

Student Success Workshops

Fall 2015

August

Welcome Week Fair

When: Tue, August 25, 12:00 p.m. – 6:00 p.m.

Where: Hall of Governors

Description: Come visit the Counseling Center booth at the Welcome Week Fair and find out the color of your personality!

Consent is Sexy

When: Tue, August 25, 6:30 p.m. – 7:30 p.m.

Where: Cafeteria Annex

Description: Join the YWCA and representatives from the Counseling Center to discuss sexual consent.

Student Employment Fair

When: Wednesday, August 26, 2015 from 3:00 p.m. - 6:00 p.m.

Where: Hall of Governors

Description: Fair that is designed to bring together GSU Departments and students for student employment opportunities.

Internship 101 Presentation

When: TBD...

Where: TBD...

Contact: Jessica Specht at 708-235-7688 and Dartina Dunlap at 708-235-7346

Description: Presentation on several internship topics, such as how to search for an internship, what to expect from your employer, etc.

September

You're First, You Matter

When: Thursday, September 3rd 2015 from 3:30 p.m. – 4:30 p.m.

Where: A2150

Contact: For more information about First Matters or workshops please email firstmatters@govst.edu or call x4551

Description: Participants will learn about First Matters as well as engage in activities to reflect and establish realistic personal and academic goals for the semester.

Lower Division Academic Recovery Information Session

When: Tuesday, September 8th from 3:15 p.m. - 4:00 p.m.

Where: Academic Resource Center, B1215

Contact: Amy Comparon, arc@govst.edu

Description: Are you a freshman or sophomore and have been placed on Academic Probation? This information session is an overview of the Lower Division Academic Recovery Program and gives students insight on what they need to know to be successful. All lower division academic recovery students are required to attend.

Winning Essays for Scholarships and Graduate School Admission

When: Tuesday, September 8, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do not have to register for the workshop.]

Description: Are you thinking about applying for a scholarship? Need to write an essay for admission to graduate school? Boost your chances with a winning essay. Showcase your strengths and talents so the selection committee will be certain that you are the best choice. This workshop will offer the “dos and don’ts” for writing a good essay, help you develop a plan, and provide sources for further one-on-one help during the process.

Lower Division Academic Recovery Information Session

When: Wednesday, September 9th from 12:00 p.m. – 12:45 p.m.

Where: Academic Resource Center, B1215

Contact: Amy Comparon, arc@govst.edu

Description: Are you a freshman or sophomore and have been placed on Academic Probation? This information session is an overview of the Lower Division Academic Recovery Program and gives students insight on what they need to know to be successful. All lower division academic recovery students are required to attend.

Lower Division Academic Recovery Information Session

When: Thursday, September 10th from 3:15 p.m. - 4:00 p.m.

Where: Academic Resource Center, B1215

Contact: Amy Comparon, arc@govst.edu

Description: Are you a freshman or sophomore and have been placed on Academic Probation? This information session is an overview of the Lower Division Academic Recovery Program and gives students insight on what they need to know to be successful. All lower division academic recovery students are required to attend.

The Research Paper: Getting Started (APA Series)

When: Thursday, September 10, 2015 from 6:00 p.m. - 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Make a plan and make the grade! This workshop will show you how to find the resources that you need to write an almost stress-free research paper. Included will be discussions of analyzing the assignment to make certain your paper is on target; APA documentation styles and where to find the templates and information that make it so much easier; and the importance of developing a focus statement to make organizing the paper a snap.

Lower Division Academic Recovery Information Session

When: Friday, September 11th from 12:00 p.m. – 12:45 p.m.

Where: Academic Resource Center, B1215

Contact: Amy Comparon, arc@govst.edu

Description: Are you a freshman or sophomore and have been placed on Academic Probation? This information session is an overview of the Lower Division Academic Recovery Program and gives students insight on what they need to know to be successful. All lower division academic recovery students are required to attend.

Writing Responses, Reflections, Essays, and Strong Discussion Board Posts

When: Tuesday, September 15, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Boost the power of your more “informal” class writing with this workshop. Discussions of the resources available, plans for approaching the writing, and ways to power them up will lead to making your contributions really count.

All Races Matter: Colorism and Racial Identity Formation

When: Tue, September 15, 11:00 a.m. – 12:00 p.m.

Where: TBD

Contact: Myosha at mjulien@govst.edu or 708.235.7486

Description: Everyone perceives the world in different ways. Understanding difference and being able to embrace our own race is an important part of our identity formation. Join us as we discuss race and how it plays a role in how you view yourself as well as the world around you.

