

StudentLingo Student Success Workshops – Online, On-Demand

Log into your [GoCSN](#) portal, and click on the [My Coyote Success](#) tile.

ACADEMIC & CAREER EXPLORATION

Maximizing Your College Experience to Prepare For the Future - Today's college students need to seek "stretch experiences", seek feedback, and accelerate their career exploration to best connect class work to their future. This lively and engaging presentation will help students "live large" and actively engage in maximizing their college experience so they can succeed after graduation.

What It Takes To Be a Successful College Student - Research suggests that there are specific habits, attitudes, traits, and behaviors that contribute to student success. This interactive session will challenge you to think about how your thoughts, feelings and attitudes influence your success and how you can turn negative perceptions into positive experiences. This workshop will inspire you to become the master of your academic fate and to develop positive relationships with professors and campus resources.

Exploring Careers & Choosing a Major - While some students know exactly what they want to do when they graduate, a majority of college students (especially first-year) are at a loss when it comes to picking a major, much less a future career. This webinar provides you opportunities to assess your interests, skills, and talents and to then understand how your unique characteristics relate to careers.

Mastering the Job Interview - Looking for your first job after college can be stressful, especially if students are not prepared. Institutions of higher education need to help their students prepare now to job search later. This workshop will show students how to connect with the interviewer, express themselves confidently and distinguish themselves from other candidates. This workshop includes mock interviews that demonstrate both successful and unsuccessful interviews, as well as an action plan that students can use to prepare for future interviews.

Writing Effective Resumes & Cover Letters - Looking for your first job after college can be stressful, especially if students are not prepared. Institutions of higher education need to help their students prepare now to job search later. This workshop will show students how to create a more effective cover letter and resume that will stand out to potential employers. Students will learn how to organize the information, be concise, utilize effective action verbs and express themselves in a professional and effective manner.

Creating Your College Bucket List: Explore, Experience, Succeed - [A survey of 500 hiring managers](#) by recruitment firm Adecco found that a majority—66 percent—believe new college graduates are not prepared for the workforce after leaving college. What makes students successful in college and what supports them through to graduation and life after graduation is a conscious effort to maximize their potential. In order to truly maximize their higher education experience and prepare themselves for life after graduation, students need a different approach to college beyond the class-to-dorm-class-to-dorm experience. This video workshop shows students how to maximize their potential by taking a personal inventory of what success means to them and by showing students how to take advantage of the many "extra" opportunities that the college experience affords.

READING & WRITING STRATEGIES

Pre-Writing Techniques: Planning & Idea Development - The real work of writing a paper is in the generation and development of ideas prior to drafting. Using a narrative essay as the context, this workshop presents several methods of pre-writing designed to make the process of writing papers more effective.

Developing a Strong Thesis Statement - One of the most important ways to focus a piece of writing is by developing a clear thesis statement to provide direction and purpose to ideas. A thesis statement is one of the most important parts of a good essay, and writing a good one can be confusing. Using a narrative essay as the context, this workshop provides clear instructions for designing an effective thesis statement.

Drafting Introductions, Body Paragraphs & Conclusions - Once the work of prewriting is done, the process of drafting begins. Using the context of a narrative essay, this workshop explores how to draft an essay from introduction to conclusion.

The Revision Process: How to Proofread & Edit Your Writing - There are differences between the processes of revising and the processes of editing and proofreading. Both are important, but both have a different purpose. This workshop presents effective strategies for both stages of writing.

Reading Comprehension Strategies - Reading college textbooks requires a different level of engagement than reading books for enjoyment. Textbooks are often densely packed with information, and it is often hard to figure out what is important and what isn't. This workshop explores strategies to stay active with a text so that a reader can get the most out of a textbook (and stay awake while reading one!).

LEARNING TO LEARN

Discover Your Learning Style - How do you learn best? Are there ways to make your study time more effective and productive? This interactive workshop will help you discover your unique learning style and provide study strategies tailored just for you. Whether you learn best by seeing, hearing, or doing, you'll refine your skills and be better prepared to tackle the challenges of college courses!

Study Tips & Note-Taking Strategies: What Every College Student Should Know - You think you're ready for your first college exam, test, or quiz? This interactive session will provide you with proven reading, studying, and note-taking strategies for optimal performance in lectures and on exams. Facing the testing situation in college is inevitable. This workshop will show you a comprehensive system of reading, studying, and note-taking for demonstrating mastery of course material and showcasing to your professors what you have learned.

