

Fall 2011 First-Year Seminar Workshops

Campus workshops increase first-year student knowledge of campus resources and expand academic skills beyond the standard skills required in each of the First-Year Seminar (FYS) courses. Workshops are typically scheduled outside FYS course meeting patterns; however, FYS instructors have the option of inviting workshop presenters to the FYS class. The following listing is fall 2011 workshops available to, but not exclusively reserved for, FYS students. The workshops are offered in the following themes: Money Matters, Planning Your Future, Research and Writing, Study Skills and Strategies, and Wellness and Relationships. They are listed by Date, Time, Location, and Sponsoring Resource Office.

Money Matters

Financial Fitness

This workshop will cover a series of simple and powerful personal finance topics such as credit, spending and budgeting. These topics will enhance your ability to plan and pay for short and long term goals you hope to achieve. During the workshop the instructor will share a list of innovative resources available to anyone, for free, as long as they have access to the Internet. This workshop is a great opportunity for students interested in learning more about money and creating the path for a healthy financial life. All sessions will be located in North Classroom room 1501, with a limit of 15 students per session. Register online:

<https://www.surveymonkey.com/s/S6D8XGV>

Tuesday, October 4 th	11am-12pm	North Classroom 1501	Financial Aid Office
Tuesday, October 11 th	9am-10am	North Classroom 1501	Financial Aid Office
Tuesday, November 8 th	1:30pm-2:30pm	North Classroom 1501	Financial Aid Office
Tuesday, December 6 th	9am-10am	North Classroom 1501	Financial Aid Office

Paying for College with Scholarships

This workshop will address the scholarship process, and how to search for scholarships. We will also cover how to make your scholarship application competitive.

Friday, September 2 nd	1pm - 2pm	Tivoli 640	Scholarship Office
Friday, October 14 th	1pm - 2pm	Tivoli 640	Scholarship Office
Friday, November 4 th	1pm - 2pm	Tivoli 640	Scholarship Office

Planning Your Future

Getting into the Health Program of Your Choice with Dr. Charles Ferguson

This talk is designed as a general overview of the process for getting into ANY health professions graduate program. This is especially good for freshman students! No registration is required.

Wednesday, September 7 th	7pm – 9pm	TBD	UCD Health Careers
Wednesday, November 16 th	7pm – 9pm	TBD	UCD Health Careers

How to Choose your Major

A well-chosen major can be the beginning of a successful future! Trained Career Counselors will assist you as you learn a process that works for selecting a college major that fits who you are, plays on your natural strengths and skills, encourages your interest patterns, and helps you find meaning in your studies. A helpful booklet is also provided which is packed with ideas and exercises. No registration is required.

Thursday, October 27 th	2pm-3:15pm	Tivoli 267	Career Center
Tuesday, November 1 st	9:30am-10:45am	Tivoli 267	Career Center

Writing Your First Résumé

A well written résumé is essential for grabbing the attention of employers, scholarship boards, part time employment, internships, summer jobs, and volunteer opportunities. Learn the basics of resume writing, identify your best skill sets, and discover how to articulate your experiences to spark the interest of the reader. This workshop is best suited for first time résumé writers. It's not too soon to learn this important skill. No registration is required.

Monday October 3 rd	11am - 12:15pm	Tivoli 267	Career Center
Friday, October 21 st	3:30pm - 4:45pm	Tivoli 267	Career Center

Research and Writing

All Writing Center workshops require registration online at: <http://clas.ucdenver.edu/writing/workshops.html>

Academic Integrity for Students

This is an on-line workshop containing 4 modules that cover intellectual honesty and ethical conduct required of students and faculty. Learn about all aspects of academic integrity with a focus on how to avoid plagiarism and cheating at the university level.

TBD – September	TBD	Online	Advanced Technology and Extended Learning
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APA Citation

In this session, participants will be shown the basics of citation in APA (American Psychological Association) style. This workshop is designed for students from all majors who would like to have a better understanding of how to cite references. Page format, in-text citations, and bibliographies will be covered.

Tuesday, September 20 th	4pm-6pm	North Classroom 4014	Writing Center
Tuesday, October 11 th	5pm-6pm	North Classroom 4014	Writing Center

Argument and Analysis

In this workshop, participants will learn the purpose of and approaches to writing complex argumentative and analytical papers, such as term papers and theses. The workshop will focus on the importance of assessing evidence to support an argument. Workshop participants will review samples of analytical writing from a multidisciplinary perspective and practice melding evidence and analysis to support an argument.

Tuesday, September 27 th	4pm-6pm	North Classroom 4014	Writing Center
Friday, October 28 th	12pm-2pm	North Classroom 4014	Writing Center

Cite it, don't steal it.

Make your "writing term papers" life 10 times easier by learning how to use EndNote Web, a powerful and free program for creating, managing and organizing your research citations. In this workshop you will create your account and start building your personal research library.

