

IN-PERSON WORKSHOP:
114 South Hall

FALL 2022 WORKSHOPS

OFFICE OF EDUCATIONAL OPPORTUNITY AND ENRICHMENT SERVICES

VIRTUAL WORKSHOP LINK:
[zoom.us/my/oeoesworkshops](https://zoom.us/j/9080582828)
PERSONAL MEETING ID: 530-752-4475

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 0	SEPTEMBER 19 FALL QUARTER BEGINS Designing a Weekly Schedule 11:00 AM	20 Goal Setting 1:10 PM	21 Grad School 101 1:10 PM	22 Thrive Versus Survive 2:10 PM	23
WEEK 1	26 Letters of Rec 1:10 PM	27 Designing a Quarter Calendar 12:10 PM	28 Statement of Purpose 2:10 PM	29 Personal History Statement 2:10 PM Designing a Weekly Schedule 3:10 PM	30 Study Smarter, Not Harder 1:10 PM
WEEK 2	OCTOBER 3 Intro to the GRE 4:10 PM	4 Task Management 3:10 PM	5 Designing a Weekly Schedule 2:10 PM	6 Grad School for Psychology 12:10 PM	7 Strategies for Test Taking 1:10 PM
WEEK 3	10	11 Designing a Quarter Calendar 12:10 PM	12 Reading at the Research University 1:10 PM	13 Maximizing Lecture 11:00 AM	14 CV 2:10 PM
WEEK 4	17 Study Smarter, Not Harder 11:00 AM Personal History Statement 5:10 PM	18 Statement of Purpose 5:10 PM	19	20	21 Prepare for the Fair 12:10 PM Strategies for Test Taking 3:10 PM
WEEK 5	24	25 Focus and Concentration 2:10 PM	26	27 Thrive Versus Survive 3:10 PM	28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	31 Communicating with Professors 3:10 PM	NOVEMBER 1 Study Smarter, Not Harder 3:10 PM	2	3 Intro to the GRE 4:10 PM	4 Strategies for Test Taking 11:00 AM
WEEK 7	7 Designing and Delivering Presentations 3:10 PM	8 Letters of Rec 5:10 PM	9 Goal Setting 1:10 PM	10	11 VETERAN'S DAY
WEEK 8	14 Focus and Concentration 1:10 PM	15 Reading at the Research University 11:00 AM CV 5:10 PM	16	17 Grad School 101 11:00 AM Maximizing Lecture 1:10 PM	18
WEEK 9	21 MBA 12:10 PM Communicating with Professors 11:00 AM	22	23 Designing and Delivering Presentations 12:10 PM	24 THANKSGIVING	25 THANKSGIVING BREAK
WEEK 10	28	29 Focus and Concentration 3:10 PM	30 Strategies for Test Taking 2:10 PM Paying for Grad School 5:10 PM	DECEMBER 1 Designing a Weekly Schedule 11:00 AM	2 Gap Year 1:10 PM
FINALS	5	6	7	8	9

CALENDAR KEY:



In-Person Workshop : 114 South Hall



Virtual Workshop : Zoom Link

No Registration Required
For Any Workshops

PRE-GRADUATE / LAW ADVISING

SUCCESS COACHING AND LEARNING STRATEGIES

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.

Wed. 9/28 2:10 PM
Tues. 10/18 5:10 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. 10/14 2:10 PM
Tues. 11/15 5:10 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 9/29 2:10 PM
Mon. 10/17 5:10 PM

Intro to the GRE

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

Mon. 10/3 4:10 PM
Thurs. 11/3 4:10 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.

Mon. 9/26 1:10 PM
Tues. 11/8 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. 12/2 1:10 PM

Grad School 101

Are you thinking about grad school but don't know where to start? Discover the differences between Master's and 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.

Tues. 9/21 1:10 PM
Thurs. 11/17 11:00 AM

SPECIALIZED WORKSHOPS

Prepare for the Fair

Prepare for Graduate and Law School Info Day! Get suggestions for how to approach program representatives and what to ask them.

Fri. 10/21 12:10 PM

How to Prepare for the MBA Programs

This workshop is a general introduction to the business school (Master's in Business Administration) application process.

Mon. 11/21 12:10 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 which grad programs prepare you for specific career paths, including therapist, clinical psychologist, or professor of psychology, and how to prepare for them.

Thurs. 10/6 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.

Wed. 11/30 5:10 PM

SUCCESS WORKSHOPS

Communicating with Professors

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

Mon. 10/31 3:10 PM
Mon. 11/21 11:00 AM

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. 9/19 11:00 AM
Thurs. 9/29 3:10 PM
Wed. 10/5 2:10 PM
Thurs. 12/1 11:00 AM

Designing a Quarter Schedule

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

Tues. 9/27 12:10 PM
Tues. 10/11 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.

Mon. 11/7 3:10 PM
Wed. 11/23 12:10 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. 10/25 2:10 PM
Mon. 11/14 1:10 PM
Tues. 11/29 3:10 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.

Tues. 9/20 1:10 PM
Wed. 11/9 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.

Thurs. 10/13 11:00 AM
Thurs. 11/17 1:10 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. 10/12 1:10 PM
Tues. 11/15 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. 9/30 1:10 PM
Mon. 10/17 11:00 AM
Tues. 11/1 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.).
Fri. 10/7 1:10 PM
Fri. 10/21 3:10 PM
Fri. 11/4 11:00 AM
Wed. 11/30 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.

Tues. 10/4 3:10 PM

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?

Thurs. 9/22 2:10 PM
Thurs. 10/27 3:10 PM

