The Learning Commons, Student Disability Services, and CPS Dean's Office
Academic Success Workshop Series
Spring 2014 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 Learningcommons@regis.edu or 303-964-6591. Please include your full name, email address, and phone number.

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
						Academic Writing **9am-12pm, Lowell Campus, Clarke #139.** **Academic Writing,** **9am-12pm, Colorado Springs Campus.**
19	20	21	22	23	24	25
						Learning Fast & Smart in Accelerated Programs **9am-12pm, Lowell Campus, Clarke #139.** **Academic Writing** **1-4pm,** **Thornton Campus.**
26	27	28	29	30	31	
		Note Taking & Study Skills **4:30-5:30pm, Lowell Campus, Clarke # 207.**				

Saturday, January 18th, 9:00am-12:00pm: Academic Writing
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 expert, Michael Zizzi, how to prepare and organize an effective academic paper and strategies for successful research writing.

Saturday, January 18th, 9:00am-12:00pm: 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 expert, Michael Garcia, how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Saturday, January 25th, 9:00am-12:00pm: Learning Fast and Smart in Accelerated Programs
Dr. Marie Fox, Regis 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, January 25th, 1:00pm-4:00pm: 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 expert, Michael Garcia, how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Tuesday, January 28th, 4:30pm-5:30pm: Note Taking and Study Skills
Malia Mullen, Tutoring Services, Lowell Campus, Clarke Hall Room 207
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.

February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
		Time Management **4:30-5:30pm, Lowell Campus, Clarke #207.**				**Preparing for UG Capstones, Graduation, and Life after Regis!** **9am-12pm, Lowell Campus, Clarke #139.**
9	10	11	12	13	14	15
		Test Taking Strategies for Success **4:30-5:30pm, Lowell Campus, Clarke #207.**				**The A-B-C's of designing Case Studies, Research Papers, and Projects** **9am-12pm, Lowell Campus, Clarke #139.** **Academic Writing,** **9am-12pm, Colorado Springs Campus.**
16	17	18	19	20	21	22
		Identifying Your Learning Styles **4:30-5:30pm, Lowell Campus, Clarke #207.**				**Using American Psychological Association (APA) Guidelines** **9am-12pm, Lowell Campus, Loyola #8.** **Academic Writing** **1-4pm, Thornton Campus.**
23	24	25	26	27	28	
		Effective Presentation Skills **4:30-5:30pm, Lowell Campus, Clarke #207.**				

Tuesday, February 4th, 4:30pm-5:30pm: Time Management
Dr. Joie Williams, Student Disability Services, Lowell Campus, Clarke Hall Room 207
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, February 8th, 9:00am-12:00pm: Preparing for UG Capstones, 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 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. Come and learn how to plan for a dynamic future.

*9-11am: The workshop provides information for all CPS undergraduates by presentations from career services, discussion on graduation applications, graduate school options, alumni services, and Alpha Sigma Nu.
*11am-12pm: The final hour focuses on preparation for the BA 493 A-B Business Research and Senior Capstone classes. Student may leave early if this last hour does not apply to him/her.

Tuesday, February 11th, 4:30pm-5:30pm: Test Taking Strategies for Success
Dr. Mary Pat Szutenbach, RHCHP Faculty, Lowell Campus, Clarke Hall Room 207
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, February 15th, 9:00am-12:00pm: The A-B-C's of Designing Case Studies, Research Papers, and Projects
Dr. Marie Fox, Regis 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? Join Dr. Marie Fox, Regis faculty member and design expert, and learn a "tried and true template" for analyzing case studies, focusing on a project topic, and systematically completing a project.

Saturday, February 15th, 9:00am-12:00pm: 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 expert, Michael Garcia, how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Tuesday, February 18th, 4:30pm-5:30pm: Identifying Your Learning Styles
Alicia Diaz, CPS Affiliate Faculty, Lowell Campus, Clarke Hall Room 207
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, February 22nd, 9:00am-12:00pm: Writing with APA (American Psychological Association) Guidelines
Kerry Mitchell, CPS Faculty, Lowell Campus, Loyola Hall Room 8
Is the APA a "big monster" idea? Attend this workshop with Kerry Mitchell, CPS faculty member and APA expert, if you need to know about APA guidelines in formatting, citing, and researching your papers.

Saturday, February 22nd, 1:00pm-4:00pm: 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 expert, Michael Garcia, how to prepare and organize an effective academic paper and learn strategies for successful research writing.

Tuesday, February 25th, 4:30pm-5:30pm: Effective PowerPoint Presentation Skills
Janet Colvin. CPS Affiliate Faculty, Lowell Campus, Clarke Hall Room 207
This course will engage you in a discussion of a 'top 10' list of PowerPoint design principles. Additionally, you'll learn strategies for using copyright-free images in your presentations. We'll provide tips on connecting with your audience and simplicity in slide creation.