Wednesday, October 12 th	9am-10am	Enhanced Learning Center (ELC)	Auraria Library
Tuesday, October 25 th	3pm-4pm	Enhanced Learning Center (ELC)	Auraria Library

Composing a Thesis

In this workshop, participants will learn the essential elements of writing three types of papers: analytical, descriptive, and argumentative. The workshop will focus on methods of creating a strong thesis statement for these three types of papers. Workshop participants will review sample papers from a multidisciplinary perspective to learn numerous practices for how to structure papers as well as how to use evidence for analysis, description, and argument.

Tuesday, September 13 th	4pm-6pm	North Classroom 4014	Writing Center
Friday, October 14 th	12pm-2pm	North Classroom 4014	Writing Center
Wednesday, November 2 nd	6pm-7pm	Campus Village	Writing Center

Effective Revision

This workshop focuses on the process of revision to enable participants to revise effectively. Unlike editing, where the writer merely fixes surface errors, revision means to see the work again. In this workshop, we will explore how to revise a piece, seeing it again in a new way. The first part of the workshop will focus on global revision, while the second half will explore paragraph and sentence level revision.

Monday, September 19 th	5pm-6pm	North Classroom 4014	Writing Center
Friday, October 21 st	12pm-1pm	North Classroom 4014	Writing Center

I can't find anything on my topic!

Can't find what you need to write your paper? You may not be looking in the right place, using the best terms, or even have a searchable topic. This workshop will cover strategy and challenges students face in the modern research environment. Bring your most difficult questions. We will explore some great resources in a fully hand-on and dynamic workshop.

Wednesday, October 26 th	9am-10am	Enhanced Learning Center (ELC)	Auraria Library
Tuesday, November 8 th	3pm-4pm	Enhanced Learning Center (ELC)	Auraria Library

MLA Citation

In this session, participants will be shown the basics of citation in MLA (Modern Language Association) style. This workshop is designed for students from all majors who would like to have a better understanding of how to cite. Page format, in-text citations, and bibliographies will be covered.

Friday, September 16 th	12pm-1pm	North Classroom 4014	Writing Center
Monday, October 10 th	5pm-6pm	North Classroom 4014	Writing Center

Professional Development: Resumes & Cover Letters

Wednesday, November 9 th	6pm-7pm	Campus Village	Writing Center
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We're not your parents' library!

YOUR library has books online as well as books to check out, journal articles in electronic databases, and more information than you can possibly download. It can be overwhelming, but not after this workshop. We will practice some searching strategies, collecting and citing the vast resources at Auraria Library.

Monday, October 17 th	9am-10am	Enhanced Learning Center (ELC)	Auraria Library
Thursday, November 3 rd	3pm-4pm	Enhanced Learning Center (ELC)	Auraria Library

Writing Basics: Argument & Grammar – Campus Village

Wednesday, November 2 nd	8pm-9pm	Campus Village	Writing Center
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Study Skills and Strategies

All workshops in the Learning Resource Center require registration online at www.ucdenver.edu/lrc.

Test Anxiety

The Learning Resource Center and the UCD Student & Community Counseling Center are collaborating to offer a Test Anxiety Workshop that emphasizes study strategies and planning for tests as well as practical techniques to reduce stress and anxiety. You will leave this workshop with tools you can use to reduce your test anxiety and study more effectively. Register online at www.ucdenver.edu/lrc.

Wednesday, October 12 th	12:30pm-1:30pm	Tivoli Room 440	Learning Resource Center and the UCD Counseling Center
Thursday, December 1 st	3:30pm-4:30pm	Tivoli Room 440	Learning Resource Center and the UCD Counseling Center

Timing Is Everything! How to Better Manage the Time You Have

Wednesday, August 31 st	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, September 1 st	1pm-2pm	North Classroom 1501	Learning Resource Center
Wednesday, October 12 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, October 13 th	1pm-2pm	North Classroom 1501	Learning Resource Center

Learning Styles and Intelligence: Discover Yours!

Wednesday, September 7 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, September 8 th	1pm-2pm	North Classroom 1501	Learning Resource Center

Learn All that You Can Learn: General Study Tips

Wednesday, September 14 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, September 15 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Wednesday, November 30 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, December 1 st	1pm-2pm	North Classroom 1501	Learning Resource Center

Reading to Learn: Learning to Read Academically

Wednesday, September 21 st	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, September 22 nd	1pm-2pm	North Classroom 1501	Learning Resource Center

Notes Worth Taking

Wednesday, September 28 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, September 29 th	1pm-2pm	North Classroom 1501	Learning Resource Center

Testing Smarter—General Strategies for Taking Tests

Wednesday, October 5 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, October 6 th	1pm-2pm	North Classroom 1501	Learning Resource Center

Choosing Wisely: Multiple Choice Testing

Wednesday, October 19 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, October 20 th	1pm-2pm	North Classroom 1501	Learning Resource Center

Becoming a Critical Thinker—It's Not All Negative

Wednesday, October 26 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, October 27 th	1pm-2pm	North Classroom 1501	Learning Resource Center

Remembering and Forgetting—Memory Techniques

Wednesday, November 2 nd	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, November 3 rd	1pm-2pm	North Classroom 1501	Learning Resource Center

Writing Under Pressure: Essay Tests

Wednesday, November 9 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, November 10 th	1pm-2pm	North Classroom 1501	Learning Resource Center

