The Learning Commons, Student Disability Services, and CPS Dean's Office Academic Success Workshop Series Fall 2013 Schedule

Academic success workshops are open to all Regis students and are free of charge! Please register for workshops with The Learning Commons Administrative Assistant at <u>Learningcommons@regis.edu</u> or 303-964-6591. Please include your full name, email address and phone number.

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	Identify Your Learning Styles 4-5:30pm, Lowell Campus, Clarke #206.	4	5	6	7 Learning Fast and Smart in Accelerated Programs 9am- 12pm Lowell Campus, Clarke #139 Academic Writing 9am- 12pm Colorado Springs Campus
8	9	Time Management 4-5:30pm, Lowell Campus, Clarke #206.	11	12	13	Electronic Research Skills 9am- 12pm Lowell Campus, Library #310 Academic Writing 1-4pm Thornton Campus
15	16	Decoding the Assignment 4-5:30pm, Lowell Campus, Clarke #206.	18	19	20	"Preparing for Capstones (and Graduationand Life after Regis)" 9am- 12pm Lowell Campus, Clarke #139
22	23	Critical Reading and Writing 4-5:30pm, Lowell Campus, Clarke #206.	25	26	27	The A-B-C's of Designing Case Studies, Research Papers, and Projects 9am- 12pm Lowell Campus, Clarke #139

Tuesday, September 3rd, 4-5:30pm: Identifying Your Learning Styles

Alicia Diaz, CPS Affiliate Faculty, Lowell Campus, Clarke Hall Room 206

Do you learn best by listening, reading, doing, or interacting with others? Recognizing how you learn can help you be a more successful student. This workshop will help you identify your dominant learning style and provide suggestions about using that style to strengthen your success in classes.

Saturday, September 7th, 9am-12pm: Learning Fast and Smart in Accelerated Programs

Dr. Marie Fox, CPS Faculty, Lowell Campus, Clarke Hall Room 139

Regis accelerated courses pose a challenge for busy adults. Rise to that challenge and maximize your learning by acquiring study strategies that no one told you about or are rusty. Join Dr. Marie Fox, Regis faculty member, and learn the art of efficient and effective studying, comprehension, and retention. Dr. Fox will focus on speed reading, notation, planning study sessions, and using tutorial resources. For even better results, consider enrolling in additional Workshops on Writing, Electronic Research and A-B-C's of Designing Case Studies, Research Papers and Projects.

Saturday, September 7th, 9am-12pm: Academic Writing

Michael Garcia, CPS Affiliate Faculty, Colorado Springs Campus

Is academic writing a mystery to you? Does the thought of preparing a formal essay or an academic paper give you chills? Come learn from the expert, Michael Garcia, about how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Tuesday, September 10th, 4-5:30pm: Time Management

Joie Williams and Melissa Glorioso, Student Disability Services, Lowell Campus, Clarke Hall Room 206

How do you juggle your busy schedule? Everyone has 24 hours each day and 168 hours each week to eat, sleep, work, relax, exercise, attend class, and study. GRAB hold of your time! We'll teach you how to make daily, weekly and monthly schedules, learn how to utilize small blocks of time in an effective manner, and identify ideal study environments to eliminating distractions.

Saturday, September 14th, 9am-12pm: Electronic Research Skills

LeeAnn Wilmot, Regis University Librarian, Lowell Campus, Dayton Memorial Library Room 310

Do your Google searches lead you to the perfect articles, but for a price? Come learn how to find those same articles through Regis library databases at no cost, as well as how to maximize your online searching power. Paul Betty, Regis University Librarian, and research professional, will increase your knowledge of and skills with electronic databases.

Saturday, September 14th, 1-4pm: Academic Writing

Michael Garcia, CPS Affiliate Faculty, Thornton Campus

Is academic writing a mystery to you? Does the thought of preparing a formal essay or an academic paper give you chills? Come learn from the expert, Michael Garcia, about how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Tuesday, September 17th, 4-5:30: Decoding the Assignment

Kathy Goodkin, Writing Center & Tutoring Services, Lowell Campus, Clarke Hall Room 206

When you receive a writing assignment, do you wonder where to start? Have you ever been told that you "didn't answer the assignment?" In this workshop, participants will learn to read between the lines of academic writing assignments to decode instructors' expectations.