All Races Matter: Colorism and Racial Identity Formation

When: Tue, September 15, 6:00 p.m. – 7:00 p.m.

Where: TBD

Contact: Myosha at mjulien@govst.edu or 708.235.7486

Description: Everyone perceives the world in different ways. Understanding difference and being able to embrace our own race is an important part of our identity formation. Join us as we discuss race and how it plays a role in how you view yourself as well as the world around you.

Blackboard Orientation

When: Wednesday, September 16th, 2015 4:00 p.m. - 5:00 p.m.

Where: D2430D (The Cube)

Contact: Douglas Johnson 708.235.7698

Description: Confused about how to use Blackboard to complete course work? Have questions about the Discussion Board? Not sure how to submit an assignment? This orientation will give a better understanding of how to use Blackboard and whom to contact if you have questions.

The Research Paper: Mastering APA Documentation Style (APA Series)

When: Thursday, September 17, 2015 from 6:00 p.m. - 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: From templates to make formatting a snap, crediting sources in your paper, to following rules about contractions, this workshop will help you navigate APA formatting and style. If APA makes you nervous, come to this workshop!

One Step at a Time: Walking Your Way to a Less Stressful Life

When: Thu, September 17, 10:00 a.m. – 11:00 a.m.

Where: TBD

Contact: Gabe at gbecker@govst.edu or 708.534.4119

Description: This outreach event will meet at a central location on campus (to be announced) and will start with a quick discussion/assessment of student's current levels of stress relating to whichever event/person/assignment that is causing the most stress in their lives at that time. We will then begin to walk around campus (or inside the building if weather is not permitting) and discuss anything that comes up. After about a 20 minute walk we will reconvene at the same central location to take the same short assessment of current stress levels and have a short discussion about student's experiences both during and after the walk.

One Step at a Time: Walking Your Way to a Less Stressful Life

When: Thu, September 17, 6:00 p.m. – 7:00 p.m.

Where: Location to be announced

Contact: Gabe at gbecker@govst.edu or 708.534.4119

Description: This outreach event will meet at a central location on campus (to be announced) and will start with a quick discussion/assessment of student's current levels of stress relating to whichever event/person/assignment that is causing the most stress in their lives at that time. We will then begin to walk around campus (or inside the building if weather is not permitting) and discuss anything that comes up. After about a 20 minute walk we will reconvene at the same central location to take the same short assessment of current stress levels and have a short discussion about student's experiences both during and after the walk.

Blackboard Orientation

When: Friday, September 18th, 2015 1:00 p.m. - 2:00 p.m.

Where: D2430D (The Cube)

Contact: Douglas Johnson 708.235.7698

Description: Confused about how to use Blackboard to complete course work? Have questions about the Discussion Board? Not sure how to submit an assignment? This orientation will give a better understanding of how to use Blackboard and whom to contact if you have questions.

Study Skills with Patrick

When: Monday September 21st, 3:00 p.m. to 4:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Daniel Ferry at 708 - 235 - 3962

Description: A workshop on study skills and test taking strategies. Especially helpful to those preparing for multiple choice and standardized exams.

Finding your Focus

When: Tuesday, September 22, 2015 from 3:00 p.m. to 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Finding exactly what you want to write about and understanding why you want to write about are both important. Putting that information into writing is a key part of a successful piece of writing. In this session, we will discuss arriving at and writing a focus statement.

Mental Health Summit

When: Wed, September 23, 6:30 pm – 7:30 pm

Where: Cafeteria Annex

The Research Paper: How to Use Your Sources without Plagiarizing: Paraphrasing without Pain (APA Series)

When: Thursday, September 24, 2015 from 6:00 p.m. until 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Paraphrase your sources so that you don't plagiarize, as well as show you how to credit each source properly. Included will be discussion of plagiarism and ways to make absolutely certain that you avoid it, and the easiest way to properly format your Reference Page.

Organizing your Writing

When: Tuesday, September 29, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Shaping your writing in a way that is easy for the reader to follow will make your writing more effective. This workshop will help you determine where your own writing might "go off the path" and guide you toward organizing your work in the best manner possible.

It's All in a Pronoun: Gender Roles and Identity

When: Tue, September 29, 12:00 p.m. – 1:00 p.m.

