

# WINTER 2019 WORKSHOPS

## OFFICE OF EDUCATIONAL OPPORTUNITY AND ENRICHMENT SERVICES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>JANUARY 7</b> <b>WINTER INSTRUCTION BEGINS</b> Designing a Weekly Schedule 4:10 - 5 PM	8 Study Smarter, Not Harder 11 - 11:50 AM	9	10 How to Write the Statement of Purpose 2:10 - 3 PM Designing a Weekly Schedule 3:10 - 4 PM	11 Maximizing Lecture 1:10 - 2 PM
WEEK 2	14 Financial Readiness 12:10 - 1 PM Grad School 101 3:10 - 4 PM	15	16 Communicating with Professors 11 - 11:50 AM How to Write the Personal History Statement/Diversity Statement 12:10 - 1 PM	17 How to Prepare for and Apply to Research Programs 11 - 11:50 AM The Law School Application Process 12:10 - 1 PM Reading at the Research University 1:10 - 2 PM	18 Focus and Concentration 2:10 - 3 PM
WEEK 3	21 <b>MARTIN LUTHER KING, JR. DAY HOLIDAY</b> Office Closed	22 How to Prepare for and Apply to Professional Master's 2:10 - 3 PM Project Management 3:10 - 4 PM	23 Strategies for Test Taking 4:10 - 5 PM	24 Naming Your Purpose 11 - 11:50 AM How to Write a CV for Graduate School 3:10 - 4 PM	25 Maximizing the GRE 1:10 - 2 PM Designing a Weekly Schedule 2:10 - 3 PM
WEEK 4	28 Reading at the Research University 12:10 - 1 PM Remember Me? How to Get Letters of Recommendation 4:10 - 5 PM	29 Maximizing Lecture 2:10 - 3 PM	30 Exploring the Gap Year 3:10 - 4 PM Study Smarter, Not Harder 4:10 - 5 PM	31	<b>FEBRUARY 1</b> Thrive Versus Survive 12:10 - 1 PM
WEEK 5	4 Motivate Yourself to Action 11 - 11:50 AM How to Prepare for and Apply to Law School 1:10 - 2 PM	5 Grad School 101 11 - 11:50 AM Focus and Concentration 1:10 - 2 PM	6 Upgrade Your Goal 12:10 - 1 PM Undergrad Research and Grad School 4:10 - 5 PM	7 Communicating with Professors 4:10 - 5 PM	8 How to Prepare for and Apply to Research Programs 1:10 - 2 PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	11 How to Prepare for and Apply to Professional Master's 3:10 - 4 PM Project Management 4:10 - 5 PM	12 Designing and Delivering Presentations 2:10 - 3 PM	13 Reading at the Research University 11 - 11:50 AM How to Prepare for and Apply to Teaching Credential Programs 12:10 - 1 PM How to Write the Statement of Purpose 4:10 - 5 PM	14 The Personal Statement 12:10 - 1 PM	15 How to Prepare for and Apply to Graduate School for International Students 12:10 - 1:30 PM Strategies for Test Taking 2:10 - 3 PM
WEEK 7	18 <b>PRESIDENTS' DAY HOLIDAY</b> Office Closed	19 Maximizing the GRE 2:10 - 3 PM Naming Your Purpose 4:10 - 5 PM	20 Thrive Versus Survive 2:10 - 3 PM	21 Financial Readiness 11 - 11:50 AM	22 Focus and Concentration 2:10 - 3 PM
WEEK 8	25 Motivate Yourself to Action 3:10 - 4 PM	26 Remember Me? How to Get Letters of Recommendation 11 - 11:50 AM Study Smarter, Not Harder 12:10 - 1 PM	27 Task Management 3:10 - 4 PM	28 Going to Grad School for Psychology 4:10 - 5 PM	<b>MARCH 1</b> Designing and Delivering Presentations 12:10 - 1 PM
WEEK 9	4 Study Smarter, Not Harder 11 - 11:50 AM	5 Motivate Yourself to Action 2:10 - 3 PM	6 How to Write the Personal Statement for Law School 12:10 - 1 PM Maximizing Lecture 1:10 - 2 PM How to Prepare for and Apply to Business School (MBA) 4:10 - 5 PM	7 Exploring the Gap Year 2:10 - 3 PM Task Management 4:10 - 5 PM	8
WEEK 10	11 My Five-Year Plan(s) 4:10 - 5 PM	12	13 My Five-Year Plan(s) 1:10 - 2 PM	14 Upgrade Your Goal 3:10 - 4 PM	15 <b>WINTER INSTRUCTION ENDS</b> Naming Your Purpose 12:10 - 1 PM
FINALS	18 Strategies for Test Taking 1:10 - 2 PM	19 Strategies for Test Taking 11 - 11:50 AM	20	21	22 <b>WINTER QUARTER ENDS</b>

## 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.

Thu 1/10 2:10 - 3 PM  
Wed 2/7 4:10 - 5 PM

### 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.

Thu 1/17 11 - 11:50 AM  
Fri 2/8 1:10 - 2 PM

### How to Prepare for and Apply to Professional Master's

Explore how to prepare for graduate study in a professional program (typically Master's). Learn about the application materials and process, including the statement of purpose, letters of recommendation, GRE, transcripts, and relevant experience.