Saturday, September 21st, 9am-12pm: "Preparing for Capstones (and Graduation...and Life after Regis...)"

Linda Lange, CPS Faculty, Lowell Campus, Clarke Hall Room 139

You will graduate! But planning for your Capstone and your graduation is essential. In this Workshop, you will learn valuable information that will help you begin advance planning for your undergraduate business capstone project. The Workshop will also focus on planning for graduation, as well as life after Regis, including a review of career counseling services and discussion of options for graduate school. Facilitators will also aid you in preparing an application to Alpha Sigma Nu at Regis. Come and learn how to plan for a dynamic future.

The first two hours of the Workshop are especially designed for **all** CPS undergraduates who are interested in learning about career services, graduation applications, graduate school options, alumni services, and Alpha Sigma Nu. Between 11:00 a. m. and Noon, the Workshop focuses on preparation for the BA 493 A-B Business Research and Senior Capstone classes.

Tuesday, September 24th, 4-5:30pm: Critical Reading and Writing

RC Faculty, Lowell Campus, Clarke Hall Room 206

Across academic disciplines and professional environments, successful people have the ability to read a variety of texts carefully and critically. This workshop will help you strengthen your critical reading skills, enabling you to get more out of your classes and to feel more confident in your future career.

Saturday, September 28th, 9am-12pm: The A-B-C's of Designing Case Studies, Research Papers, and Projects

Dr. Marie Fox, CPS Faculty, Lowell Campus, Clarke Hall Room 139

Do you become excited, anxious, or a bit of both when planning case study analyses, designing studies for your Research Methods courses, and doing your Capstone project at the undergraduate and/or graduate levels? Does your head spin when trying to isolate an issue or topic? Do you wonder how people derive systematic answers to some perplexing questions? Learn a "tried and true template" for analyzing case studies, focusing on a project topic, and systematically completing a project. At the same time enjoy exchanging some collegiality with others in the Regis community. Join Dr. Marie Fox, Regis faculty member and design expert. This is a perfect complement to the Capstone and Beyond, APA Writing, and Statistics Made Simple workshops!

October 2013

Sun	Mon	Tue 1 Note Taking and Study Skills 4-5:30pm, Lowell Campus, Clarke #206.	Wed 2	Thu 3	Fri 4	Successful Networking Strategies in a Competitive Job Market 9am- 12pm Lowell Campus, Clarke #139 Academic Writing 9am- 12pm Colorado Springs Campus
6	7	Testing: Strategies for Success & Anxiety Management 4-5:30pm, Lowell Campus, Clarke #206.	9	10	11	Statistics Made Simple 9am- 12pm Lowell Campus, Clarke #138 Academic Writing 1-4pm Thornton Campus
13	14	15	16	17	18	Using American Psychological Association (APA) Guidelines 9am-12pm Lowell Campus, Clarke #138 Networking vs. Notworking 9am-12pm Lowell Campus, Clarke #378
20	21	22	23	24	25	26
27	28	29	30	31		

Tuesday, October 1st, 4-5:30pm: Note Taking and Study Skills

Malia Mullen, Tutoring Services, Lowell Campus, Clarke Hall Room 206

Regular attendance is only the first step to good grades. Class participation and study habits outside of the classroom also play critical roles in your academic success. This workshop will provide you with concrete note-taking and studying strategies; you will leave with a better understanding of how to maximize your time in and out of the classroom.

Saturday, October 5th, 9am-12pm: Successful Networking Strategies in a Competitive Job Market

Richard DelliVeneri, Career Services, Lowell Campus, Clarke Hall Room 139

Are you still hunting for jobs primarily by looking at positions posted online? Many new jobs are never advertised, and experts say that even though the job market is undeniably tough, there are more positions available than many people think. During this workshop, you will be given an opportunity to learn and practice some effective networking strategies that can give you the edge needed to tap into the hidden job market.