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Electronic Research **9am-12pm,** **Lowell Campus,** **Library #310.**
2	3	4	5	6	7	8
						Statistics Made Simple **9am-12pm,** **Lowell Campus,** **Clarke #139.**
9	10	11	12	13	14	15
		Decoding the Assignment **4:30-5:30pm, Lowell Campus, Clarke #207.**				**Advanced Academic Writing** **9am-12pm,** **Lowell Campus,** **Clarke #139.**
16	17	18	19	20	21	22
		Distinguish Yourself: Resume & Cover Letters Workshop **4:30-5:30pm, Lowell Campus, Clarke #207.**				**Connecting the Dots: Creating the Big Picture of Your Career Path** **9am-12pm,** **Lowell Campus,** **Clarke #139.**
23	24	25	26	27	28	29
						Think like a Genius, **9am-12pm,** **Lowell Campus,** **Clarke #139.**
30	31					

Saturday, March 1st, 9:00am-12:00pm: Electronic Research Skills
Tom Riedel, Regis University Distance Service Librarian, Lowell Campus, Dayton Memorial Library Room 310
Do your Google searches lead you to 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. Tom Riedel, Regis University Distance Services Librarian and research professional, will increase your knowledge of and skills with electronic databases.

Saturday, March 8th, 9:00am-12:00pm: Statistics Made Simple
Dr. Marie Fox, Regis faculty, Lowell Campus, Clarke Hall Room 139
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 understand 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 ago.

Tuesday, March 11th, 4:30pm-5:30pm: Decoding the Assignment
Kathy Goodkin, Writing Center & Tutoring Services, Lowell Campus, Clarke Hall Room 207
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, March 15th, 9:00am-12:00pm: Advanced Academic Writing
Michael Zizzi, CPS Affiliate Faculty, Lowell Campus, Clarke Hall Room 139
Competent and effective academic writing is so important that this Advanced Academic Writing workshop will focus on the subtleties of good academic writing. Mike Zizzi will provide expert advice and expertise on this subject.

Tuesday, March 18th, 4:30pm-5:30pm: Distinguish Yourself: Resume and Cover Letter Writing
Richard Delliveneri, Career Services, Lowell Campus, Clarke Hall Room 207
This workshop will introduce you to the key aspects of writing a resume and cover letter that will get noticed by recruiters. In addition to the basics of formatting these self-marketing tools that are crucial to a successful job search, you'll also learn about developing accomplishment statements, which distinguish great resumes from the ordinary. Don't miss this workshop if you're serious about making yourself stand out among applicants for jobs and internships.

Saturday, March 22nd, 9:00am-12:00pm: Connecting the Dots: Creating the Big Picture of Your Career Path

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

If you find yourself unsure about the career path you want to pursue, plan to attend this program. We will explore elements of the career decision-making process and offer an opportunity for self-assessment to help you build the profile of your skills, interests, and values. We will also discuss the "planned happenstance" approach to career decision-making and navigating your career's journey. Join us for this interactive and informative session that can help you connect the "dots" of your education and background to a career plan that will enhance your opportunity for a more personally and professionally rewarding career.

Saturday, March 29th, 9:00 am-12:00pm: Think like a Genius

Eric Siler, Lowell Campus, Clarke Hall Room 139

Learners who attend this workshop will have a chance to explore their passions and interests and be guided by expert facilitators through an exciting program called the Roadmap to Success™. The Workshop engages, honors, and empowers participants to envision and create a world of possibilities and opportunities for themselves -- and it shows them how they can turn those possibilities into realities. Through this workshop, participants gain real insights into their own interests, passions, priorities, and goals.

Eric Siler is the Founder and Executive Director of the Think Like a Genius Foundation, dedicated to helping people realize their full potential by engaging them in a 3D symbolic-model building process developed by his brother, Dr. Todd Siler, while doing his doctoral work at MIT. Eric has an extensive background in marketing, management, business development, and fundraising.

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
						Effective Presentation Skills with and without PowerPoint **9am-12pm, Lowell Campus, Clarke #139.**
6	7	8	9	10	11	12
						Successful Networking Strategies for Today's Job Market **9am-12pm, Lowell Campus, Loyola # 8.**
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Saturday, April 5th, 9:00am-12:00pm: Effective Presentation with and without PowerPoint
Michael Zizzi, CPS Affiliate Faculty, Lowell Campus, Clarke Hall Room 139
Does even the thought of giving an oral presentation give you quaking knees and trembling hands? Our communication expert, Michael Zizzi, will help you know how to give powerful and compelling presentations for your courses and your employers both with and without PowerPoint.

Saturday, April 12th, 9:00am-12:00pm: Successful Networking Strategies for Today's Job Market
Richard Delliveneri, Career Services, Lowell Campus, Loyola Hall Room 8
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.