

WINTER 2024 WORKSHOPS

UC DAVIS
OFFICE OF EDUCATIONAL OPPORTUNITY
AND ENRICHMENT SERVICES

IN PERSON WORKSHOP
114 South Hall



VIRTUAL WORKSHOP LINK:
zoom.us/my/oeoesworkshops
PERSONAL MEETING ID:
530-752-4475

No Registration Required
For Any Workshops

	MON	TUE	WED	THU	FRI		MON	TUE	WED	THU	FRI
WEEK 1	JAN 8 Goal Setting 🎥 11:00 AM Time Management Resolutions (Drop-in) 2:10-4:00 PM	9 Designing a Quarter Calendar 1:10 PM 🎥	10 Grad School 101 11:00 AM	11 Interviewing for Grad School 5:10 PM 🎥 Take Charge of the Reading 2:10 PM	12	WEEK 6	12 Task Management 12:10 PM Intro to the LSAT 2:10 PM 🎥	13 Study Smarter, Not Harder 🎥 1:10 PM	14 Personal History Statement 11:00 AM	15 Communicating with Professors 3:10 PM	16
WEEK 2	15 Martin Luther King Jr. Day	16	17 Study Smarter, Not Harder 3:10 PM	18 Designing a Quarter Calendar 2:10 PM	19 Goal Setting 11:00 AM 🎥	WEEK 7	19 President's Day	20	21 Thrive versus Survive 3:10 PM Grad School 101 5:10 PM 🎥	22 Designing and Delivering Presentations 2:10 PM Statement of Purpose 4:10 PM 🎥	23 Strategies for Test Taking 12:10 PM 🎥
WEEK 3	22 How to Prepare for Law School 12:10 PM Designing a Weekly Schedule 1:10 PM	23 Strategies for Test Taking 11:00 AM 🎥	24 Maximizing Lecture 12:10 PM Statement of Purpose 1:10 PM	25 Letters of Rec 3:10 PM 🎥	26	WEEK 8	26 Personal Statement for Law School 2:10 PM	27 Maximizing Lecture 2:10 PM 🎥	28 CV for Grad School 11:00 AM	29 Communicating with Professors 12:10 PM	MAR 1 Prepare for Finals 1:10 PM 🎥 MBA 5:10 PM 🎥
WEEK 4	29	30 Intro to the GRE 11:00 AM	31 Personal Statement for Law School 1:10 PM 🎥 Designing a Weekly Schedule 2:10 PM	FEB 1 Task Management 11:00 AM Personal History Statement 2:10 PM 🎥	2 CV for Grad School 1:10 PM 🎥 Study Smarter, Not Harder 2:10 PM 🎥	WEEK 9	4 Designing and Delivering Presentations 12:10 PM	5	6 How to Prepare for Law School 12:10 PM 🎥 Strategies for Test Taking 3:10 PM Paying for Grad School 5:10 PM 🎥	7	8 Task Management 12:10 PM 🎥 Gap Year 3:10 PM 🎥
WEEK 5	5 Psychology Grad School 4:10 PM 🎥 Take Charge of the Reading 2:10 PM	6 Interviewing for Grad School 11:00 AM	7 Focus and Concentration 1:10 PM Letters of Rec 2:10 PM	8 Thrive versus Survive 3:10 PM 🎥	9	WEEK 10	11 Study Smarter, Not Harder 3:10 PM	12	13	14 Strategies for Test Taking 2:10 PM	15 Focus and Concentration 1:10 PM 🎥

