# Winter 2019 Workshops

**Office of Educational Opportunity and Enrichment Services**

## Winter Instruction Begins

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><strong>WEEK 1</strong></td>
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<td><strong>JANUARY</strong></td>
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<td>Study Smarter, Not Harder</td>
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<td>How to Write the Statement of Purpose 10</td>
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<td><strong>WINTER INSTRUCTION BEGINS</strong></td>
<td>11:15 AM</td>
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<td>How to Write the Personal History Statement/Diversity Statement 11</td>
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<td>How to Prepare for and Apply to Research Programs 12</td>
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<td>How to Prepare for and Apply to Research Programs 13</td>
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<td><strong>MARTIN LUTHER KING, JR. DAY HOLIDAY</strong></td>
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### Workshops

- **January:**
  - **Monday, January 7:** Study Smarter, Not Harder 11:15 AM
  - **Tuesday, January 8:** How to Write the Statement of Purpose 12:00 PM
  - **Thursday, January 10:** Maximizing Lecture 12:00 PM

- **February:**
  - **Monday, February 11:** How to Prepare for and Apply to Professional Master’s 1:00 PM
  - **Tuesday, February 12:** Designing and Delivering Presentations 2:00 PM
  - **Wednesday, February 13:** Reading at the Research University 11:00 AM
  - **Thursday, February 14:** The Personal Statement 12:00 PM
  - **Friday, February 15:** How to Prepare for and Apply to Graduate School for International Students 12:00 PM

- **March:**
  - **Monday, March 11:** Remember Me? How to Get Letters of Recommendation 1:00 PM
  - **Tuesday, March 12:** Thrive Versus Survive 2:00 PM
  - **Wednesday, March 13:** Financial Readiness 11:00 AM
  - **Thursday, March 14:** Designing and Delivering Presentations 12:00 PM
  - **Friday, March 15:** Winter Instruction Ends 12:00 PM

### Contact Information

- **M–F, 9 AM – 4 PM:** (530) 752-4475
- **opportunity.ucdavis.edu**

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**All workshops located in 114 South Hall unless specified | No RSVP required**
### GENERAL PREPARATION FOR GRAD SCHOOL

**How to Write the Statement of Purpose**
Learn about the statement of purpose for grad school, what it should cover, and how it works with the other aspects of the application.

**How to Prepare for and Apply to Research Programs**
Explore how to prepare for graduate study in a research program. Learn about the application materials and process, including the statement of purpose, letters of recommendation, GRE, transcripts, and relevant experience.

**How to Write a CV for Graduate School**
Learn how to write a curriculum vitae, how it is different from a resume, and what role it plays in the application process.

**How to Write the Personal History Statement/Diversity Statement**
Learn about the personal history statement required by some graduate schools, including most UC's. Explore how to maximize this essay, sometimes called the diversity statement, and brainstorm which topics to write about.

### PRE-LAW WORKSHOPS

**The Law School Application Process**
Join us for a workshop facilitated by an admissions officer from UC Davis’ School of Law! Learn about the process of applying to law school, the required materials, and the timeline. Ask questions to and get tips from someone who works in admissions! Offered through partnership with King Hall.

**How to Prepare for and Apply to Law School**
Find out about the application process in this workshop.

**How to Prepare for and Apply to Graduate School**
Thinking about applying to law school? Sometimes called the diversity statement, and brainstorm which topics to write about.

**The Personal Statement**
Join us for a workshop facilitated by an admissions officer from UC Davis’ School of Law! Learn about approaches to writing the personal statement, the role it plays in the application, and get tips from someone who works in admissions! Offered through partnership with King Hall.

### SPECIALIZED WORKSHOPS

**How to Prepare for and Apply to Teaching Credential Programs**
Thinking about becoming a teacher? This workshop is a general introduction to the application process for teaching credential programs (K-12). Offered through partnership with the UC Davis School of Education.

