<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>JANUARY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WINTER 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JANUARY 4</td>
<td>How to Write the Statement of Purpose 4:10 PM</td>
<td>Grad School 101 5:10 PM</td>
<td>Designing a Quarter Calendar 3:10 PM</td>
<td>Remember Me? Asking for Letters of Rec 1:10 PM</td>
</tr>
<tr>
<td>WEEK 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 2 11</td>
<td>Introduction to the GRE 2:10 PM</td>
<td>Designing a Weekly Schedule 2:10 PM</td>
<td>How to Write the Personal History Statement 3:10 PM</td>
<td></td>
</tr>
<tr>
<td>WEEK 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 3 18</td>
<td>Designing a Quarter Calendar 12:10 PM</td>
<td>Reading at the Research University 11 AM</td>
<td>Maximizing Lecture 11:00 PM</td>
<td>How to Write the CV or Resume for Grad School 1:10 PM</td>
</tr>
<tr>
<td>MARTIN LUTHER KING JR. DAY (Closed)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 4 25</td>
<td>Study Smarter, Not Harder 11 AM</td>
<td>Going to Grad School for Psychology 3:10 PM</td>
<td>How to Write the Statement of Purpose 2:10 PM</td>
<td>Task Management 12:10 PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Strategies for Test Taking 4:10 PM</td>
</tr>
<tr>
<td>FEBRUARY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 5 1</td>
<td>Interviewing for Grad School 4:10 PM</td>
<td>Focus and Concentration 2:10 PM</td>
<td>Designing a Weekly Schedule 12:10 PM</td>
<td>Thrive Versus Survive 3:10 PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WORKSHOPS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WORKSHOP LINK: <a href="HTTPS://ZOOM.US/MY/OEOESWORKSHOPS">HTTPS://ZOOM.US/MY/OEOESWORKSHOPS</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.
Tue 1/5 4:10 PM
Wed 1/27 2:10 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 1/22 1:10 PM
Thu 2/11 3:10 PM

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.
Thu 1/14 3:10 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! Students will practice common interview questions.
Mon 2/28 11 AM

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 1/11 2:10 PM

How to Prepare for and Apply to Law School
This workshop is a general introduction to the law school application process.
Wed 1/27 3:10 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 2/26 1:10 PM

So You’re Applying to Grad School Next Year!
This workshop is designed for students and alumni who are planning to apply to grad school next cycle: submit applications in Fall 2021 to begin a program in Fall 2022. Join us to learn about what you can be doing over the next few months to make the application process easier.
Wed 3/2 12:10 PM

Paying for Grad School
Join us for a workshop on how to pay 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.
Fri 3/12 12:10 PM

How to Prepare for MBA Programs
This workshop is a general introduction to the business school (Master’s in Business Administration) application process.
Wed 2/24 5:10 PM

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 what grad programs prepare you for specific career paths, including therapist, clinical psychologist, or professor of psychology, and how to prepare for them.
Tue 1/26 3:10 PM

How to Write the Law School Personal Statement
Learn about the personal statement for law school, what it should cover and how it works with other aspects of the application.
Wed 2/3 3:10 PM

Intro to the LSAT
This workshop introduces the Law School Admission Test (LSAT) and discusses study strategies and test-taking best practices.
Wed 2/10 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!
Wed 1/13 2:10 PM
Wed 2/3 12:10 PM
Thu 3/11 11 AM

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.
Thu 1/21 1:10 PM
Thu 2/25 11:10 PM

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.
Wed 1/20 11 AM
Tue 2/23 11 AM

Designing and Delivering Presentations
Presentations skills are useful in and outside the classroom. Come learn techniques for creating an effective presentation, as well as best practices for public speaking.
Tue 2/16 3:10 PM
Wed 3/3 11 AM

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.
Tue 2/2 2:10 PM
Mon 2/22 3:10 PM
Thu 3/9 12:10 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.
Thu 2/18 1:10 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.
Thu 2/25 11:10 AM

Thrive Versus Survive
Let’s examine our behaviors and habits to design action plans for changes we want to make to our study systems. What’s working, what could be working better?
Fri 2/19 2:10 PM
Fri 3/5 11 AM

Strategies for Test Taking
How can I become a better test-taker? How can I better manage test-induced anxiety? We will cover techniques for multiple exam formats (multiple choice, short answer, etc.).
Fri 1/29 4:10 PM
Fri 2/12 11 AM
Mon 3/8 11 AM

Task Management
Having trouble juggling competing responsibilities and tasks? Let’s discuss how to strike a better balance through prioritization and to-do lists.
Thu 1/28 12:10 PM
Fri 2/19 2:10 PM
Fri 3/5 11 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.
Mon 1/25 11 AM
Tue 2/9 4:10 PM
Thu 3/4 2:10 PM