CCAS Academic Success Program: Spring 2020
GW Workshop Suggestions

Consider the list below to fulfill the workshop requirement for the Academic Success Program. You must attend at least one workshop as a probation requirement. The list includes workshop suggestions offered by multiple departments of GW. You may attend other workshops through GW related to academic success, career, or health and wellness through student organization event workshops and other GW departments that are not included in this list.

After you attend a workshop, please complete your Academic Success Program Workshop Form, obtain the facilitator’s signature, and submit the form to the Academic Success Team so your participation in this requirement can be recorded.

Ongoing

Mental Health Discussion Series
Every Wednesday, 4:00-5:00pm
Marvin Center, Colonial Health Center, Room G27
The Mental Health Discussion Series (MHDS) is a weekly, hour-long discussion, designed for students to collectively meet with a counselor and discuss various topics. Whether you struggle with your own well-being or are a concerned GW community member, you are welcome to drop into this free group discussion—no registration required! Attend one, some, or all of the sessions.

For further information or questions, please contact counsel@gwu.edu.

Topics:
January 22 - Adjusting to Change and Transition
January 29 - What is Anxiety and How Is It Affecting Me?
February 5 - Overcoming Loneliness
February 12 - Overcoming Procrastination and Improving Organization
February 19 - Healthy Sleep Habits
February 26 - What is Anxiety and How Is It Affecting Me?
March 4 - Improving Motivation and Goal Setting
March 11 - Self-Care and Stress Management
March 25 - What is Anxiety and How Is It Affecting Me?
April 1 - Overcoming Loneliness
April 8 - Overcoming Procrastination and Improving Organization
April 15 - Healthy Sleep Habits
April 22 - Improving Motivation and Goal Setting
April 29 - What is Anxiety and How Is It Affecting Me?
May 6 - Self-Care and Stress Management
May 13 - Honoring My Growth and Change

Know Your Talents and Find Success with CliftonStrengths®
Wednesday, January 22, 2020, 2:00pm – 3:00pm
Wednesday, February 5, 2020, 1:00pm – 2:00pm
Thursday, February 20, 2020, 5:00pm – 6:00pm
Tuesday, March 3, 2020, 3:00pm – 4:00pm
Monday, March 9, 2020, 5:00pm – 6:00pm
Tuesday, March 25, 2020, 5:00pm – 6:00pm
Monday, April 6, 2020, 2:30pm – 3:30pm
Tuesday, April 14, 2020, 4:30pm – 5:30pm
Marvin Center 538
Professional interpretations of the CliftonStrengths® assessment are available in a small group setting, led by a trained Career Coach. The assessments can help you:

· articulate your natural strengths and talents.
· consider how you can use your strengths in your team and leadership roles.
· better understand who you are and apply your strengths to enhance engagement and well-being.

Find instructions and RSVP here.

Find Your Major and Career Fit w/ the Strong Interest Inventory®
Thursday, February 6, 5:00pm – 6:00pm
Tuesday, February 18, 2020, 4:00pm – 5:00pm
Monday, March 2, 2020, 5:30pm – 6:30pm
Thursday, March 26, 2020, 5:30pm – 6:30pm
Friday, April 3, 2020, 2:00pm – 3:00pm
Wednesday, April 15, 2020, 5:00pm – 6:00pm
Marvin Center 538
Professional interpretations of the Strong Interest Inventory® are available in a small group setting, led by a trained Career Coach.

The assessment can help you:
• Choose or confirm a major or minor
• Chart your career path and begin to explore relevant occupations
• Consider suitable work environments
• Seek options for volunteer, campus leadership, or leisure activities
• Better understand who you are and what you can offer employers

Find instructions and RSVP here.
Discover Your Personality Preferences Through the Myers-Briggs Type Indicator (MBTI)®

Friday, January 31, 2020, 1:30pm – 2:30pm
Friday, February 14, 2020, 1:00pm – 2:00pm
Thursday, February 27, 2020, 5:00pm – 6:00pm
Wednesday, March 4, 2020, 3:30pm – 4:30pm
Tuesday, March 10, 2020 6:00pm – 7:00pm
Monday, March 30, 2020, 2:00pm – 3:00pm
Monday, April 6, 2020, 4:00pm – 5:00pm
Marvin Center 538

The Myers-Briggs Type Indicator (MBTI)®, the most recognized personality assessment in the world, is available in an interactive, small group setting led by a trained Career Coach. This assessment will help you enhance your communication, team building, and leadership skills through understanding your innate preferences along 4 dimensions:

- Where you get your energy from and where it's directed
- How you take in, process, and remember information
- How you decide or come to conclusions
- How you organize and approach your life and outer world

This workshop is suitable for students completing training requirements for ELS, and for any students interested in enhancing their self-awareness and understanding of others.

Find instructions and RSVP here.

Speak With Confidence
January 21 – February 27
Gelman Library, Room 218 A

Speak with Confidence is an academic skills workshop series designed to improve the oral academic English skills of GW international students who speak English as a second or additional language. Workshop sessions are facilitated by EAP Professor Cara Fulton and SPHR Clinician Kari Comer and are designed to improve students’ pronunciation, fluency, and confidence in speaking English in academic contexts. Other workshops this Spring 2020 are Linking, Project Your Voice with Your Eyes, Rhythm, Speech Sounds, Body Language, Visuals, Speech Sounds, Intonation, Word Linking, Speech Sounds, Rate & Pausing, Syllable Stress, and Voice, Slang & Humor, Presentation & Interview Skills. These workshops are coordinated by the English for Academic Purposes (EAP) program and sponsored by the International Services Offices (ISO). All sessions will be first-come, first served based on room capacity and are free to GW students, faculty, staff, and alumni. Attendance requires no reservation.