**How to Prepare for and Apply to Business School (MBA)**
This workshop is a general introduction to the business school (master's in Business Administration) application process.

**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.D.s, and research Ph.D.s. Find out which grad programs prepare you, and organized the information we need. We will discuss strategies to use prior to, during, and after lecture.

**Undergraduate Research and Grad School**
Explore the ways in which undergraduate research experiences prepare you for graduate school. Learn how to leverage this experience in your applications. Find out about undergraduate research opportunities and how to look for them. The workshop is offered through partnership with the Undergraduate Research Center, and facilitated by Elizabeth M. Nunez, Ed.D., Associate Director.

### SUCCESS COACHING AND LEARNING STRATEGIES

**Designing a Weekly Schedule**
Learn about time management. Offered through partnership with UC Davis’ School of Law! Learn about approaches to writing the personal statement, the role it plays in the application, and get tips from someone who works in admissions! Offered through partnership with King Hall.

**How to Write the Personal Statement for Law School**
Learn about the personal statement for law school, what it should cover, and how it works with other aspects of the application.

**Motivate Yourself to Action**
Feeling stuck? Let's take control and bridge the gap between where you are and where you want to be. Through reflection and action-oriented activities, we will motivate ourselves to action.

**Project Management**
Managing projects is a skill you can build out a plan that sets you and time management and design a project or complex assignment. Offered through partnership with Undergraduate Education and Advising in the College of Letters and Science.

**Going to Grad School for Psychology**
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**Task Management**
Having trouble juggling competing responsibilities and tasks? Let's discuss how to strike a better balance through prioritization and go to do lists.

### PRODUCTIVITY AND ORGANIZATION

**Communicating with Professors**
How to enhance your communication and building relationships with professors? We will discuss e-mail, office hours, and mentorship.

**Maximizing Lecture**
Let’s analyze the role of lecture—expectations, challenges, and opportunities—in our learning. We will discuss techniques to use prior to, during, and after lecture.

**Reading at the Research University**
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.

**Naming Your Purpose**
Search for purpose? Want support in exploring and naming your purpose? We will try connecting what you, what the world needs, what pays, and what you’re good at.

**Maximizing Lecture**
Let’s analyze the role of lecture—expectations, challenges, and opportunities—in our learning. We will discuss techniques to use prior to, during, and after lecture.

**Concentrating**
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.

**How to Prepare for and Apply to Law School**
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**How to Prepare for and Apply to Graduate School for International Students**
Explore how to prepare and apply for graduate study in a research or professional program as an international student. Offered through partnership with undergraduate education and advising in the college of letters and science.

**Project Management**
Managing projects is a skill you can build out a plan that sets you and time management and design a project or complex assignment. Offered through partnership with undergraduate education and advising in the college of letters and science.

**Study Smarter, Not Harder**
How do you know what you know? How can I become a better test taker? How can I manage test-induced anxiety? We will cover techniques for multiple exam formats (multiple choice, short answer, etc.).

**Financial Readiness**
Learn about time management and design a project or complex assignment. Offered through partnership with undergraduate education and advising in the college of letters and science.

**Thrive Versus Survive**
When you are and where you want to be. Through reflection and action-oriented activities, we will motivate ourselves to action.

**Mentorship**
We will discuss e-mail, office hours, and mentorship.

**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.

### STUDY SYSTEMS

**My Five-Year Plan(s)**
Join us in designing your next five years! We will be designing multiple five-year plans covering personal, professional, and academic goals. Options open! Mon 3/31 4:10 - 5 PM

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**Financial Readiness**
Learn the basics of money management and design a spending plan. We will also look for resources for reducing and monitoring expenses.

**Time Management**
Learn about time management and design a project or complex assignment. Offered through partnership with undergraduate education and advising in the college of letters and science.

**Life Design**
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.

**Effective Speaking**
Learn about time management and design a project or complex assignment. Offered through partnership with undergraduate education and advising in the college of letters and science.

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