WINTER 2022 WORKSHOPS
OFFICE OF EDUCATIONAL OPPORTUNITY AND ENRICHMENT SERVICES

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CALENDAR KEY:
- **In-Person Workshop**: 114 South Hall
- **Virtual Workshop**: Zoom Link

For more info, visit opportunity.ucdavis.edu

No Registration Required
For Any Workshops

For more info, visit opportunity.ucdavis.edu
## GENERAL PREP FOR GRAD SCHOOL

### 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.

- Tues. 1/4 4:10 PM
- Wed. 1/26 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. 1/21 11:00 PM
- Thurs. 2/10 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.

- Thurs. 1/13 3:10 PM

### Intro to the GRE
This workshop introduces the Graduate Record Examinations (GRE) and discusses study strategies and test-taking best practices.

- Mon. 1/10 2:10 PM

### 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.

- Fri. 1/7 11:00 PM
- Tues. 2/1 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. 2/25 11:00 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, and research in psychology. Find out which graduate programs prepare you for specific career paths, including therapist, clinical psychologist, or professor of psychology, and how to prepare for them.

- Tues. 1/25 3:10 PM

### Interviewing for Grad School
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. 1/31 4:10 PM

### Grad School 101
Are you thinking about grad school but don’t know where to start? Discover the differences between Master’s and PhD 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. 1/5 10:00 PM
- Wed. 2/16 12:10 PM

### So You’re Applying to Grad School Next Year
Learn about the personal history statement.

- Tues. 3/1 4:10 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. 3/11 12:10 PM

## SPECIALIZED WORKSHOPS

### Communicating with Professors
Explore effective strategies for communicating with professors. Learn about the behavioral and social expectations that shape the professor-student relationship.

- Fri. 2/25 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. 1/3 11:00 AM
- Wed. 1/12 2:10 PM
- Thurs. 2/5 3:10 PM
- Thurs. 3/10 11:00 AM

### Designing and Delivering Presentations
Presentations skills are useful in and outside the classroom. Learn techniques for creating an effective presentation, as well as best practices for public speaking.

- Tues. 2/15 3:10 PM
- Wed. 3/2 11:00 AM

### So You’re Applying to Grad School Next Year
Learn about the personal history statement.

- Mon. 1/31 4:10 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.

- Tues. 2/1 2:10 PM
- Tues. 3/8 12:10 PM

### Maximizing Lecture
Let’s analyze the role of lecture—expectations, challenges, and opportunities—in our learning. We will discuss strategies to improve lecture-taking, including note-taking, participation, and test-related strategies.

- Thurs. 3/10 11:00 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. 1/28 10:00 AM
- Fri. 2/25 11:00 AM
- Mon. 3/3 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.

- Fri. 1/1 11:00 AM
- Mon. 1/14 3:10 PM
- Tues. 2/8 4:10 PM
- Thurs. 3/3 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. 1/27 12:10 PM
- Fri. 2/26 2:10 PM
- Fri. 3/26 11:00 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. 1/14 12:10 PM
- Wed. 2/2 12:10 PM

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**Workshop Key:**

- In-Person Workshop: 114 South Hall
- Virtual Workshop: Zoom Link

**For more info, visit:** [opportunity.ucdavis.edu](http://opportunity.ucdavis.edu)

**No Registration Required For Any Workshops**

VIRTUAL WORKSHOP LINK: zoom.us/my/oecessworkshops

PERSONAL MEETING ID: 530-752-4475