Tue 1/22 2:10 - 3 PM  
Mon 2/11 3:10 - 4 PM

### 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.

Thu 1/24 3:10 - 4 PM

### 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.

Wed 1/16 12:10 - 1 PM

### Grad School 101

Are you thinking about grad school but don't know where to start? This workshop is for you! Discover the differences between Master's and Ph.D programs, and research and professional programs, as well as various factors to consider when choosing the type of program, including funding.

Mon 1/14 3:10 - 4 PM  
Tue 2/5 11 - 11:50 AM

### Maximizing the GRE

Get an introduction to the Graduate Record Examinations (GRE), including a breakdown of the different sections, study strategies, and test-taking practices.

Fri 1/25 1:10 - 2 PM  
Tue 2/19 2:10 - 3 PM

### Remember me? How to Get Letters of Recommendation

Get 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.

Mon 1/28 4:10 - 5 PM  
Tue 2/26 11 - 11:50 AM

### Exploring the Gap Year

Learn what a gap year is, reasons why to consider taking one or more, and what to do during that time to boost your applications.

Wed 1/30 3:10 - 4 PM  
Thu 3/7 2:10 - 3 PM

## 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.

Thu 1/17 12:10 - 1 PM

### How to Prepare for and Apply to Law School

Thinking about applying to law school? Find out about the application process in this workshop.

Mon 2/4 1:10 - 2 PM

### 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.

Thu 2/14 12:10 - 1 PM

### 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.

Wed 3/6 12:10 - 1 PM

## 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.

Wed 2/13 12:10 - 1 PM

### 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.

Wed 3/6 4:10 - 5 PM

### Undergrad Research and Grad School

Explore the ways in which undergraduate research experience prepares 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. This workshop is offered through partnership with the Undergraduate Research Center, and facilitated by Elizabeth M. Nuñez, Ed.D., Associate Director.

Wed 2/6 4:10 - 5 PM

### 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.

Fri 2/15 12:10 - 1:30 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 which grad programs prepare you for specific career paths, including therapist, clinical psychologist, or professor of psychology, and how to prepare for them. Offered through partnership with the Psychology Department advising team.

Thu 2/28 4:10 - 5 PM

## PRODUCTIVITY AND ORGANIZATION

### 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 1/7 4:10 - 5 PM  
Thu 1/10 3:10 - 4 PM  
Fri 1/25 2:10 - 3 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.

Fri 1/18 2:10 - 3 PM  
Tue 2/5 1:10 - 2 PM  
Fri 2/22 2:10 - 3 PM

### 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 reflective and planning activities, we will motivate ourselves to action.

Mon 2/4 11 - 11:50 AM  
Mon 2/25 3:10 - 4 PM  
Tue 3/5 2:10 - 3 PM

### Project Management

Managing projects is a skill you can apply in and out of the classroom. We will discuss how to identify, break down and schedule a large project or complex assignment.

Tue 1/22 3:10 - 4 PM  
Mon 2/11 4:10 - 5 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.

Wed 2/27 3:10 - 4 PM  
Thu 3/7 4:10 - 5 PM

## STUDY SYSTEMS

### Communicating with Professors

What are best practices for communicating and building relationships with professors? We will discuss e-mail, office hours, and mentorship.

Wed 1/16 11 - 11:50 AM  
Thu 2/7 4:10 - 5 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.

Fri 1/11 1:10 - 2 PM  
Tue 1/29 2:10 - 3 PM  
Wed 3/6 1:10 - 2 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.

Thu 1/17 1:10 - 2 PM  
Mon 1/28 12:10 - 1 PM  
Wed 2/13 11 - 11:50 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.).

Wed 1/23 4:10 - 5 PM  
Fri 2/15 2:10 - 3 PM  
Mon 3/18 1:10 - 2 PM (*finals week*)  
Tues 3/19 11 - 11:50 AM (*finals week*)

### 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.

Tue 1/8 11 - 11:50 AM  
Wed 1/30 4:10 - 5 PM  
Tue 2/26 12:10 - 1 PM  
Mon 3/4 11 - 11:50 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 2/1 12:10 - 1 PM  
Wed 2/20 2:10 - 3 PM

## 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.

Tue 2/12 2:10 - 3 PM  
Fri 3/1 12:10 - 1 PM

### Financial Readiness

Learn the basics of money management and design a spending plan. We also cover resources for reducing and monitoring expenses.

Mon 1/14 12:10 - 1 PM  
Thu 2/21 11 - 11:50 AM

### 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 3/11 4:10 - 5 PM  
Wed 3/13 1:10 - 2 PM

### Naming Your Purpose

Searching for purpose? Want support in exploring and naming your purpose? Let's try connecting what you love, what the world needs, what pays, and what you're good at.

Thu 1/24 11 - 11:50 AM  
Tue 2/19 4:10 - 5 PM  
Fri 3/15 12:10 - 1 PM

### Upgrade Your Goal

Bring a goal, leave with a solid plan. We are here to help you build out a plan that sets you up for goal achievement and success.

Wed 2/6 12:10 - 1 PM  
Thu 3/14 3:10 - 4 PM