Sample UIIndy Secrets of Success (SOS) Workshops

Booting Up: Explore the information technology available to you at UIIndy. This workshop will show you how to access the UIIndy Intranet, your email account, student records (Self-Service), campus computer labs and give an overview of UIIndy’s online learning environment, ACE.

Expectations …: You are in college and you have your expectations – to earn a degree, make friends, and have fun. But what does college expect of you? This workshop will shed some light on what college – the professors and other staff members – expect from you as a student and part of the UIIndy family.

Foreign Language Tips: This workshop will provide information about the foreign language requirements and opportunities at UIIndy, some tips on how to learn a foreign language, and available resources for additional support.

How to Study Abroad: Are you thinking about studying abroad sometime during your years at UIIndy? Come to this workshop to learn the steps you need to take to prepare for your adventure!

Tipsy, Drunk or Dangerous?: What is alcohol poisoning? What are the signs and symptoms? Can you "sleep it off?" What should you do if you encounter someone who is experiencing these symptoms? Come to this workshop to learn the answers to these questions and more!

KML & Sease Wing: One-Stop Shopping For Research, Writing, & Technology Help: Are you aware of all of the services available to students in and around the Krannert Library? Come to this workshop to hear how the friendly folks at the Reference desk, Help Desk, Media Services, and the Writing Lab can help you to have a successful school year!

Where Does My Time Go?: Effective time management reduces stress and increases success, but the options can be overwhelming! This workshop will present some tips on how to find or create the system that works best for you.

R U Internet Safe?: Talking to classmates, researching assignments … everyone’s online quite a bit. But are you aware of how your online activity now may affect your job search when you graduate? Or place you at risk for identity theft and other crimes? Come learn about how you can protect yourself and your future while working and having fun online.

Succeeding on Essay Exams: Many college-level exams require essays. Come to this workshop to learn how to organize and write your essays. We will also discuss tips on how best to study for an essay exam.

UIInternships: Attend this session to learn how to begin the internship process and how to be a competitive candidate. We will explore how to maximize Job Hound Connect and other job boards, learn tips for winning resumes, interview techniques, and some basic expectations of internship positions.

Communicating with Professors: Effective communication with professors is a key to college success, but sometimes it can be intimidating for students to approach their professors. This workshop will give you some tips for making that communication a little easier.

Three Barriers to Learning and How to Overcome Them: Improve your learning efficiency and results through simple and powerful study skills you can use the rest of your life. Professor Byron Plexico will share information and techniques that have helped him be successful.
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Help! How do I survive this breakup?: College often involves a lot of life changes, and relationships are sometime a part of those changes. This workshop will discuss typical reactions and difficulties faced when a romantic relationship ends, and will present some ways to take care of yourself in the process of healing from a break-up.

Oral Presentations: We’ve all had to do it, but making a presentation in front of your classmates usually doesn’t rank high on our list of things we like to do, so we don’t always think about how to do it well – just how to get it done quickly. This workshop will provide some tips on how to make the presentation look good, flow smoothly and hopefully be a bit less stressful.

Majors, Minors and Making Plans!: Confused about your future? Get the big-picture perspective on academic decision-making at this workshop presented by the Office of Career Services.

Solving Roommate Issues: Learning to live with a roommate is often considered one of the “rites of passage” of a college experience. But what do you do when you have a major disagreement with your roommate? Or a minor problem that doesn’t go away? Come to this workshop for some tips and tricks on how to peacefully resolve issues.

Conquering the Blank Page: Often, the toughest part of writing a paper is getting started. Even if you manage to choose an appropriate topic, the anxiety caused by a blank page can be debilitating. In this workshop the Writing Lab offers help in finding/narrowing topics and combating “blank page anxiety.”

Regrouping after Midterms: Now is the time to face the reality of midterm grades that may not have been what you had expected or wanted. This workshop will help you re-focus and make an action plan for the rest of the semester.

Self Esteem: Becoming OK with you: The terms self-esteem and self-worth are tossed about in the media quite a bit, but how does it develop and change and why is it so important? This workshop will present information about what contributes to self-concept, along with transitions and pressures college students face. Ideas for maintaining a healthy self-image will also be discussed.

Career Advising 24/7: Do you want assurance that you are on the right path? Do you need help finding a major? Sigi3 can help and it's available when you are....24/7! Sigi3 is a quick assessment that surveys what is important to you about work, what you enjoy and are skilled at doing, and the kind of work people with your personality tend to be most satisfied doing. This workshop is designed to introduce you to the different aspects of the assessment and how to use the results to decide on a major or career.

Straight Talk About Sex: From all directions, there are messages in our society about sexual activity and sexual health. Many of these messages can be conflicting and confusing. This workshop, presented by the Student Health Center, will present facts and answer questions regarding this important, but often avoided, topic.

The Ins And Outs Of Successful Interviewing: You just don’t want to wing it! Come to this interactive workshop for some tips on making your first or next interview go smoothly, whether applying for a summer job, internship, or beginning career position.

Civic Engagement, Service Learning And Volunteeris: This workshop, presented by the Community Programs Center, will acquaint you with the different local, national, and international opportunities through which one can become engaged in the community. Students can also learn how to transfer volunteer hours onto
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their transcript and how to register for academic credit for Service Learning. This presentation is a part of an effort to support and encourage the University's motto Education for Service!

Test Taking Techniques: Ever "blank" or panic while taking a test? Do you approach every type of test the same way? This workshop will help students understand techniques for taking objective and essay tests, so that you can “show what you know” when it really counts.

Nutrition & Energy On the Go!: Classes, jobs, exercising, going out with friends … your schedule is busy … how do you eat healthy when you are in a hurry? What you eat can affect your physical and mental energy, as well as your weight and your body’s ability to resist infections. Come to this workshop, presented by the Student Health Center, for tips on healthy eating.

Interpreting Employee Benefits: Salary is only one part of most compensation packages. This workshop will present the different types of benefits that companies might offer, and give some tips on how to compare those benefits when considering job offers.

Test Anxiety: Successful performance on tests is a combination of knowledge, skill and confidence. Anxiety can unravel hours of study and preparation. This workshop will include strategies you can use to reduce test anxiety.