

SPRING 2020 ONLINE WORKSHOPS

OFFICE OF EDUCATIONAL OPPORTUNITY AND ENRICHMENT SERVICES

PLEASE VISIT THE LINK BELOW FOR THE ONLINE WORKSHOP.

[HTTPS://ZOOM.US/MY/OEOESWORKSHOPS](https://zoom.us/my/OEOESWORKSHOPS)
PERSONAL MEETING ID: 530-752-4475

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MARCH 30 SPRING INSTRUCTION BEGINS Designing a Quarter Calendar 11 AM	31 Designing a Weekly Schedule 1:10 PM You've Been Admitted, Now What? 4:10 PM	APRIL 1 Designing a Weekly Schedule 3:10 PM	2 Designing a Quarter Calendar 2:10 PM Grad School 101 4:10 PM	3
WEEK 2	6 Study Smarter, Not Harder 1:10 PM	7 Task Management 2:10 PM	8 Strategies for Test Taking 11 AM	9 Reading at the Research University 3:10 PM	10
WEEK 3	13 How to Prepare for and Apply to Law School 11 AM Maximizing Lecture 2:10 PM	14 How to Write the Statement of Purpose 12:10 PM Maximizing the LSAT 1:10 PM Strategies for Test Taking 4:10 PM	15	16 Study Smarter, Not Harder 11 AM	17 Remember me? Asking for Letters of Rec 1:10 PM Thrive Versus Survive 2:10 PM
WEEK 4	20 Maximizing the GRE 2:10 PM Communicating with Professors 3:10 PM	21 Maximizing Lecture 11 AM	22 Focus and Concentration 3:10 PM	23 Gap Year 3:10 PM	24 Designing a Weekly Schedule 1:10 PM
WEEK 5	27 Designing a Quarter Calendar 11 AM	28 Strategies for Test Taking 2:10 PM How to Write the Personal History Statement 4:10 PM	29 How to Prepare and Apply to Grad School for International Students 4:10 PM	30	MAY 1 Study Smarter, Not Harder 12:10 PM Grad School 101 1:10 PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	4 Reading at the Research University 1:10 PM How to Write the CV or Resume for Grad School 2:10 PM	5 Focus and Concentration 4:10 PM	6 Task Management 2:10 PM	7	8 Designing and Delivering Presentations 2:10 PM
WEEK 7	11 How to Write the Statement of Purpose 11 AM Goal Setting 3:10 PM	12 Thrive Versus Survive 11 AM GRE Verbal Workshop 4:10-6 PM	13	14 Maximizing Lecture 1:10 PM Maximizing the GRE 2:10 PM	15 Study Smarter, Not Harder 1:10 PM
WEEK 8	18 Strategies for Test Taking 4:10 PM	19 Remember Me? Asking for Letters of Rec 2:10 PM Communicating with Professors 3:10 PM	20 Reading at the Research University 1:10 PM	21 Goal Setting 2:10 PM How to Prepare for MBA Programs 3:10 PM	22
WEEK 9	25 MEMORIAL DAY Office Closed	26 Study Smarter, Not Harder 11 AM GRE Writing Workshop 4:10-6 PM	27 Maximizing the Gap Year(s) 12:10 PM Focus and Concentration 2:10 PM	28 Task Management 3:10 PM	29 Designing a Weekly Schedule 2:10 PM
WEEK 10	1 JUNE Goal Setting 11 AM Going to Grad School for Psychology 4:10 PM	2 Designing and Delivering Presentations 1:10 PM	3 Strategies for Test Taking 3:10 PM Future Grad/Law Student Reception 4:30-6 PM	4 SPRING INSTRUCTION ENDS Focus and Concentration 4:10 PM	5 FINALS BEGIN
FINALS	8	9	10	11 SPRING QUARTER ENDS	12

PRE-GRADUATE / LAW ADVISING

GENERAL PREP FOR GRAD SCHOOL

Grad School 101

Are you thinking about grad school but don't know where to start? Discover the differences between Master's and Ph.D programs, and research versus professional programs in this workshop, as well as various factors to consider when choosing the type of program, including funding.

Thu 4/2 4:10 PM
Fri 5/1 1:10 PM

How to Write the Statement of Purpose

This workshop covers the elements that are typically included in the statement of purpose, as well as strategies to strengthen the essay.

Tue 4/14 12:10 PM
Mon 5/11 11 AM

Remember Me? Asking for Letters of Rec

This workshop provides helpful tips for getting letters of recommendation for graduate school, including who to ask, how to ask, when to ask, and how to build relationships with potential letter writers.

Fri 4/17 1:10 PM
Tue 5/19 2:10 PM

Maximizing the Gap Year(s)

This workshop explains what a gap year is, reasons why to consider taking a gap year, and what to do during that time.

Thu 4/23 3:10 PM
Wed 5/27 12:10 PM

How to Write the Personal History Statement

Learn about the personal history statement required by some graduate schools, including most UCs. Explore how to maximize this essay, sometimes called the diversity statement, and brainstorm about which topics to write about.

Tue 4/28 4:10 PM

How to Write the CV or Resume for Grad School

Learn how to write a curriculum vitae, how it is different from a resume, and what role it plays in the application process.

Mon 5/4 2:10 PM

GRE PREP

Maximizing the GRE

This workshop introduces the Graduate Record Examinations (GRE) and discusses study strategies and test-taking best practices.

