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 ISCAs 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 ISCAs 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.