Where: Location to be announced

Contact: Daniel at draedel@govst.edu or 708.235.7512

Description: The way we see and understand the world impacts what we expect from those around us. A big part of how we interact with others is shaped by how we understand gender. This workshop will explore the definition of gender, gender roles, privilege, and how gender roles influence the way we interact with others.

It's All in a Pronoun: Gender Roles and Identity

When: Tue, September 29, 7:00 p.m. – 8:00 p.m.

Where: Location to be announced

Contact: Daniel at draedel@govst.edu or 708.235.7512

Description: The way we see and understand the world impacts what we expect from those around us. A big part of how we interact with others is shaped by how we understand gender. This workshop will explore the definition of gender, gender roles, privilege, and how gender roles influence the way we interact with others.

October

Knowing When to Say No

When: Thursday, October 1st from 3:30 p.m. – 4:30 p.m.

Where: A2150

Contact: For more information about First Matters or workshops please email firstmatters@govst.edu or call x4551

Description: Participants will develop ways to maintain a healthy balanced lifestyle that promotes excellence in the areas of personal and academic responsibility to maximize their potential and enhance relationships.

The Research Paper: Finishing Touches (APA Series)

When: Thursday, October 1, 2015 from 6:00 p.m. - 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Almost finished with your research paper, but not quite? This workshop will show you what to look for to make certain that you submit a winning paper; an editing checklist to show you what to look for and resources to provide knowledgeable revision suggestions will be offered.

Supporting your Ideas

When: Tuesday, October 6, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Giving your reader enough information to understand and believe what you are saying is very important. This workshop will discuss the elements of successful writing: giving definitions of specialized language, providing examples that make a point, and perhaps even relying on outside sources to support what your work.

Online Library Resources for Student Success

When: Wednesday, October 7th from 3:15 - 4:15 p.m.

Location: Library Room D2401B

Contact: Linda Geller, lgeller@govst.edu

Description: This introductory session will demonstrate how to use the I-Share Library Catalog to find books, eBooks, and request books from other libraries. We will describe various types of databases and show you how to select and search databases for journal articles that fit your topic or discipline.

Online Library Resources for Student Success

When: Thursday, October 8th from 6:00 p.m. - 7:00 p.m.

Location: Library Room D2401B

Contact: Linda Geller, lgeller@govst.edu

Description: This introductory session will demonstrate how to use the I-Share Library Catalog to find books, eBooks, and request books from other libraries. We will describe various types of databases and show you how to select and search databases for journal articles that fit your topic or discipline.

The Research Paper: Getting Started (APA Series)

When: October 8, 2015 from 6:00 p.m. - 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Make a plan and make the grade! This workshop will show you how to find the resources that you need to write an almost stress-free research paper. Included will be discussions of analyzing the assignment to make certain your paper is on target; APA documentation styles and where to find the templates and information that make it so much easier; and the importance of developing a focus statement to make organizing the paper a snap.

National Depression Screening Day

When: Thu, October 8, 10:00 a.m. – 7:00 p.m.

Where: Hall of Governors

Contact: For more information email studentcounseling@govst.edu or call 708.235.7334

Description: Test your mood and complete a screening. Sponsored by the Student Counseling Center located in B1215.

Style and Mechanics

When: Tuesday, October 13, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: One of the ways that readers determine that a writer is “reliable” and “educated” is grammatically correct writing. This workshop will provide methods for proofreading your work to find and correct these kinds of errors in your writing.

Fifty Shades of Gay

When: Wed, October 14, 11:00 a.m. – 12:00 p.m.

Where: Location to be announced

Contact: Daniel at draedel@govst.edu or 708.235.7512

Description: Gender and sexuality exist on a spectrum. Join us to learn some of the basics of LGBTQ science and culture. We will be discussing dimensions of human sexuality, history, science, and will watch a TED Talk.

Fifty Shades of Gay

When: Wed, October 14, 6: 00 p.m. – 7:00 p.m.

Where: Location to be announced

Contact: Daniel at draedel@govst.edu or 708.235.7512

Description: Gender and sexuality exist on a spectrum. Join us to learn some of the basics of LGBTQ science and culture. We will be discussing dimensions of human sexuality, history, science, and will watch a TED Talk.

Study Skills with Patrick

When: Wednesday October 14th, 6:00 p.m. – 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Daniel Ferry at 708 - 235 - 3962

Description: A workshop on study skills and test taking strategies. Especially helpful to those preparing for multiple choice and standardized exams.

