

# University of Missouri-St. Louis Office of Precollegiate Student Services

## Commit to Success 2020 College Prep Talks

### Mindfulness Meditation

Friday, May 1 (1:00PM-2:00PM)

Join us for a mindfulness meditation practice in light of the e-learning difficulties!

### Virtual Tour: Museum

Monday, May 4 (2:00PM-3:00PM)

You'll have the opportunity take a virtual tour to a nationally recognized tourist attraction and discuss with your peers!

### Smart Start: Get Organized

Thursday, May 7 (10:00AM-11:00AM)

Many students struggle with staying organized, even in college! In this workshop, you will develop systems to organize your materials, information, and time. You will learn about different organizational methods and find the one that works best for you.

### Building a Resume in Five Minutes

Wednesday, May 13 (3:00PM-4:00PM)

With a little extra time to build a resume, let's work to create a template that you can edit as you go! In this workshop, you will receive fresh perspectives and action verbs to take your resume to a whole new level.

### Social Media Do's and Don'ts

Friday, May 15 (10:00AM-11:00AM)

Do you have an Instagram page? How about Snapchat? Facebook? Twitter? If so, this workshop is for you. Join this workshop to learn about the do's and don'ts of social media and how to maximize your social media presence. Don't jeopardize your future over a post! Let's talk about it.

### Virtual College Tour: UMSL

Monday, May 18 (10:00AM-12:00PM)

What better time than the summer to begin preparing for the college search process? Each week, we will take a different virtual college tour of an institution of higher learning in the state of Missouri and beyond!

### Teaching Digital Literacy through Fake News and Media

Thursday, May 21 (3:00PM-4:00PM)

This workshop will focus on the development of critical thinking skills and support you in learning how to effectively interact in the age of technology. You will learn how to evaluate fake news, develop judgment, and critical evaluation of the media.

### Teen Brain

Wednesday, May 27 (1:00PM-2:00PM)

This workshop will focus on helping you to understand how the brain works, gain more insight on the developmental stages of adolescents, and how this time influences how you experience the world.

### Get to Know Yourself with MBTI

Friday, May 29 (10:00AM-11:00AM)

You will take the Myers-Briggs Type Indicator, one of the most popular personality tests, and learn how to use your results to identify strengths, areas for growth, explore careers, and improve your relationships with yourself and others.

### College Options Overview

Tuesday, June 2 (3:00PM-4:00PM)

In this workshop, you will learn about the many types of colleges that can enhance your educational experience and the benefits of each!

### Self-Care: Giving from a Full Cup

Thursday, June 4 (1:00PM-2:00PM)

Are you a busy student? Juggling multiple responsibilities like school, extracurricular activities, work, taking care of siblings, etc.? In this workshop, you'll explore various self-care strategies to fill up your cup and give your BEST self to the world!

### Building Your College List

Tuesday, June 9 (10:00AM-11:00AM)

If you're a high school student, you should begin building your college application lists far before your senior year. In this workshop, you will learn about different tools (online search engines, college guidebooks, and in-person visits) to build a list of good-fit colleges. You will also learn how to ensure that your list is balanced in terms of selectivity, affordability, and other important criteria.

### Choosing Your Team

Thursday, June 11 (12:00PM-1:00PM)

Asking for a letter of recommendation is a tricky task, but it can be done with ease when you are prepared! In this workshop, you will learn how to prepare a list of individuals who you definitely want to have on your "team" as you prepare to apply for jobs, internships, and, of course, college!

### Career Exploration Opportunities

Tuesday, June 16 (10:00AM-11:00AM)

In this workshop, you will learn about different opportunities to explore your career interests, such as internships, shadowing, and volunteering. We will also discuss the importance of gaining industry experience through internships and related opportunities in college.

### A Day in the Life of a Professional

Friday, June 19 (10:00AM-12:00PM)

In this virtual platform, we will hear from career professionals as they share a general "day in the life" in their current positions. You can submit questions to ask the professionals in the Zoom chat room that will be answered during the discussion.

### Translating the "Five-Paragraph Essay" into College Success

Thursday, June 25 (2:00PM-3:00PM)

If you can write a basic five-paragraph essay on a topic designated by your teacher, you will be prepared for basic level, college reflection essays and discussion board posts. This workshop will explain how to take your skills of preparing an introduction, main thoughts, and conclusion into college-level coursework.