Mon 4/20 2:10 PM
Thu 5/14 2:10 PM

GRE Verbal Workshop

Are you taking the GRE this winter? Join us for a workshop on strategies specifically for the verbal section. We will go over practice questions and prompts.

Tue 5/12 4:10-6 PM

GRE Writing Workshop

Are you taking the GRE this winter? Join us for a workshop on strategies specifically for the writing section. We will go over practice questions and prompts.

Tue 5/26 4:10-6 PM

PRE-LAW WORKSHOPS

How to Prepare for and Apply to Law School

This workshop is a general introduction to the law school application process.

Mon 4/13 11 AM

Maximizing the LSAT

This workshop introduces the Law School Admissions Test (LSAT) and discusses study strategies and test-taking best practices.

Tue 4/14 1:10 PM

SPECIALIZED WORKSHOPS

How to Prepare for and Apply to Grad School for International Students

Explore how to prepare and apply for graduate study in a research or professional program as an international student. Offered through partnership with Undergraduate Education and Advising in the College of Letters and Science.

Wed 4/29 4:10 PM

How to Prepare for MBA Programs

This workshop is a general introduction to the business school (Master's in Business Administration) application process.

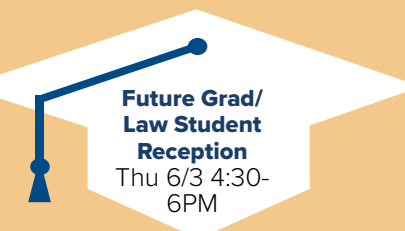
Mon 6/1

Thu 5/21 3:10 PM

You've Been Admitted, Now What?

Have you been admitted to grad programs with competing financial support offers? Join us for a workshop where we discuss different elements to consider as you make your choice about where to attend grad school!

Tue 3/31 4:10 PM



**Future Grad/
Law Student
Reception**
Thu 6/3 4:30-6PM

**If you've been
recently admitted to
Grad/Law School,
come join us to
celebrate!**

SUCCESS COACHING AND LEARNING STRATEGIES

Communicating with Professors

What are best practices for communicating and building relationships with professors? We will discuss e-mail, office hours, and mentorship.

Mon 4/20 3:10 PM
Tue 5/19 3:10 PM

Designing a Quarter Calendar

Take control of the quarter system! By identifying project-level assignments and exams early you will learn how to better manage your workload.

Mon 3/30 11 AM
Thu 4/2 2:10 PM
Mon 4/27 11 AM

Designing a Weekly Schedule

Learn about time management strategies through designing a weekly calendar or making improvements to an existing schedule. Feel good about your 24 hours, 7 days a week!

Tue 3/31 1:10 PM
Wed 4/1 3:10 PM
Fri 4/24 1:10 PM
Fri 5/29 2:10 PM

Designing and Delivering Presentations

Presentations skills are useful in and outside the classroom. Come learn techniques for creating an effective presentation, as well as best practices for public speaking.

Thu 4/30 1:10 PM
Fri 5/8 2:10 PM
Tue 6/2 1:10 PM

Focus and Concentration

Explore ways to increase focus and concentration, including strategies to help you stay on task. You will have a chance to reflect on your common distractions and problem solve.

Wed 4/22 3:10 PM
Tue 5/5 4:10 PM
Wed 5/27 2:10 PM
Thu 6/4 4:10 PM

Goal Setting

Practice using the SMART goal framework to design a goal. We will also explore the power that positive emotion holds in helping us take action toward and achieve our goals.

Mon 5/11 3:10 PM
Thu 5/21 2:10 PM
Mon 6/1 11 AM

Maximizing Lecture

Let's analyze the role of lecture—expectations, challenges, and opportunities—in our learning. We will discuss strategies to use prior to, during, and after lecture.

Mon 4/13 2:10 PM
Tue 4/21 11 AM
Thu 5/14 1:10 PM

Reading at the Research University

Read to remember! Explore active techniques for engagement and efficiency. We will practice concept mapping as a way to capture and organize the information we read.

Thu 4/9 3:10 PM
Mon 5/4 1:10 PM
Wed 5/20 1:10 PM

Strategies for Test Taking

How can I become a better test taker? How can I better manage test-induced anxiety? We will cover techniques for multiple exam formats (multiple choice, short answer, etc.).

Wed 4/8 11 AM
Tue 4/14 4:10 PM
Tue 4/28 2:10 PM
Mon 5/18 4:10 PM
Wed 6/3 3:10 PM

Study Smarter, Not Harder

How do you know what you know? How do you prepare for exams? Let's discuss strategies that can help make study sessions more effective and efficient.

Mon 4/6 1:10 PM
Thu 4/16 11 AM
Fri 5/1 12:10 PM
Fri 5/15 1:10 PM
Tue 5/26 11 AM

Task Management

Having trouble juggling competing responsibilities and tasks? Let's discuss how to strike a better balance through prioritization and to-do lists.

Tue 4/7 2:10 PM
Wed 5/6 2:10 PM
Thu 5/28 3:10 PM

Thrive Versus Survive

Let's examine our behaviors and habits to design action plans for changes we want to make to our study systems. What's working, what could be working better?

Fri 4/17 2:10 PM
Tue 5/12 11 AM