The Research Paper: Mastering APA Documentation Style (APA Series)

When: October 15, 2015 from 6:00 p.m. - 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: From templates to make formatting a snap, crediting sources in your paper, to following rules about contractions, this workshop will help you navigate APA formatting and style. If APA makes you nervous, come to this workshop!

Winning Essays for Scholarships and Graduate School Admission

When: October 20, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Are you thinking about applying for a scholarship? Need to write an essay for admission to graduate school? Boost your chances with a winning essay. Showcase your strengths and talents so the selection committee will be certain that you are the best choice. This workshop will offer the “dos and don’ts” for writing a good essay, help you develop a plan, and provide sources for further one-on-one help during the process.

Sleep: Everyone Wants a Good Night's Sleep, but Nobody Wants to Put the Work In

When: Thu, October 22, 11:00 a.m. – 12:00 p.m.

Where: Location to be announced

Contact: Gabe at gbecker@govst.edu 708.534.4119

Description: This outreach event will focus on teaching students how to assess their current sleep health and habits as well as giving them the tools to recognize when these are out of whack. We will focus a discussion on disconfirming and confirming myths about sleep, and will discuss current trends in sleep. Come to this workshop to learn how to set yourself up to get the most out of each night's rest.

The Research Paper: How to Use Your Sources without Plagiarizing: Paraphrasing without Pain (APA Series)

When: October 22, 2015 from 6:00 p.m. - 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do not have to register for the workshop.]

Description: Paraphrase your sources so that you don't plagiarize, as well as show you how to credit each source properly. Included will be discussion of plagiarism and ways to make absolutely certain that you avoid it, and the easiest way to properly format your Reference Page.

Sleep: Everyone Wants a Good Night's Sleep, but Nobody Wants to Put the Work In

When: Thu, October 22, 7:00 p.m. – 8:00 p.m.

Where: Location to be announced

Contact: Gabe at gbecker@govst.edu 708.534.4119

Description: This outreach event will focus on teaching students how to assess their current sleep health and habits as well as giving them the tools to recognize when these are out of whack. We will focus a discussion on disconfirming and confirming myths about sleep, and will discuss current trends in sleep. Come to this workshop to learn how to set yourself up to get the most out of each night's rest.

Study Skills with Patrick

When: Monday October 26th, 3:00 p.m. – 4:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Daniel Ferry at 708 - 235 - 3962

Description: A workshop on study skills and test taking strategies. Especially helpful to those preparing for multiple choice and standardized exams.

Writing Responses, Reflections, Essays, and Strong Discussion Board Posts

When: October 27, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Boost the power of your more “informal” class writing with this workshop.

Discussions of the resources available, plans for approaching the writing, and ways to power them up will lead to making your contributions really count.

Know Yourself....Know Your Worth

When: Tue, October 27, 12:00 p.m. – 1:00 p.m.

Where: Location to be announced

Contact: Myosha at mjulien@govst.edu or 708.235.7486

Description: Self-esteem is often shaped by the types of relationships we have in our lives.

Without relationships, who would support, listen to, or encourage you in your time of need?

What happens if these relationships are negative, and cause more harm than good? Join us as we explore dynamics of healthy relationships, and its impact on self-esteem.

Know Yourself....Know Your Worth

When: Tue, October 27, 7:00 p.m. – 8:00 p.m.

Where: Location to be announced

Contact: Myosha at mjulien@govst.edu or 708.235.7486

Description: Self-esteem is often shaped by the types of relationships we have in our lives.

Without relationships, who would support, listen to, or encourage you in your time of need?

What happens if these relationships are negative, and cause more harm than good? Join us as we explore dynamics of healthy relationships, and its impact on self-esteem.

Save My Semester

When: Tuesday, October 27th, 2015 from 3:15 p.m. – 4:15 p.m.

Where: Academic Resource Center, B1215

Contact: Marcin Kuruc at mkuruc@student.govst.edu

Description: Save My Semester is designed to assist GSU students who may not meet his or her academic goals by midterm. The workshop focuses on helping students’ self-identify distractions and challenges, develop an action plan to get back on track, set goals, and learn about GSU policies. Students will be provided with additional resources to help achieve their newly created goals. Please email to reserve a seat.

Save My Semester

When: Wednesday, October 28th, 2015 from 1:30 p.m. – 2:30 p.m.