How to Reduce Test Anxiety - Do you think you're ready for your first college exam, test, or quiz? This interactive session will provide you with proven test-taking strategies. The workshop is divided into two parts. Part one will address test anxiety - what it is, how it affects you and what you can do to overcome it. The presenter will discuss practical strategies for examining the source of your difficulty and dealing with it in an effective manner. The second part will explain how you can prepare to take multiple choice tests. Many students believe that multiple choice tests will be easier than other types of tests but this is not the case. You will learn how multiple choice tests are typically created and how to apply specific test-taking strategies based on the style of the question.

Understanding & Avoiding Plagiarism - For professors who assign writing, one of the biggest problems they face is that their students plagiarize, either purposely or inadvertently. However, avoiding plagiarism isn't difficult, once you understand the basic rules of academic writing. This workshop will help you better understand what plagiarism is, and what you can do to avoid plagiarizing when you have a written assignment. In this session, you will learn what it means to quote, summarize and paraphrase appropriately, what types of information must be cited, and how citation systems work. By better understanding professor expectations in terms of using outside sources, you will be more confident using these sources in your own writing.

Learning Strategies Every Student Should Know - Excelling in college courses usually requires a different kind of studying than students did in high school. In order to excel, it's critical for students to understand the difference between studying and learning. One of the best ways to make sure that students are learning, and not just studying, is to introduce the concept of metacognition. This workshop walks students through the basics of metacognition. Using language that students will understand, the expert presenter explains how this concept can be integrated into study strategies and ultimately how it can help students move up Bloom's Taxonomy from lower level to higher level learning.

Exam Preparation Tips & Test-Taking Strategies - Taking tests typically strikes fear, anxiety, and sometimes panic in the hearts of many students. During this session, the presenter will discuss strategies that give students the best chance of alleviating fear and passing those exams. This workshop will explain the difference between studying and learning, demonstrate a 5 step exam preparation process, and provide specific strategies for multiple choice, essay, and final exams. Students will leave with specific test-taking strategies, which can be applied immediately in order to succeed during their next exam.

How to Overcome Math Anxiety - This workshop is designed to help math students understand and ultimately overcome math anxiety. Students will learn how to identify the physiological and emotional aspects of math anxiety and the negative impact that results. This workshop also addresses the ways to cope with math anxiety so that students can gain the most success in this area. In addition, the proper steps that can be taken to avoid math anxiety before it inhibits a student will be discussed.

How to Succeed in Math - This workshop is designed to help students achieve maximum success in their math classes. Techniques that will help students be prepared and confident are outlined in detail. Concepts such as proper note-taking and study techniques, test preparation, comprehension versus memorization, avoiding procrastination and fully utilizing the resources available are discussed and many examples are provided.

10 Habits of Mind for College Success - A wide variety of factors contribute to student success and achievement during the college years and beyond. Research suggests that student success and engagement are influenced as much by certain attitudes, and predispositions as by particular skill sets and levels of preparedness--in other words, Habits of Mind. These habits have the potential to shape both academic and social engagement, and lifelong success. This Student Lingo will explore the ten habits of mind that promote the psychological mindsets and behaviors that cultivate success in college and in life.

The Difference between High School and College - This interactive video helps students to fully understand the new environment in which they will be living and learning. Providing them with a keen understanding of the environment of higher education, it offers students insight into their professors' vantage point, an appreciation for their responsibilities within the new community, and an understanding of the academic expectations of higher education.

As students transition from high school to college, they are challenged to rethink their attitudes and behaviors related to learning. Students who learn these adjustment strategies and who periodically reflect on these attitudes and behaviors, have an easier time making the necessary changes in order to meet the increased academic demands of college. This interactive video will help students clarify their responsibilities as college students and learn what professors and administrators expect of them both in and out of the classroom. Students will be challenged to think about how they will handle meeting the heightened academic expectations of higher education, and as a result, will feel more prepared as they join this scholarly community.

Information Literacy: How to Master College Research - Students will identify why Information Literacy skills are important to their college research and their future careers. Students will distinguish between information sources, investigate credibility of sources and determine appropriateness of sources for their information needs.

According to the 2013 AACU Leap Survey of Employers, employers are looking to hire new employees that have many cross-cutting essential skills. One of those skills is Information Literacy which includes the ability to determine the need for outside information, where to go to search for that information, how to most effectively search for that information, how to cite that information appropriately, and most importantly, how to evaluate what they find to determine its worth and credibility. Information Literacy skills must be honed during a learner's college career so that they can be intelligent consumers of information. The skills used during college for research papers and projects carry over to the learner's professional careers. This workshop will

help learners understand what it means to be information literate and why it is so important. They will become familiar with types of information sources (books, journal articles, websites, blogs, social media), their similarities and differences and how they might best make use of these different types of sources in their research. Learners will also become familiar with resource evaluation criteria and how they can best apply that criteria and incorporate it into their everyday thinking when doing research for work or school or even for their personal internet searching.

