

# **2023 SPRING WORKSHOPS**

\*\*You can sign up for workshops through Navigate. Talk to your TRIO advisor if you have questions

#### Welcome Back Open House

Fri, Jan. 13. 1-3pm in TRIO/SSS Lounge

Study Abroad & Away Fair (sponsored by CGEE)

Wed, Jan. 18. 10-2pm

Christensen Center Lobby

Learn about off-campus study programs available to Auggies, both abroad and in the USA. Programs range from a few weeks, to a semester, to a year, and there are opportunities that can work for every Auggie. Pick up brochures, ask questions, and get inspired!

Attend the Fair to Enter the Prize Drawing for one of three gift cards: Visa, Amazon, or Einstein's! Follow CGEE on Instagram to get some sneak peek fair information! @global\_auggies

# Handshake Profile and Job Searching 101 (sponsored by Strommen)

Wednesday, January 18th 4:30 p.m

#### <u>Learn How To Create a LinkedIn Profile (Sponsored by Strommen)</u>

Wednesday, January 25th 4:30 -5:45pm. Hagfors 351

## Gilman/Study Abroad

Tues, Jan. 31. 3:45-4:45-OGC 100

Wed, Feb. 1. 3:30-4:30-OGC 100

Augsburg students have received Gilman scholarships, totalling \$305,000? TRIO students continue to make up a big percentage of those winners! Learn more about how you can earn \$5,000-\$8,000 to study abroad!

## 3rd Year RRR Workshop

Tues, Feb. 7, 3:45-5pm-OGC 100

Wed, Feb. 8, 3:15-4:30pm -OGC 100

Thurs, Feb. 9, 8-9:15 am-OCG 100

This workshop is REQUIRED for Junior/3rd year students; so register for 1 of the 3 available workshop times. This workshop will help make sure you're on track to graduate. We'll be discussing the required Intent to Graduate process and other important timelines, so don't miss out!

## Valente's Winter Blanket Making

Tues, Feb. 14. 3:345-4:45pm

& Wed, Feb 15. 3:00-4:00pm

Join us on *El dia del amor y la amistad*, the day of love and friendship, as

**Lindell Library 202** 

Valentine's day is known in some countries, and spend some time with TRIO SSS

friends making a no-sew, tie-yourself, fleece blanket. Keep warm with it! It may make for a nice Valentine's day present.



## Alumni Networking Event

Thurs. Feb. 16, 6-8pm Hagfors Center

"...an evening that focuses on connecting current students with Auggie professionals. [It] will offer a diverse professional panel discussion followed by opportunities to listen, learn, and network..." (See the Alumni, Parents, and Friends' events website for more info)

## MN Private College Career Fair

Wed, Feb. 22 9:00-2pm- Convention Center

Sophomores, Juniors, Seniors - FREE to attend and Augsburg will have a free shuttle running to the center Registration will open via Handshake on 1/9/23

Cooking Fundamentals (sponsored by Sabo Center)

March 28, 4:30-6p, April 4th, 11th, and 18th 4:30-6pm Food Lab, Hagfors 108

Join Auggies at the Food lab for a 4-part class series called "Cooking Fundamentals." These workshop sessions are limited to 5 TRIO SSS students, on a first-come first-served sign up basis.

# Self-care Workshop

<u>Tues, April 4. 3:45-4:45- Lindell 202</u> <u>Wed, April 5. 3:30-4:30-Lindell 301</u>

Feeling stressed, overwhelmed, or anxious are very common feelings for college students. Almost 1 in 5 students suffer from anxiety! Take some time to join us in learning some helpful self-care and relaxation techniques that can help as you complete the semester and academic year!

#### End of Semester Celebration

Fri, April 21. 1-3pm-TRIO/SSS Lounge

Join us to celebrate your completion of the 2022-2023 academic year! We'll have treats and fun activities. Come stay, spend time with us and your peers, or just say hi. We look forward to seeing you!