

CCAS Academic Success Program: Fall 2019 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:

September 18 - What is Anxiety and How Is It Affecting Me?

September 25 - Organization and Procrastination

October 2 - Overcoming Loneliness

October 9 - Healthy Sleep Habits

October 16 - *Special Edition: Self-Care and Stress Management

October 23 - How to Help a Friend

October 30 - Organization and Procrastination

November 6 - Overcoming Loneliness

November 13 - What is Anxiety and How Is It Affecting Me?

November 20 - How to Help a Friend

December 4 - Healthy Sleep Habits

December 11 - *Special Edition: Self-Care and Stress Management

December 18 - Honoring My Growth and Change

Know Your Talents and Find Success with CliftonStrengths®

Thursday, September 12, 3:30 – 4:30pm

Thursday, September 26, 2019, 5:00 – 6:00pm

Wednesday, October 16, 2019, 10:30 – 11:30am

Wednesday, October 30, 2019, 4:00 – 5:00pm

Wednesday, November 6, 2019, 4:00 – 5:00pm

Tuesday, November 19, 2019, 5:00 – 6:00pm

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®

Tuesday, September 24, 5:30 – 6:30pm

Tuesday, October 15th 2019, 5:00 – 6:00pm

Wednesday, October 23rd 2019, 5:30 – 6:30pm

Monday, November 4th 2019, 3:30 – 4:30pm

Wednesday, November 20th 2019, 3:30 – 4:30pm

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)®

Wednesday, September 18, 5:00 – 6:00pm

Thursday, October 3, 5:30 – 6:30pm

Monday, October 14, 4:00 – 5:00pm

Tuesday, November 5, 3:30 – 4:30pm

Monday, November 18, 2:00 – 3:00pm

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

August 27 – October 9

Gelman Library

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 in this Fall 2019 series are Body Language and Visuals, Impromptu Speaking, Intonation Patterns, Presentation and Interview Skills, Project Your Voice, Speech Sounds, Intonation & Tricky Grammar, Speech Sounds, Rate & Pausing, Speech Sounds, Word Linking & Syllable Stress, Stress, Super Stress, Voice. 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.

September

Organizing Your College Life

Tuesday, September 17, 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.

How to Talk with Your Professor & Speak Up in Class

Tuesday, September 24, 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.

October

Graduate School and Research: Preparation & Application

Monday, October 7, 4:00 – 6:30pm

Marvin Center 301

This event is for students who are interested in exploring graduate school options that would best fit their future academic and professional goals.

The program will begin with an initial overview of the graduate school search and program selection process, the application process, writing the personal statement, and information on financing graduate education through scholarships and fellowships. The event will also include a review of combined degree programs here at GW.

Following the overview, students will then progress to individual breakout rooms. Panels will begin in each room with a brief introduction, followed by questions for the panelists around specifics of their expertise.

The Ultimate Note-Taking Workshop

Thursday, October 10, 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.

Learn the Art of Paraphrasing

Wednesday, October 16, 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!

International Students: The Job Search Process - Ace Your Interview

Thursday, October 17, 2:00 – 3:30pm

Marvin Center 309

Join the ISO, Center for Career Services, and ISCA's to learn about effective job search strategies and useful tips to ace your interviews.

We Got This: Succeeding After That Test Score

Thursday, October 24, 5:00 – 6:00pm

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.

Successful Strategies to Find & Maximize Internships

Tuesday, October 29, 6:00 – 7:30pm

Marvin Center 405

Learn effective strategies for landing an internship, building knowledge and skills during the internship, and leveraging your experience for future internships and jobs after graduation. This interactive program features a panel session of GW seniors and alumni who have completed internships in a variety of disciplines who will share their personal experiences and provide tips and advice.

November

International Students: All About Networking

Wednesday, November 6, 11:30am – 1:00pm

Marvin Center 309

Join the ISO, Center for Career Services, and International Student Community Ambassadors (ISCAs) to learn about the #1 U.S. job search strategy: networking!

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.

Attendees will get a chance to practice networking with the ISCA's and fellow students.

December

We Got This: Succeeding After That Test Score

Wednesday, December 4, 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.