Academic Integrity: The Do's and Don'ts - The concept of academic integrity, to pursue one's education in an honest and responsible manner, lies at the very heart of any college, and the lack of academic integrity can have significant consequences for students and can impact the campus and the community. Thus, it is imperative that the concept be fully understood in terms of its definition, who it hurts, and why we should care. Academic dishonesty can take different forms, including cheating, plagiarism, and computer abuse, but it has many other forms as well. This workshop is an opportunity to review ethical standards which will empower students to practice both personal and academic honesty and to better understand academic and campus cultures with regard to academic integrity. It is designed to help students learn about academic dishonesty in various forms, how to improve time management, and how to seek out campus resources so students can make better choices with regards to academic integrity.

PERSONAL MANAGEMENT

Time Management: Strategies for Success - The various aspects of college life place many demands on your time. Psychologists have studied time management practices extensively and have concluded that effective time management practices have a significant influence on college achievement. Consider that academic achievement takes time and you have to complete a large number of tasks in a short period of time. You may feel overwhelmed and stressed, thus leading you to consider how you might manage your time more effectively. This session will help you do just that: manage your time and behavior, so that you can achieve academically and still have some room for fun.

Overcoming Procrastination: Causes & Cures - Inextricably linked to time management and academic goal setting are the concepts of motivation and procrastination. Students may be able to motivate themselves to the point where they've planned how they'll use their time, and they've even clearly set the academic goals they'd like to achieve, yet many just don't follow through and use their schedules, even though they made them. They just can't seem to get motivated. Why is this? What is motivation exactly? How does procrastination affect motivation? In this session, you will learn strategies to combat procrastination and ways to get motivated to reach your goals and achieve academically.

Financial Literacy: Smart Money Skills for College & Beyond - Every college student wants to become financially independent, but often does not know where to begin. This workshop will guide students through ten essential money management skills necessary to take a more active role in managing their finances. Students will learn ten essential money management skills that will help them begin to manage their money responsibly and to plan for the future.

Stress Management Techniques: How to Minimize Stress in College - This workshop provides an overview of the dimensions of wellness and how they impact the everyday choices students make about their health and their overall level of well being. Areas covered include: physical health, emotional health, intellectual health, spiritual health, and social health. An explanation of how each of these "ingredients" when combined together, help in forming a balanced student. Within each of these dimensions, there is a further breakdown of information. These areas include: fitness, nutrition, sleep, stress management, substance use/abuse, depression/anxiety, relationships, getting involved in groups/organizations and studies.

Navigating the Financial Aid Process - This workshop will present an overview of the application process for federal student financial aid and other important steps for financing a college education. The presenter will walk students through the top 10 steps to staying on top of the financial aid process.

Improving Student-Faculty Relationships - Developing a good relationship with faculty members can be the key to a student's success. During this session, the presenter will discuss strategies that will help students make valuable connections with faculty to improve the overall teaching and learning experience. This workshop will explain the difference between high school teachers and college faculty, ways to demonstrate enthusiasm and interest, how to respectfully communicate with faculty, and behaviors to avoid.

How to Develop Your Cross-Cultural Skills - This workshop will help students develop a mindset of inclusiveness, which is a conscious commitment to engage and include everyone's perspectives and different talents and to value and incorporate everyone's unique contributions. Students will learn how to increase their cultural responsiveness by gaining insight into their own values and by evaluating their perceptions about those who are different from them. In addition, they will identify strategies for becoming more culturally responsive and inclusive, which will help them to be more

effective in the important conversations and decisions they are involved in now and in the future.

Setting & Accomplishing Realistic Goals - Students aren't born knowing how to set effective goals, but it is a skill that can be taught. Goal-setting is an important behavior management skill that can support students to sustain motivation and achieve success. According to research in business and general psychology, goal-setting works to help individuals focus efforts, stay motivated, and prolong persistence (Weinberg and Gould, 2010). This interactive workshop is designed to help students understand the goal-setting process and implement it as a tool to reach their potential and achieve their educational goals.

How to Achieve Well-Being, Balance & Success - When students know how to care for their personal well-being they are better equipped to adapt and thrive in the college environment. By identifying college transition and adjustment issues connected to the dimensions of well-being, students can feel intellectually alert, emotionally stable, and physically strong. This workshop helps students develop a sense of well-being that will allow them to embrace change, take action toward their dreams, and live a life of integrity.

