### SPRING 2021 ONLINE WORKSHOPS

**OFFICE OF EDUCATIONAL OPPORTUNITY AND ENRICHMENT SERVICES**

**PLEASE VISIT THE LINK BELOW FOR THE ONLINE WORKSHOP.**

**HTTPS://ZOOM.US/MY/OEOESWORKSHOPS**

**PERSONAL MEETING ID: 530-752-4475**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>MARCH</td>
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<td>WEEK 1</td>
<td>Spring Instruction Begins</td>
<td>Grad School 101 5:10 PM</td>
<td>Designing a Quarter Calendar 3:10 PM</td>
<td>Study Smarter, Not Harder 1:10 PM</td>
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<td>Introduction to the GRE 2:10 PM</td>
<td>Future Grad Student Celebration! 4:10 PM</td>
<td>Strategies for Test Taking 11 AM</td>
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### FINALS

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<tr>
<td>MEMORIAL DAY</td>
<td>Office Closed</td>
<td>Focus and Concentration 12:10 PM</td>
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**OFFICE OF EDUCATIONAL OPPORTUNITY AND ENRICHMENT SERVICES**

**SPRING QUARTER ENDS**
**PRE-GRADUATE / LAW ADVISING**

**PRE-LAW WORKSHOPS**

**How to Prepare for and Apply to Law School**
This workshop is a general introduction to the law school application process.

**Wed 4/7 3:10 PM**

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

**Thur 4/29 11:10 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 4/29 2:10 PM**

**Introduction to the GRE**
This workshop introduces the Graduate School Examinations (GRE) and discusses study strategies and test-taking best practices.

**Mon 4/5 2:10 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.

**Wed 6/2 3:10 PM**

**Applying Next Cycle**
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.

**Thur 4/20 12:10 PM**

**Future Grad/Law Student Celebration!**
Congratulations to our students who were admitted to grad school for Fall 2021! Join us for a workshop on the next steps and preparing to enter your grad program.

**Wed 5/5 4:10 PM**

**SPECIALIZED WORKSHOPS**

**Accepted Student Panel**
Join us to hear from students who applied to grad school successfully this cycle! Students in public policy, clinical psychology, and other fields will share their journeys and offer tips about applying in this challenging time.

**Thur 5/6 3:10 PM**

**Designing a Quarterly Calendar**
Take control of the quarter system! By identifying project-level assignments and exams early you will learn how to better manage your workload.

**Fri 4/1 12:10 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 4/5 12:10 PM**

**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.

**Wed 5/5 3:10 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.

**Mon 5/3 2:10 PM**

**Mon 5/24 3:10 PM**

**Mon 5/17 12:10 PM**

**Mon 5/10 12:10 PM**

**Goal Setting**
Practice using the SMART goal framework to design a goal. We will also explore the positive emotion holds in helping us take action toward and achieve our goals.

**Thur 5/13 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.

**Mon 5/17 12:10 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.

**Mon 4/26 4:10 PM**

**Remember Me? Asking for Letters of Recommendation**
In this session you will learn about how to communicate and build relationships with potential letter writers.

**Mon 4/11 11:00 AM**

**Thrive Versus Survive**
Let’s analyze the role of positive emotion and engaging activities in helping us take action. We will also explore the role of positive emotion holds in helping us take action toward and achieve our goals.

**Wed 6/2 3:10 PM**

**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.).

**Mon 4/9 11:00 AM**

**Mon 4/23 4:10 PM**

**Mon 5/7 11:00 AM**

**SUCCESS COACHING AND LEARNING STRATEGIES**

**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.

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**How to Write the CV or Resume for Grad School**
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**Introduction to the GRE**
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**Fri 4/29 2:10 PM**

**How to Read the Calendar**
This workshop introduces the calendar system and discusses study strategies and test-taking best practices.

**Fri 5/20 5:10 PM**

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**Mon 5/7 11:00 AM**

**Thur Studymaster, 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 4/1 11:00 AM**

**Mon 4/19 11:00 AM**

**Tue 5/4 3:10 PM**

**Thur 5/27 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.

**Mon 4/5 3:10 PM**

**Thur 4/22 12:10 PM**

**Fri 5/14 2:10 PM**

**Fri 5/28 12:10 PM**

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**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?

**Tue 5/18 11:00 AM**

**Tue 5/25 11:00 AM**

**Fri 4/29 3:10 PM**