Find specific dates for each workshop and more information at www.go.gwu.edu/confidence.
January

**Organizing Your College Life**
**Tuesday, January 21, 6:00 – 7:00pm**
**Gelman 219**
Are you looking for a way to organize your college life? Join this workshop to learn how to stay organized with your notes, calendars, and assignments. Participants will leave with tips on how to avoid procrastination and skills on time management.

**Jumping into Grad School**
**Sunday, January 26, 6:00 – 7:00pm**
**Gelman 219**
Has it been a while since you sat in a lecture hall or taken a written exam? No problem. Let us help you succeed in returning to graduate school. This workshop will help incoming graduate students review study strategies and note taking techniques to reestablish successful study habits.

**How to Search & Apply for Jobs Workshop**
**Wednesday, January 29, 2:00pm – 3:30pm**
**Marvin Center Continental Ballroom (Third Floor)**
Join the ISO, Center for Career Services, and International Student Community Ambassadors (ISCA) for this workshop about the job search process. We will discuss useful tips and share resources on how to effectively search and apply for jobs and internships.

February

**How to Talk with Your Professor & Speak Up in Class**
**Wednesday, February 5, 6:00 – 7:00pm**
**Gelman 219**
Have you heard that you are supposed to go to office hours, but don’t know what to do when you get to your professor’s office? Are you in a seminar and don’t know how to contribute? Join this workshop to learn how to interact with your professors during office hours and speak up in class. Participants will learn what kinds of questions to ask during office hours, how to participate effectively in class, and how to seek academic support with their professor and/or teaching assistants.

**The Ultimate Note-Taking Workshop**
**Tuesday, February 18, 6:00 – 7:00pm**
**Gelman 219**
Are you studying hard, but your grades don’t show it? Maybe your notes just aren’t working for you. If you’re looking for a way to take notes that will actually help you study - look no further. This workshop will help you learn how to take notes before, during, and after class to help reinforce course material. Leave with a game plan and a note taking technique to succeed.
International Students: Ace Your Interviews
Wednesday, February 26, 2:00pm – 3:30pm
Marvin Center 309
Join the ISO, Center for Career Services, and ISCAs to learn about effective communication strategies that will increase your confidence and help you stand out at job interviews.

The Art of Paraphrase
Wednesday, February 26, 5:00 – 6:00pm
Gelman 219
Paraphrasing can be hard to do effectively. Please join Carol Hayes, Director of the Writing Center, for a workshop to learn how to distinguish between responsible paraphrase and writing that is too close to the original source. We’ll also practice specific strategies. Example sources will be provided, but if you have something you’re working on--both your own attempt at paraphrase and the source it’s based on--please bring it!

March

“What Did I Just Read!?”: Strategies for Understanding Course Readings
Tuesday, March 3, 5:00pm - 6:00pm
Gelman 219
Are you having trouble finishing reading your class reading assignments? Do you ever get confused about what you are reading? In this workshop we will go over strategies to help you better understand your class readings. You will learn how to break down, summarize, and understand complicated course text.

*This session is part one of a two part series (part two is “Let’s Write” described below). Participants can opt to participate in either part individually but will get the most valuable experience if they attend both.

Let’s Write: Strategies for Approaching College Writing Assignments
Tuesday, March 3, 6:00pm - 7:00pm
Gelman 219
Facing the terror of a blank page? Trying to figure out how to write a kind of paper you’ve never even heard of before? This workshop teaches strategies for how to get started writing, figuring out what a prompt is asking for, and how to write completely new types of papers.

*This session is part two of a two part series (part one is “What Did I Just Read?!” described above). Participants can opt to participate in either part individually but will get the most valuable experience if they attend both.

Networking 101
Tuesday, March 24, 2:00pm – 3:30pm
Marvin Center 309
We will help you identify strategies to develop your verbal communication skills so that you can effectively promote yourself to potential U.S. employers. We will also discuss tips for networking online, particularly on LinkedIn.

You’ve Got This: Succeeding After That Test Score
Thursday, March 26, 6:00 – 7:00pm
Gelman 219
Are you less than excited about your last test score? Want to crush your next exam but don’t know where to start? Join us as we review a variety of exam study skills, time management, and how to maintain motivation after a low test score. No skills required.

April

“What Did I Just Read!??: Strategies for Understanding Course Readings
Thursday, April 14, 5:00pm - 6:00pm
Gelman 219
Are you having trouble finishing reading your class reading assignments? Do you ever get confused about what you are reading? In this workshop we will go over strategies to help you better understand your class readings. You will learn how to break down, summarize, and understand complicated course text.

*This session is part one of a two part series (part two is “Let’s Write” described below). Participants can opt to participate in either part individually but will get the most valuable experience if they attend both.

Let’s Write: Strategies for Approaching College Writing Assignments
Thursday, April 14, 6:00pm - 7:00pm
Gelman 219
Facing the terror of a blank page? Trying to figure out how to write a kind of paper you’ve never even heard of before? This workshop teaches strategies for how to get started writing, figuring out what a prompt is asking for, and how to write completely new types of papers.

*This session is part two of a two part series (part one is “What Did I Just Read?!?” described above). Participants can opt to participate in either part individually but will get the most valuable experience if they attend both.

You’ve Got This: Succeeding After That Test Score
Tuesday, April 28, 6:00 – 7:00pm
Gelman 219
Are you less than excited about your last test score? Want to crush your next exam but don’t know where to start? Join us as we review a variety of exam study skills, time management, and how to maintain motivation after a low test score. No skills required.