORKSHOPS SPRING 2022

Remote workshops are highlighted in **Orange**; Non-Highlighted workshops will be in person from the ARC

## WEEK 2

<b>Time</b>	<b>Mon. April 4th</b>	<b>Tues. April 5th</b>	<b>Weds. April 6th</b>	<b>Thurs. April 7th</b>	<b>Fri. April 8th</b>
9:00am	Public Speaking & Effective Presentations	Teamwork & Resolving Conflict	Preparing For & Taking Test	Art of Small Talk	Be the CEO of You
11:00am	Motivation	Goal Setting & Time Management	Stress Management	Unmasking The Impostor Phenomenon	Communicating with Faculty & The Power of Office Hours
2:00pm	Goal Setting & Time Management	Journey To Academic Success	Taking Care of You: The Student	Communicating Effectively: Active Listening	Stress Management
4:00pm	Teamwork & Resolving Conflict	Stress Management	Reading for Success in College	Journey To Academic Success	Motivation

## WEEK 3

<b>Time</b>	<b>Mon. April 11th</b>	<b>Tues. April 12th</b>	<b>Weds. April 13th</b>	<b>Thurs. April 14th</b>	<b>Fri. April 15th</b>
9:00am	Understanding Your Personality Style	Teamwork & Resolving Conflict	Public Speaking & Effective Presentations	Goal Setting & Time Management	Stress Management
11:00am	Communicating with Faculty & The Power of Office Hours	Preparing For & Taking Test	Reading for Success in College	Motivation	Taking Care of You: The Student
2:00pm	Taking Care of You: The Student	Art of Small Talk	Be the CEO of You	Journey To Academic Success	Preparing For & Taking Test
4:00pm	Stress Management	Goal Setting & Time Management	Motivation	Stress Management	Reading for Success in College

## WEEK 4

<b>Time</b>	<b>Mon. April 18th</b>	<b>Tues. April 19th</b>	<b>Weds. April 20th</b>	<b>Thurs. April 21st</b>	<b>Fri. April 22nd</b>
9:00am	Public Speaking & Effective Presentations	Teamwork & Resolving Conflict	Preparing For & Taking Test	Art of Small Talk	Be the CEO of You
11:00am	Unmasking The Impostor Phenomenon	Goal Setting & Time Management	Stress Management	Motivation	Goal Setting & Time Management
2:00pm	Communicating with Faculty & The Power of Office Hours	Journey To Academic Success	Taking Care of You: The Student	Goal Setting & Time Management	Stress Management
4:00pm	Teamwork & Resolving Conflict	Stress Management	Reading for Success in College	Journey To Academic Success	Motivation

## WEEK 5

<b>Time</b>	<b>Mon. April 25th</b>	<b>Tues. April 26th</b>	<b>Weds. April 27th</b>	<b>Thurs. April 28th</b>	<b>Fri. April 29th</b>
9:00am	Goal Setting & Time Management	Teamwork & Resolving Conflict	Public Speaking & Effective Presentations	Understanding Your Personality Style	Unmasking The Impostor Phenomenon
11:00am	Communicating with Faculty & The Power of Office Hours	Preparing For & Taking Test	Reading for Success in College	Art of Small Talk	Communicating Effectively: Active Listening
2:00pm	Taking Care of You: The Student	Art of Small Talk	Be the CEO of You	Journey To Academic Success	Preparing For & Taking Test
4:00pm	Stress Management	Goal Setting & Time Management	Motivation	Stress Management	Reading for Success in College

## WEEK 6

<b>Time</b>	<b>Mon. May 2nd</b>	<b>Tues. May 3rd</b>	<b>Weds. May 4th</b>	<b>Thurs. May 5th</b>	<b>Fri. May 6th</b>
9:00am	Be The CEO Of You	Teamwork & Resolving Conflict	Preparing For & Taking Test	Art of Small Talk	Public Speaking & Effective Presentations
11:00am	Motivation	Goal Setting & Time Management	Stress Management	Unmasking The Impostor Phenomenon	Communicating with Faculty & The Power of Office Hours
2:00pm	Goal Setting & Time Management	Journey To Academic Success	Taking Care of You: The Student	Communicating Effectively: Active Listening	Stress Management
4:00pm	Teamwork & Resolving Conflict	Stress Management	Reading for Success in College	Journey To Academic Success	Motivation

## WEEK 7

<b>Time</b>	<b>Mon. May 9th</b>	<b>Tues. May 10th</b>	<b>Weds. May 11th</b>	<b>Thurs. May 12</b>	<b>Fri. May 13th</b>
9:00am	Unmasking The Impostor Phenomenon	Teamwork & Resolving Conflict	Public Speaking & Effective Presentations	Understanding Your Personality Style	Unmasking The Impostor Phenomenon
11:00am	Communicating Effectively: Active Listening	Preparing For & Taking Test	Reading for Success in College	Communicating with Faculty & The Power of Office Hours	Art of Small Talk
2:00pm	Taking Care of You: The Student	Art of Small Talk	Be the CEO of You	Journey To Academic Success	Preparing For & Taking Test
4:00pm	Stress Management	Goal Setting & Time Management	Motivation	Stress Management	Reading for Success in College

## WEEK 8

<b>Time</b>	<b>Mon. May 16th</b>	<b>Tues. May 17th</b>	<b>Weds. May 18th</b>	<b>Thurs. May 19th</b>	<b>Fri. May 20th</b>
9:00am	Public Speaking & Effective Presentations	Teamwork & Resolving Conflict	Preparing For & Taking Test	Art of Small Talk	Be the CEO of You
11:00am	Motivation	Goal Setting & Time Management	Stress Management	Unmasking The Impostor Phenomenon	Communicating with Faculty & The Power of Office Hours
2:00pm	Goal Setting & Time Management	Journey To Academic Success	Taking Care of You: The Student	Communicating Effectively: Active Listening	Stress Management
4:00pm	Teamwork & Resolving Conflict	Stress Management	Reading for Success in College	Journey To Academic Success	Motivation

## WEEK 9

<b>Time</b>	<b>Mon. May 23rd</b>	<b>Tues. May 24th</b>	<b>Weds. May 25th</b>	<b>Thurs. May 26th</b>	<b>Fri. May 27th</b>
9:00am	Public Speaking & Effective Presentations	Teamwork & Resolving Conflict	Public Speaking & Effective Presentations	Understanding Your Personality Style	Unmasking The Impostor Phenomenon
11:00am	Motivation	Preparing For & Taking Test	Reading for Success in College	Art of Small Talk	Communicating Effectively: Active Listening
2:00pm	Goal Setting & Time Management	Art of Small Talk	Be the CEO of You	Journey To Academic Success	Preparing For & Taking Test
4:00pm	Teamwork & Resolving Conflict	Goal Setting & Time Management	Motivation	Stress Management	Reading for Success in College

## WEEK 10

<b>Time</b>	<b>Mon. May 30th</b>	<b>Tues. May 31st</b>	<b>Weds. June 1st</b>	<b>Thurs. June 2nd</b>	<b>Fri. June 3rd</b>
9:00am	Holiday	Teamwork & Resolving Conflict	Preparing For & Taking Test	Art of Small Talk	Be the CEO of You
11:00am	Holiday	Goal Setting & Time Management	Stress Management	Understanding Your Personality Style	Communicating with Faculty & The Power of Office Hours
2:00pm	Holiday	Journey To Academic Success	Taking Care of You: The Student	Communicating Effectively: Active Listening	Stress Management
4:00pm	Holiday	Stress Management	Reading for Success in College	Journey To Academic Success	Motivation