

Spring 2022 Student Success Center Workshop Series



Student Success Center

Hardman and Jacobs Undergraduate Learning Center, Room 128

575-646-3136

To Request a Workshop Visit: [www.https://ssc.nmsu.edu/workshops/](https://ssc.nmsu.edu/workshops/)

College Survival: Kickoff Your Spring Semester!

Date: Wednesday, January 19, 2022

Time: 12:00 PM—1:00 PM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

New to NMSU? Or maybe you are just unsure about what it takes to be a successful student. Engage in a meaningful conversation that will jump start your semester and help you develop a plan for academic success.

Managing Your Time Effectively

Date: Thursday, February 3, 2022

Time: 10:30 AM – 11:30 AM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

Time Management is key to be a successful college student and employee in the future. Students will gain insight for learning how to manage their time effectively, which will promote a well-balanced academic and holistic lifestyle.

Effective Communication: Connecting with Faculty and Peers

Date: Wednesday, February 9, 2022

Time: 10:30 AM – 11:30 AM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

Enhance collaborative learning and communication within the academic environment. Learn and discuss strategies and techniques to help you communicate effectively. This workshop will support students in developing strategies for improving their Emotional Intelligence in order to better communicate in various academic settings with peers, advisers, staff and faculty.

Study Skills: Enrich Your Classroom Experience!

Date: Friday, February 25, 2022

Time: 10:00 AM – 11:00 AM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

Learning and applying study skills in the classroom is crucial to earning good grades. This workshop will provide students with effective notetaking, textbook and participation strategies. Maximize your learning by enhancing your critical listening skills and becoming an active class participant.

Stress Management and Test Anxiety

Date: Thursday, March 3, 2022

Time: 11:00 AM—12:00 PM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

This workshop will focus on understanding stress and how it can impact individuals personally and in the academic setting, specifically test anxiety. You will learn stress management techniques that can enhance your ability to cope with test anxiety. Students will be provided information on becoming a more effective test taker and learn the importance of practicing self-care.

Preparing for Graduate School: Keys to Understanding the Process!

Date: Friday, March 18, 2022

Time: 9:00 AM—10:00 AM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

Are you considering going to graduate or professional school? If so, this workshop is for you! Researching graduate programs, applying to graduate school programs, and components of the Graduate Record Exam (GRE) will be covered in this workshop.



See Other Side for More!

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Fall 2021 Student Success Center Workshop Series

Bounce Back: How to Recover from Challenges!

Date: Thursday, March 24, 2022

Time: 10:00 AM – 11:00 AM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

All students encounter challenges at some point during their academic careers. Participants will learn how to turn setbacks into opportunities for learning and use their resources to become strong students. The power of grit will also be discussed.

Adulting 101: The Life Skills & Resources we Wish we were Taught

Date: Tuesday, April 5, 2022

Time: 1:30 PM - 2:30 PM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

There are certain life skills that we all feel we didn't learn enough about in school. This workshop will cover some of the most essential life skills needed to be successful in life. Some of these life skills include financial skills, self-care, relationship skills, and job skills. Students will also be given information on where they can access additional resources to improve these areas of their life.

Act Like a Student Think Like a "Brand"

Date: Monday, April 18, 2022

Time: 12:00 PM - 1:00 PM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

Creating a brand as a student is essential to starting a career after graduation. Students will learn the importance and benefits of promoting themselves in a way that will impress their professors and potential employers. In today's competitive job market students need to start thinking early about what they are doing today that will enhance their employability in the future.

Finding Your Why

Date: Wednesday, April 20, 2022

Time: 9:00 AM - 10:00 AM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

Students are invited to explore their purpose and passion. This workshop will cover the following motivational strategies: What motivates you? How will you measure your success? What inspires you? How will you keep your momentum?

Preparing for Finals Week: Creating a Preparation Plan is Half the Battle

Date: Tuesday, April 26, 2022

Time: 1:00 PM - 2:00 PM

Location: ZUHL Library, 225

Zoom: <https://nmsu.zoom.us/j/5426478015>

Successful students take time to prepare in advance for final exams. This workshop will promote effective study habits, and will revisit time/stress management strategies that will support your overall ability to take control and maintain confidence during finals week.



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