Saturday, October 5th, 9am-12pm: Academic Writing

Michael Garcia, CPS Affiliate Faculty, Colorado Springs Campus

Is academic writing a mystery to you? Does the thought of preparing a formal essay or an academic paper give you chills? Come learn from the expert, Michael Garcia, about how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Tuesday, October 8th, 4-5:30pm: Testing: Strategies for Success & Anxiety Management

Mary Pat Szutenbach, RHCHP Faculty, Lowell Campus, Clarke Hall Room 206

Does the word "test" make your heart race and palms sweat? Do you feel confident in your understanding of the subject, but can't seem to get the "A" you know you can achieve? This workshop will provide you with skills to manage and overcome test anxiety. Taking a multiple-choice test can be very different from a short answer exam, so we will also cover strategies to use during various test formats to help you take your upcoming test with confidence!

Saturday, October 12th, 9am-12pm: Statistics Made Simple

Dr. Marie Fox, CPS Faculty, Lowell Campus, Clarke Hall Room 138

Does the thought of numbers and statistics make your eyes glaze? Learn how to make sense of statistical expressions and interpretations. Find out how we actually apply statistics in daily decisions. We'll use pictures and stories to turn "sadistics" back into "statistics." Join Dr. Marie Fox, Regis faculty member and statistical pro, to learn how to make sense of statistics. This workshop is a wonderful way to prepare for your statistics course or brush up if you took the course a while back. The material will tandem nicely with the A-B-C's of Design, and will facilitate your use of references found in the Electronic Research session.

Saturday, October 12th, 1-4pm: Academic Writing

Michael Garcia, CPS Affiliate Faculty, Thornton Campus

Is academic writing a mystery to you? Does the thought of preparing a formal essay or an academic paper give you chills? Come learn from the expert, Michael Garcia, about how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Saturday, October 19th, 9am-12pm: Using American Psychological Association (APA) Guidelines

Dr. Kerry Mitchell, CPS Faculty, Lowell Campus, Clarke Hall Room 138

Is the APA a "big monster" idea? Come to this Workshop with Dr. Kerry Mitchell, CPS faculty member and APA expert if you need to know about the APA Guidelines in formatting, citing and researching your papers.

Saturday, October 19th, 9am-12pm: Networking vs. Notworking

CPS School of Management Affiliate Faculty Panel, Lowell Campus, Clarke Hall Room 378

Networking for professional success is a way of life. Your next boss should be ready to hire you before you need to be hired. Career success is more than finding a job, it is moving within an organization, getting things done and being recognized. The session will address how to plan and work within a network, how to add value to that network, and techniques for using personal (off-line) and online means to nurture them.

The panel will include the following affiliate faculty members: Dave Dolfinger has many years of experience in Human Recourses and Employee Outsourcing. Don Schierling has built a Banking career on connecting the right people to get things done. He has also helped many non-profits to put together people and resources to achieve a common goal, using networking strategies. Christina Azharian makes networking a way of life, using social and electronic media extensively to maintain an active network locally and at a distance. *This workshop will be capped at 20 participants so please make sure to RSVP at Learningcommons@regis.edu or 303-964-6591.

November 2013

Sat 2	Fri 1	Thu	Wed	Tue	Mon	Sun
9	8	7	6	· .	4	3
16 Effective Presentation Skills 9am- 12pm Lowell Campus, Clarke # 139	15	14	13	12	11	10
Academic Writing 9am- 12pm Lowell Campus, Clarke #139	22	21	20	19	18	17
30	29	28	27	26	25	24

Saturday, November, 16th, 9am-12pm: Effective Presentation Skills

Dr. Michael Zizzi, CPS Affiliate Faculty, Lowell Campus, Clarke Hall Room 139

Does even the thought of giving an oral presentation give you wobbly knees and quaking hands? Our communication expert, Michael Zizzi, will help you know how to give powerful, persuasive and compelling presentations for your courses and your employers.

Saturday, November 23rd, 9am-12pm: Academic Writing

Dr. Michael Zizzi, CPS Affiliate Faculty, Lowell Campus, Clarke Hall Room 139

Is academic writing a mystery to you? Does the thought of preparing a formal essay or an academic paper give you chills? Come learn from the expert, Michael Zizzi, about how to prepare and organize an effective academic paper and learn strategies for successful research writing.