Where: Academic Resource Center, B1215

Contact: Marcin Kuruc at mkuruc@student.govst.edu

Description: Save My Semester is designed to assist GSU students who may not meet his or her academic goals by midterm. The workshop focuses on helping students' self-identify distractions and challenges, develop an action plan to get back on track, set goals, and learn about GSU policies. Students will be provided with additional resources to help achieve their newly created goals. Please email to reserve a seat.

Save My Semester

When: Thursday, October 29th, 2015 from 3:15 p.m. – 4:15 p.m.

Where: Academic Resource Center, B1215

Contact: Marcin Kuruc at mkuruc@student.govst.edu

Description: Save My Semester is designed to assist GSU students who may not meet his or her academic goals by midterm. The workshop focuses on helping students' self-identify distractions and challenges, develop an action plan to get back on track, set goals, and learn about GSU policies. Students will be provided with additional resources to help achieve their newly created goals. Please email to reserve a seat.

The Research Paper: Finishing Touches (APA Series)

When: October 29, 2015 from 6:00 p.m. until 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Almost finished with your research paper, but not quite? This workshop will show you what to look for to make certain that you submit a winning paper; an editing checklist to show you what to look for and resources to provide knowledgeable revision suggestions will be offered.

Save My Semester

When: Friday, October 30th, 2015 from 11:30 p.m. – 12:15 p.m.

Where: Academic Resource Center, B1215

Contact: Marcin Kuruc at mkuruc@student.govst.edu

Description: Save My Semester is designed to assist GSU students who may not meet his or her academic goals by midterm. The workshop focuses on helping students' self-identify distractions and challenges, develop an action plan to get back on track, set goals, and learn about GSU policies. Students will be provided with additional resources to help achieve their newly created goals. Please email to reserve a seat.

November

Student Teacher

When: Monday, November 2, 2015, 4:00 p.m. - 5:30 p.m.

Where: TBD...

Contact: TBD...

Description: Resume and cover letter workshop designed specifically for student teachers, along with a guest presenter who is a local school administrator.

Finding your Focus

When: November 3, 2015 from 3:00 p.m. to 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do not have to register for the workshop.]

Description: Finding exactly what you want to write about and understanding why you want to write about are both important. Putting that information into writing is a key part of a successful piece of writing. In this session, we will discuss arriving at and writing a focus statement.

There's Nothing Minor about Your Major

When: Thursday, November 5th from 3:30pm – 4:30pm

Where: A2150

Contact: For more information about First Matters or workshops please email firstmatters@govst.edu or call x4551

Description: Participants will share their process in selecting a major and learn strategies on how to create opportunities to enrich their experience for future success to assess if their major is the right fit.

The Research Paper: Getting Started (APA Series)

When: November 5, 2015 from 6:00 p.m. until 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do not have to register for the workshop.]

Description: Make a plan and make the grade! This workshop will show you how to find the resources that you need to write an almost stress-free research paper. Included will be discussions of analyzing the assignment to make certain your paper is on target; APA documentation styles and where to find the templates and information that make it so much easier; and the importance of developing a focus statement to make organizing the paper a snap.

10 Things Your Musical Taste Says About You: How Similar and Dissimilar Music Tastes Can Lead to Friendship

When: Fri, November 6, 12:00 p.m. – 1:00 p.m.

Where: Location to be announced

Contact: Gabe at gbecker@govst.edu or 708.534.4119

Description: This is a freshmen support group focused on building friendships and community.

This event will focus on learning the basics of analyzing/judging music objectively and applying this to both the music each student already likes and music they might not know they like.

Students will be encouraged to bring a song they like and share it with the group. The group will then analyze it together, building both comradery and shared interests.

10 Things Your Musical Taste Says About You: How Similar and Dissimilar Music Tastes Can Lead to Friendship

When: Fri, November 6, 4:00 p.m. – 5:00 p.m.

Where: Location to be announced

Contact: Gabe at gbecker@govst.edu or 708.534.4119

Description: This is a freshmen support group focused on building friendships and community.

This event will focus on learning the basics of analyzing/judging music objectively and applying this to both the music each student already likes and music they might not know they like.

Students will be encouraged to bring a song they like and share it with the group. The group will then analyze it together, building both comradery and shared interests.

Mindfulness Art Workshop

When: Tue, November 10, 10:00 a.m. – 11:00 a.m.

Where: Location to be announced

Contact: Daniel at draedel@govst.edu or 708.235.7512

Description: Creativity has been associated with improved life satisfaction, career growth, improved relationships, among other benefits. Join us to engage in mindfulness practices while tapping into your creativity. Together we will be creating art that resonates with us, while simultaneously practicing deep breathing, stress management, and other mindfulness skills.

