

Fall 2020 Success Workshops

Your Success Tool Box

Hosted by the Academic Success Center

Monday, 2:00 – 2:50 p.m. August 24 th	Note Taking 101 – led by Mrs. Lyndi Greenwich Location Zoom: https://obu.zoom.us/j/92640751903 <i>A Workshop on the importance of note taking in college.</i>
Tuesday, 2:00 – 2:50 p.m. August 25 th	Note Taking 101 – led by Mrs. Lyndi Greenwich Location Zoom: https://obu.zoom.us/j/92640751903 <i>A Workshop on the importance of note taking in college.</i>
Wednesday, 12:15 – 12:45 p.m. August 26 th	Lunch & Learn: Organizing Yourself for Classes – led by Mrs. Lyndi Greenwich and OBU Students/Tutors Brittany Burr and Joao Rodrigues. Location Zoom: https://obu.zoom.us/j/92640751903 <i>A Workshop on the importance of organization and scheduling.</i>
Friday, 12:15-12:50 p.m. September 18 th	Lunch & Learn: The Road Back to You- An Enneagram journey to self-discovery- led by Pastor Craig Seals Location Zoom: https://obu.zoom.us/j/92640751903 <i>A Workshop on learning your number, the gifts & strengths that come with it and how God can use those gifts in your college journey.</i>
Friday, 12:15 – 12:45 p.m. October 9 th	Lunch & Learn: Tips on How to Write a Better College Paper- led by ASC Tutor Staff & Speer Writing Center Location Zoom: https://obu.zoom.us/j/92640751903 <i>Tips and strategies to becoming a better writer.</i>
Wednesday, 12:15 – 12:45 p.m. October 14 th	Lunch & Learn: Effective Communication with Professors – led by Dr. Rebecca Jones Location Zoom: https://obu.zoom.us/j/92640751903 <i>Learn the best ways to communicate and build relationships with your professors.</i>
Friday, 12:15 – 12:45 p.m. November 6 th	Lunch & Learn: Stress Management – led by Mr. Stan Escalante, LPC Location Zoom: https://obu.zoom.us/j/92640751903 <i>A Workshop on to manage the stressors of college.</i>



WORKSHOP SCHEDULE

Lunch & Learn: Note Taking 101- Is note-taking and reading becoming a drag? We are here to change that! This workshop will allow you to explore efficient types of note-taking and reading strategies to help you take active control of your learning. Join us and learn to apply a method that works best for you!

Lunch & Learn: Organizing Yourself for Classes- Ever think about what are the best ways to get yourself more organized for your classes? In this interactive workshop you will learn how to get yourself more organized and prepared to excel in your courses. You are invited to bring in your syllabi and reflect with others on how to be more proactive and ensure your success in your courses.

Lunch & Learn: Tips on How to Write a Better College Paper- Learn tips from our ASC tutors who also work at the Speer Writing Center on how to write a better college paper.

Lunch & Learn: The Road Back to You- An Enneagram journey to self-discovery- Come learn about the how to discover your enneagram number and how you can use your God given strengths and gifts to be a successful student at OBU.

Lunch & