

## Fall 2017 Workshop Series

### September

Workshop Title	Description	Presenter	Location	Date/Time
<b>Suicide Awareness</b>	Participants will learn to recognize when a person is asking for help; become aware of signs that a person is dealing with overwhelming sadness and how to assist a person with finding helpful resources.	Mrs. Monica Crockett LGSW Counseling Services	CAAS SDC Suite 2200	Wednesday September 6, 2017 6:30 pm– 7:30 pm
<b>Financial Aid Basics “What Students Need to Know About Financial Aid”</b>	This session will quickly review fundamental knowledge of the financial aid process and then go into a more detailed explanation of issues that cause students to lose financial aid such as: •Satisfactory Academic Progress (SAP) •Repeat Course work and guidelines •Registering less than Full-time •Over award Process	Mr. Al Dorsett Office of Financial Aid	EASC Room 1088	Tuesday September 12, 2017 11:00 am- 12:00 pm
<b>Emotional Intelligence</b>	The purpose of this workshop is to help students to learn the skills that are distinct from, but complementary to, academic intelligence. Emotional Intelligence/Quotient (EQ) is “the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships,” according to Daniel Goleman.	Ms. Kate Kent LGSW Counseling Services	CAAS SDC Suite 2200	Tuesday September 19, 2017 11:00 am – 12:30 pm
<b>Blackboard tips for Students</b>	Blackboard is an excellent tool, but to make the most of Blackboard, you should have a good understanding of its features. Cathy Passeri will give you tips on exam taking, submitting assignments, and most of all understanding your grades. There are different icons which may appear in My Grades and understanding them could make the difference between passing and failing your course.	Ms. Catherine Passeri Academic Affairs	CAAS SDC Suite 2200	Tuesday September 21, 2017 11:00 am – 12:00 pm

<b>Time Management</b>	We all have 168 hours a week. How we use our time, determines how our life will turn out.	Mrs. Tselate Talley CAAS	CAAS SDC Suite 2200	Tuesday September 26, 2017 11:00 am – 12:00 pm
<b>Be Clear</b>	The purpose of this workshop is to educate the campus community about how to prevent becoming a victim and/or perpetrator of sexual assault.	Mrs. Monica Crockett LGSW Counseling Services	CAAS SDC Suite 2200	Thursday September 28, 2017 11:00 am – 12:30 pm

## October

<b>Workshop Title</b>	<b>Description</b>	<b>Presenter</b>	<b>Location</b>	<b>Date/Time</b>
<b>Mindfulness</b>	The purpose of this workshop is to explore the concept of mindfulness and introduce basic meditation. “Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” John Kabat Zinn	Ms. Kate Kent LGSW Counseling Services	CAAS SDC Suite 2200	Tuesday October 3, 2017 11:00 am- 12:30 pm
<b>iProgramm for Success</b>	Connecting excellence in life and academic success of today to tomorrow’s achievements. This practical, thought provoking seminar will help position students rightly with strategies for an ever winning life.	Mr. Zoe Johnson White House Initiative on HBCU’s Ambassador US Dep. Of Education	CAAS SDC Suite 2200	Thursday October 5, 2017 11:00 am – 12:00 pm

**CAAS J.A.M.S.S Location: SSC Ballroom Date: October 5, 2017 Time: 9:00PM – 12 MIDNIGHT**

<b>How to Have a Healthy Relationship with Social Media</b>	The purpose of this workshop is to explore how social media can be emotionally draining and ways to manage your social media without having it negatively affect your academic or personal life.	Ms. Kate Kent LGSW Counseling Services	CAAS SDC Suite 2200	Tuesday October 10, 2017 11:00 am- 12:00 pm
<b>Tools to the On-Line Degree Audit and Academic Advising Report</b>	The Student Advisement Report (Degree Audit Report) is an individualized tool that provides students with their academic information and helps them to track their degree progress according to their major. The Degree Audit can be used as part of the advisement sessions with academic advisors to determine course selection and confirm graduation requirements.	Office of the Registrar	EASC Room 1088	Thursday October 12, 2017 11:00 am- 12:00 pm

<b>Dress for Success in the Business World</b>	You have heard it over and over again, you never get a second chance to make a first impression. The truth is every day is an opportunity to make a first impression on someone and one's first impression is often based solely on physical appearance. Your visual impact can make or break you in the business world. Join me in this practical seminar as we discuss what is appropriate dress attire and inappropriate for the business environment.	Dr. Leesa Thomas-Banks Department of Business, Management and Accounting	CAAS SDC Suite 2200	Tuesday October 24, 2017 11:00 am – 12:00 pm
<b>You Are the Illustrator of Your Future: The Power of Setting Goals</b>	Traveling to a new destination without directions leads to frustration, disappointment, confusion and prolongs a trip that would take less time if we had an idea of where we were going. It is important to create a plan of action before we leave on any journey. Goal setting has been proven to increase productivity and provide a higher quality of life. This interactive workshop will provide steps, goal setting tools and additional materials to consider while on the journey of life as well as college.	Mr. Clifton Harcum O.U.E.L.L.	CAAS SDC Suite 2200	Thursday October 26, 2017 11:00 am – 12:00 pm
<b>Hawks Resume Get Ready For Trending Internships Fair</b>	The most powerful marketing tool that you bring to an internship is your resume and interview skills. In order to have a positive outcome you must present yourself in a professional manner, present a resume that has the proper layout, content, and punctuation. Learning proper interview techniques and developing an effective resume is in your future! Don't drop the ball! Let the Career & Professional Development Center help you prepare.	Career & Professional Development Staff	SSC 2147	Tuesday October 31, 2017 11:00 am – 12:00 pm

## November

<b>Workshop Title</b>	<b>Description</b>	<b>Presenter</b>	<b>Location</b>	<b>Date/Time</b>
<b>You Are Your Brand: Social Media Marketing and Branding</b>	Showing students how to effectively manage their social media handles while balancing their academics in an entrepreneurship way.	Ms. Kaydian Jones CAAS	CAAS SDC Suite 2200	Tuesday November 2, 2017 11:00 am – 12:00 pm
<b>The Power of Purpose</b>	As we operate throughout our daily lives there are times when we feel lost or we may not be happy with the life we are living. The presentation will focus on the importance of discovering what makes you happy in life and hopefully provide information that will guide you to living a purposeful life.	Mr. Clifton Harcum O.U.E.L.L.	CAAS SDC Suite 2200	Thursday November 9, 2017 11:00 am – 12:00 pm

<b>Proper Etiquette &amp; Communication In the Corporate Arena</b>	The way you communicate in the corporate arena is essential to your success. Every day you are creating an impression that will lead you to advancement or stagnation in your career. Learn more about professional business etiquette and communication practices that will help you succeed in life and advance in your career.	Dr. Leesa Thomas-Banks Department of Business, Management and Accounting	CAAS SDC Suite 2200	Thursday November 16, 2017 11:00 am – 12:00 pm
<b>Ready Set Launch</b>	Are you a business major or a student that desires to be an entrepreneur? Attending this workshop you will examine the process of designing, launching, and running a new business; we will discuss the development, challenges, and rewards of offering a product or service for sale from start to finish.	Ms. La Fabian Marshall Henson General Manager	CAAS SDC Suite 2200	Tuesday November 21, 2017 11:00 am – 12:00 pm

**CAAS J.A.M.S.S Location: SSC Ballroom Date: November 30, 2017 Time: 9:00PM – 12 MIDNIGHT**

## December

<b>Workshop Title</b>	<b>Description</b>	<b>Presenter</b>	<b>Location</b>	<b>Date/Time</b>
<b>Stay Positive</b>	The purpose of this workshop is to teach participants to recognize Automatic Negative Thoughts and how to reverse Negative Thoughts into more Positive Thoughts.	Mrs. Monica Crockett LGSW Counseling Services	CAAS SDC Suite 2200	Thursday December 7, 2017 11:00 am – 12:30 pm

If you have a disability and require reasonable accommodations that we need to provide in order to facilitate your full participation in this program/event, please contact Dr. Dorling Joseph, Director Student Disability Services at (410) 621-3446. Please allow 3 – 5 days to arrange the accommodation.

Center for Access and Academic Success  
Student Development Center, Suite 2200



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