Supplies will be provided; however, feel free to bring your own.

Organizing your Writing

When: November 10, 2015 from 3:00 p.m. to 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Shaping your writing in a way that is easy for the reader to follow will make your writing more effective. This workshop will help you determine where your own writing might “go off the path” and guide you toward organizing your work in the best manner possible.

Mindfulness Art Workshop

When: Tue, November 10, 6:00 p.m. – 7:00 p.m.

Where: Location to be announced

Contact: Daniel at draedel@govst.edu or 708.235.7512

Description: Creativity has been associated with improved life satisfaction, career growth, improved relationships, among other benefits. Join us to engage in mindfulness practices while tapping into your creativity. Together we will be creating art that resonates with us, while simultaneously practicing deep breathing, stress management, and other mindfulness skills. Supplies will be provided; however, feel free to bring your own.

The Research Paper: Mastering APA Documentation Style (APA Series)

When: November 12, 2015 and from 6:00 p.m. until 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: From templates to make formatting a snap, crediting sources in your paper, to following rules about contractions, this workshop will help you navigate APA formatting and style. If APA makes you nervous, come to this workshop!

Supporting your Ideas

When: November 17, 2015 from 3:00 p.m. - 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Giving your reader enough information to understand and believe what you are saying is very important. This workshop will discuss the elements of successful writing: giving definitions of specialized language, providing examples that make a point, and perhaps even relying on outside sources to support what your work.

Keeping it Together: Stress Reduction

When: Wed, November 18, 11:00 a.m. – 12:00 p.m.

Where: Location to be announced

Contact: Myosha at mjulien@govst.edu or 708.235.7486

Description: We often experience stress from everyday responsibilities. Too much stress or inability to cope with stress can have long-lasting effects on the body. Join us as we learn how to recognize symptoms of stress, learn coping tips, and identify relaxation techniques.

Keeping it Together: Stress Reduction

When: Wed, November 18, 6:00 p.m. – 7:00 p.m.

Where: Location to be announced

Contact: Myosha at mjulien@govst.edu or 708.235.7486

Description: We often experience stress from everyday responsibilities. Too much stress or inability to cope with stress can have long-lasting effects on the body. Join us as we learn how to recognize symptoms of stress, learn coping tips, and identify relaxation techniques.

Study Skills with Patrick

When: Wednesday November 18th, 6:00 p.m. to 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Daniel Ferry at 708 - 235 - 3962

Description: A workshop on study skills and test taking strategies. Especially helpful to those preparing for multiple choice and standardized exams.

The Research Paper: How to Use Your Sources without Plagiarizing: Paraphrasing without Pain (APA Series)

When: November 19, 2015 from 6:00 p.m. until 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Paraphrase your sources so that you don't plagiarize, as well as show you how to credit each source properly. Included will be discussion of plagiarism and ways to make absolutely certain that you avoid it, and the easiest way to properly format your Reference Page.

Health and Human Services Career and Internship Fair

When: Tuesday, November 24, 2015, 2:00 p.m.-5:00 p.m.

Where: Center for Performing Arts Theatre lobbies

Contact: TBD...

Description: Career fair for students to recruit for internship and job opportunities in the Health field.

December

Style and Mechanics

When: December 1, 2015 from 3:00 p.m. to 4:00 p.m.

Where: ARC Workshop Room B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: One of the ways that readers determine that a writer is “reliable” and “educated” is grammatically correct writing. This workshop will provide methods for proofreading your work to find and correct these kinds of errors in your writing.

It’s Not Over, It’s Just Beginning

When: Thursday, December 3rd from 3:30pm – 4:30pm

Where: A2150

Contact: For more information about First Matters or workshops please email firstmatters@govst.edu or call x4551

Description: Participants will identify ways to finish strong and share strategies for success to encourage others as the semester ends and prepare for the next.

The Research Paper: Finishing Touches (APA Series)

When: December 3, 2015 from 6:00 p.m. - 7:00 p.m.

Where: ARC Workshop Room, B1215

Contact: Danielle Gilmore (708) 235-7337 [You do **not** have to register for the workshop.]

Description: Almost finished with your research paper, but not quite? This workshop will show you what to look for to make certain that you submit a winning paper; an editing checklist to show you what to look for and resources to provide knowledgeable revision suggestions will be offered.