

TIPS 4 SUCCESS WORKSHOP SERIES

WEDNESDAYS, 12:00 - 12:50 P.M. | ELLEN STOWE DINING ROOM (GARLOCK DINING COMMONS)

Bring your lunch from Garlock and attend the workshop! Open to ALL students!



JANUARY 23

Making Time Work for You | Laura Scavo/Rhonda Lanni, from the Learning Center

A full course load can be overwhelming and finding time to meet your many obligations can be stressful. Take away simple pointers to help you complete everything with time to spare!



JANUARY 30

Knowing What's Important: Note Taking Methods | Laura Scavo, from the Learning Center

Capturing the important ideas of a class lecture can be difficult when professors have lecture styles of their own. An overview of various note taking styles and strategies may help you determine how best to approach notetaking in your current classes.



FEBRUARY 6

Leadership Through Spiritual Formation | Pastor G, from the Chaplain's Office

Leadership isn't only about what we do, it's also about who we are. Focus on practices that will help you grow in leadership by living from a place of authenticity.



FEBRUARY 13

Stress Ed | Emma Wolford, from the Counseling Center

Learn tools to manage your anxiety to maximize academic performance.



MARCH 6

What's Next? Going From Backpack to Briefcase | Kathleen Raniewicz, from Career Development

It's time to take your college knowledge, skills, and experience to the workplace! Are you graduating in May or seeking an internship? Learn about resumes, interviews, and the internship/career search process.



MARCH 13

College Success: From Students' Perspectives | Tabitha Arrendell & Student Panel, from Student Success

Learn from a panel of students about various topics such as self-care, changing your major, succeeding in your college experience and more.



MARCH 20

Tackling Tough Topics | Herb Alexander, from Multicultural Student Success

Learn the best practices for engaging others in dialogue when conversation focuses on sensitive or tough topics.



APRIL 3

Grit and Growth Mindset: Got grit? | Alayna Davison, from the Psychology Department: PsyD Graduate Student

Come learn how to overcome challenges, persevere no matter what and achieve your goals by developing grit.



APRIL 10

Healthy Relationships | Jennifer Aube, from the Psychology Department

Learn how to have healthy, thriving relationships with family and friends and be an excellent communicator.

Each student will receive one point for each workshop attended.

For every three points earned, students will be entered into a **drawing for a \$100 Amazon Gift Card!**

There will be a **drawing for a \$5.00 gift card** at each workshop! Open to ALL students.

For more information, contact Tabitha Arrendell at arrendell_tabitha@roberts.edu.



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