WINTER 2024 WORKSHOPS

SUCCESS COACHING + LEARNING STRATEGIES

Success Workshops		
Communicating with Professors What are best practices for communicating and building relationships with professors? We will discuss e-mail, office hours, and mentorship. Thur. 2/15 3:10 PM Thur. 2/29 12:10 PM	Focus and Concentration Explore ways to increase focus and concentration, including strategies to help you stay on task. You will have a chance to reflect on your common distractions and problem solve. Wed. 2/5 1:10 PM Fri. 3/15 1:10 PM	Strategies for Test Taking How can I become a better test taker? Join us to discuss strategies for maximizing your test grade, including managing test-induced anxiety. Tue. 1/23 11:00 AM Fri. 2/23 12:10 PM Wed. 3/6 3:10 PM Thur. 3/14 2:10 PM
Designing a Quarter Calendar Take control of the quarter system! By identifying project-level assignments and exams early you will learn how to better manage your workload. Tue. 1/9 1:10 PM Thur. 1/18 2:10 PM	Goal Setting Practice using the SMART goal framework to design a goal. We will also explore the power that positive emotion holds in helping us take action toward and achieve our goals. Mon. 1/8 11:00 AM Fri. 1/19 11:00 AM	Study Smarter, Not Harder How do you know what you know? How do you prepare for exams? Let's discuss strategies that can help make study sessions more effective and efficient. Wed. 1/7 3:10 PM Fri. 2/2 2:10 PM Tue. 2/13 1:10 PM Mon. 3/11 3:10 PM
Designing a Weekly Schedule Learn about time management strategies through designing a weekly calendar or making improvements to an existing schedule. Feel good about your 24 hours, 7 days a week! Mon. 1/22 1:10 PM Wed. 1/31 2:10 PM	Maximizing Lecture Let's analyze the role of lecture—expectations, challenges, and opportunities—in our learning. We will discuss strategies to use prior to, during, and after lecture. Wed. 1/24 12:10 PM Tue. 2/27 2:10 PM	Task Management Having trouble juggling competing responsibilities and tasks? Let's discuss how to strike a better balance through prioritization and to-do lists. Thurs. 2/1 11:00 AM Mon. 2/12 12:10 PM Fri. 3/8 12:10PM
Designing and Delivering Presentations Presentation skills are useful in and outside the classroom. Come learn techniques for creating an effective presentation, as well as best practices for public speaking. Thur. 2/22 2:10 PM Mon. 3/4 12:10 PM	Take Charge of the Reading Read to remember! Explore active techniques for engagement and efficiency. We will practice concept mapping as a way to capture and organize the information we read. Thur. 1/11 2:10 PM Mon. 2/5 2:10 PM	Thrive Versus Survive Let's examine our behaviors and habits to design action plans to strengthen our study system. What's working, what could be working better? Thur. 2/8 3:10 PM Wed. 2/21 3:10 PM

*No Registration Required For Any Workshops

IN PERSON WORKSHOP 114 South Hall	VIRTUAL WORKSHOP LINK: zoom.us/my/oeoesworkshops PERSONAL MEETING ID: 530-752-4475
---	---



PRE-GRADUATE + LAW ADVISING

General Prep for Grad School		Specialized Workshops
Grad School 101 Are you thinking about grad school but don't know where to start? Discover the differences between Master's and Ph.D programs, and research versus professional programs in this workshop, as well as various factors to consider when choosing the type of program, including funding. Wed. 1/10 11:00 AM Wed. 2/21 5:10 PM	How to Write the CV or Resume for Grad School Learn how to write a curriculum vitae, how it is different from a resume, and what role it plays in the application process. Fri. 2/2 1:10 PM Wed. 2/28 11:00 AM	Going to Grad School for Psychology Are you interested in going to graduate school for psychology? Learn about the many different programs available, including the Master's in Social Work (MSW), Master's in Marriage and Family Therapy (MFT), clinical psychology Ph.Ds and PsyDs, and research Ph.Ds. Find out which grad programs prepare you for specific career paths, including therapist, clinical psychologist, or professor of psychology, and how to prepare for them. Mon. 2/5 4:10 PM
Intro to the GRE This workshop introduces the Graduate Record Examinations (GRE) and discusses study strategies and test-taking best practices. Tues. 1/30 11:00 AM	How to Write the Personal History Statement Learn about the personal history statement required by some graduate schools, including most UCs. Explore how to maximize this essay, sometimes called the diversity statement, and brainstorm about which topics to write about. Thurs. 2/1 2:10 PM Wed. 2/14 11:00 AM	How to Prepare for MBA Programs This workshop is a general introduction to the business school (Master's in Business Administration) application process. Fri. 3/1 5:10 PM
Maximizing the Gap Year(s) This workshop explains what a gap year is, reasons why to consider taking a gap year, and what to do during that time. Fri. 3/8 3:10 PM	How to Write the Statement of Purpose This workshop covers the elements that are typically included in the statement of purpose, as well as strategies to strengthen the essay. Wed. 1/24 1:10 PM Thurs. 2/22 4:10 PM	Interviewing for Grad School Do you have an upcoming interview for a grad program? Join us to learn how to prepare for the interview process! Thurs. 1/11 5:10 PM Tues. 2/6 11:00 AM
Remember Me? Asking for Letters of Rec This workshop provides helpful tips for getting letters of recommendation for graduate school, including who to ask, how to ask, when to ask, and how to build relationships with potential letter writers. Thurs. 1/25 3:10 PM Wed. 2/7 2:10 PM	Paying for Grad School Learn about the difference between "funded" and "unfunded" programs, how scholarships work in grad school, and different sources of funding to pay for grad school. Wed. 3/6 5:10 PM	
General Prep for Law School		
How to Prepare for Law School This workshop is a general introduction to the law school application process. Mon. 1/22 12:10 PM Wed. 3/6 12:10 PM	Personal Statement for Law School Learn about the personal statement for law school, what it should cover, and how it works with the other aspects of the application. We encourage attending "How to Prepare for Law School" first. Wed. 1/31 1:10 PM Mon. 2/26 2:10 PM	Intro to the LSAT This workshop introduces the Law School Admissions Test (LSAT) and discusses study strategies and test-taking best practices. Mon. 2/12 2:10 PM