Emotional Intelligence: The Other Key to Academic Success - This video explores emotional intelligence - the key skills, abilities, and competencies that help you to be effective in your life and career and to solve problems in your emotional life. Students will gain insight into the dimensions of self-awareness, self-management, self-regulation, and motivation. Students will examine the two components of Emotional Intelligence - personal competence and social competence – and will learn strategies to increase their Emotional Intelligence

Mental Health & Suicide: Helping Yourself & Others - Many students struggle with depression and anxiety every day and have mental health issues that interfere with their ability to succeed academically, personally, and socially. Do you know the signs of a mood or anxiety disorder? Would you know how to intervene if a friend were suicidal? This video will review signs of several common mental health issues and what practical steps to take to respond to a mental health crisis and make mental health referrals.

ONLINE LEARNING

10 Tips for Success in Your Online Course - As online courses grow in offerings and popularity, it is important to address the retention concern. Institutions of higher education need to help their students prepare for the unique challenges of this delivery format and equip them with strategies for success. This workshop will show students how to determine if online learning is right for them, review courses requirements, define study schedules and good study spots, communicate with their instructor, and manage their time. The presenter will cover 10 key strategies that will prepare students for online learning and help them succeed in their courses.

Effectively Communicating Online: Reading & Writing Strategies - Communication is key, especially when it pertains to online learning. This workshop will focus on how students can communicate in an online classroom to maximize teaching and learning. The presenter will discuss ways in which an online classroom differs from a more traditional face-to-face classroom and how students need to communicate differently online. Students will learn how to write discussion postings, follow explicit directions, and respond to other students and faculty members via email. Students will leave with specific reading and writing strategies, which will allow them to effectively communicate online.

How to Stay Motivated & Disciplined in an Online Course - Taking online classes can be very convenient for many students. However, many online students lack what is essential for success in an online class: time management skills, discipline, and motivation. This workshop provides several practical tips and strategies students can use to stay focused and motivated while taking classes online. The presenters will discuss how to establish a study schedule, the importance of finding an ideal study space, and how to set goals and stay organized throughout the semester. In addition, students will learn how to gain support from family and friends and how to develop a relationship with their classmates and instructor.

Taking Tests Online: Strategies for Success - Online classes present unique challenges, particularly when taking tests. This workshop provides strategies that will help students be more successful when taking online tests. The presenters provide practical and effective strategies that students can use to prepare for taking a test, as well as strategies they can use during the test. In addition, students will learn how to use the test results and instructor feedback to improve their future performance.

SUCCESS STRATEGIES

Student Veterans: How to Succeed in College - Student veterans will get a personal walk through on how to apply at the college of your choice, what to do before classes start, and how to succeed that very important first semester. It also will educate campus faculty and staff on how the student veteran approaches success.

This video workshop will help student veterans understand the processes of applying for college and how to succeed in that very important first semester, as research shows that the first semester is critical for student veterans to become a graduated veteran. The workshop will discuss tips on the process of transferring in credits and how to get transfer credits approved and recommend staff members who will provide much needed support for success in college.

These suggestions and others, including tips on how to prepare for the first day of class, how to study, and how to prepare for tests, will help build the necessary foundation for success in college. Finally, this workshop will review some of the unique issues you may face with the civilian student population and the faculty, who often times don't understand the level of discipline or the hardships that you have experienced.

Success Strategies for First Generation Students - This session provides practical steps first-generation college students can take to be successful in college. Students will also be provided with tips on what they can do to be prepared for life after college, whether they choose to go straight into the world of work or to continue their education.

First-generation college-goers experience a variety of challenges as they enter and move through higher education. In fact, much of the existing research indicates that students whose parents did not attend college are more likely than their non-first-generation counterparts to be less academically prepared for college, to have less knowledge of how to apply for college and for financial assistance, and to have more difficulty in acclimating themselves to college once they enroll (Tym, et al., 2005). As such, educational institutions ought to provide first-generation college students with the information and guidance they need to understand how to prepare for and select the right college to attend, how to successfully persist in college, and how to prepare for life after college. The goal of this session is to provide first-generation students with key tips on how to be successful in college.

Leading as a Student Athlete In & out of the Classroom - Competition to become an elite student-athlete is very intense, and very few achieve that status. Therefore, it becomes extremely important to create a concurrent or alternative path to meet your life's ambitions. This session addresses multiple dimensions in the lives of successful student-athletes, and how this information leads to balance in their lives on campus, in the classroom and in athletics.
