



STUDENT SUPPORT SERVICES

# 2019 FALL WORKSHOPS

Plan to attend at least two workshops this semester!  
To register call: 612-330-1311, email  
triosss@augsborg.edu or stop by our  
office in the Gage Center in Lindell Library, Suite 201.

## Welcome Back Open House

*Location: TRIO/SSS Office*

Friday, September 13:

1:00 pm - 3:00 pm

## Thrifty Traveler

*Location: OGC 100*

Tuesday, September 17:

3:45 pm - 4:45 pm

Wednesday, September 18:

4:30 pm - 5:30 pm

## "Boss Up & Change Your Life"

*Location: Riverside Room*

Tuesday, September 24:

3:45 pm - 4:45 pm

Wednesday, September 25

3:00 pm - 4:00 pm

## Kondo Your Harmful Learning Habits

Wednesday, October 2: 3:15 pm - 4:15 pm

*Location: OGC 100*

Thursday, October 3: 3:45 pm - 4:45 pm

*Location: LIN 301*

## RRR! Renew, Review, Refresh

Tuesday, October 15: 3:45 pm - 5 pm

*Location: OGC 100*

Wednesday, October 16: 3:15 pm - 4:30 pm

*Location: Riverside Room*

Thursday, October 17: 8:00 am - 9:15 am

*Location: OGC 100*

## Don't Just Survive College, Thrive!

*Location: Center for Wellness  
& Counseling*

Wednesday, October 23:

3:15 pm - 4:15 pm

## Internship Palooza

*Location: Hagfors 150B*

Tuesday, November 5:

4:00 pm - 6:00 pm

## End of Semester Celebration

*Location: TRIO/SSS Office*

Friday, December 13:

1:00 pm - 3:00 pm

# Workshop Descriptions

## ● Thrifty Traveler: ●

Interested in studying abroad? From Australia to Vietnam, come find out where your studies can take you! Don't think you can afford it? Don't worry – we'll be talking about funding as well. The Gilman scholarship is just one way you can win \$5,000-\$8,000.

- Get a jump start on your essays and your planning to see the world! ●

## ● "Boss Up & Change Your Life": ●

Take Lizzo's advice and join us in partnership with the Strommen Center to discuss how to get your Handshake and resume together before the Career and Internship fair. Not going to the fair? Not a problem! Having your Handshake account and resume

- updated is always a boss move. ●

## ● Kondo Your Harmful Learning Habits: ●

Are your grades sparking joy? Learn some rules to tidy up useless and harmful learning strategies and replace those with techniques that work to bring your A-game into the classroom. The first 25 people to attend will receive the book "The A Game:

- Nine Steps to Better Grades." Let those old, unhelpful habits go! ●

## ● RRR Sophomores! Renew (scholarship -if applicable- & commitment), Review (graduation plan), Refresh: ●

Don't enter your 2nd / sophomore year crusty (plus this workshop is required for Sophomore/2nd year students). Register for one of the 3 workshop times. This is a time for you to complete Scholarship/TRIO membership renewal and also make sure you are aware of the important information sophomores/second year students should know!

## ● Don't Just Survive college, Thrive!: ●

Feeling stressed, overwhelmed, or anxious are very common feelings for college students. Almost 1 in 5 students suffer from anxiety! Take some time to relax and join us in learning some helpful stress reduction techniques from Josh Kent from the

- Center for Wellness and Counseling. ●

## ● Internship Palooza: ●

Tired of hearing your TRIO/SSS advisor harp about applying for internships? Try hearing from a panel of local representatives about PAID spring and summer opportunities instead! Join us for this workshop where you will learn more about the

- value of internships, how to apply and deadlines to look out for. ●