To Cram or Not to Cram: Taking Final Exams

Wednesday, November 16 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, November 17 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Wednesday, December 7 th	1pm-2pm	North Classroom 1501	Learning Resource Center
Thursday, December 8 th	1pm-2pm	North Classroom 1501	Learning Resource Center

Wellness and Relationships

Beer Goggles and Bartending School

Join UCD Community Standards and Wellness Office to play with intxi-goggles and pitchers. We'll teach you about standard drinks and how to calculate your blood alcohol concentration. You'll also get info on how to help a friend and the Good Samaritan policy at UCD. Bring your cell phone! Register online for this workshop at: https://fs7.formsite.com/cudenverhousing/form63/secure_index.html

Thursday, October 6 th	5:30pm-7pm	Tivoli Multicultural Lounge	Community Standards and Wellness
Thursday, November 17 th	7pm-8:30pm	Campus Village Theater Room	Community Standards and Wellness

Love Hurts? No, it doesn't.

Have you ever wondered what a healthy relationship looks like? Are you unsure about your relationship or a friend's and would like information on healthy and unhealthy relationship behaviors? This session is an interactive workshop to help folks understand their intimate relationships and how to set boundaries as well as learning about how abuse can manifest itself differently for different people and relationships. Please call to register, 303-556-6011.

Thursday September 8 th	3pm-4:30pm	Tivoli, room 320A	The Phoenix Center at Auraria
Monday October 24 th	2:30pm-4pm	Tivoli, room 320A	The Phoenix Center at Auraria
Friday November 18 th	2pm-3:30pm	Tivoli, room 640	The Phoenix Center at Auraria

Step Up, Step In, Take Action

Mentors in Violence Prevention (MVP) is a leadership training program that motivates student leaders to play a central role in solving problems that historically have been considered "women's issues": rape, sexual assault, and sexual harassment. The program views students not as potential perpetrators or victims, but as empowered bystanders who can confront abusive peers. The MVP approach does not involve finger pointing, nor does it blame participants for the widespread problem of gender violence. Instead it sounds a positive call for proactive, preventive behavior and leadership. Come and join us and learn how you can step up, intervene and take action to stop violence. Please call to register, 303-556-6011.

Thursday, September 1 st	3pm-4:30pm	Tivoli, room 440	The Phoenix Center at Auraria
Friday, October 14 th	2pm-3:30pm	Tivoli, room 320A	The Phoenix Center at Auraria
Monday, November 7 th	2pm-3:30pm	Tivoli, room 320A	The Phoenix Center at Auraria

Strengths Quest

Have you ever wondered how to access your true personal strengths and REALLY use them to your advantage? Join this 2-part workshop to uncover your talents and optimize their use for your academic and personal success. Strengths Quest book with assessment will be provided by the Counseling Center and available for you to pick up 2 weeks before the workshops.

Registration is required for all SQ workshops; please call the UCD Counseling Center to register, (303) 556 4372.

Thursday, September 22 nd	3pm-4:30pm	<u>AND</u>	Thursday, October 6 th	3-4pm	North Classroom 4036	UCD Counseling Center
Monday, October 3 rd	3pm-4:30pm	<u>AND</u>	Monday, October 17 th	3-4pm	North Classroom 4036	UCD Counseling Center
Friday, October 14 th	10am-11:30am	<u>AND</u>	Friday, October 28 th	10-11am	North Classroom 4036	UCD Counseling Center

Test Anxiety

The Learning Resource Center and the UCD Student & Community Counseling Center are collaborating to offer a Test Anxiety Workshop that emphasizes study strategies and planning for tests as well as practical techniques to reduce stress and anxiety. You will leave this workshop with tools you can use to reduce your test anxiety and study more effectively. Register online at www.ucdenver.edu/lrc.

Wednesday, October 12 th	12:30pm-1:30pm	Tivoli Room 440	Learning Resource Center and the UCD Counseling Center
Thursday, December 1 st	3:30pm-4:30pm	Tivoli Room 440	Learning Resource Center and the UCD Counseling Center

Think Strong 101

This is a one- hour introduction our very popular 'Think Strong' life skills groups. We are a wellness culture. We workout our bodies, eat right, and try to live healthy. Think Strong is a mind and emotion strength training course. You will learn skills to strengthen your mind, your emotions and your interpersonal effectiveness. If you like the introduction, you can sign up for other free group sessions open to all UCD students. Call at least 24 hours in advance to reserve a slot (303) 556 4372.

Tuesday, September 20 th	3pm-4pm	North Classroom 4036	UCD Counseling Center
Wednesday, October 12 th	3pm-4pm	North Classroom 4036	UCD Counseling Center

Welcome to HIGH Country

Living in the Mile HIGH City comes with its own set of temptations. We're a hotbox of information in this interactive drug education workshop. Bring your cell phone! Register online for this workshop at: https://fs7.formsite.com/cudenverhousing/form63/secure_index.html

Wednesday, October 26 th	7pm-8:30pm	Campus Village Theater Room	Community Standards and Wellness
Monday, November 7 th	3pm-4:30pm	Tivoli Multicultural Lounge	Community Standards and Wellness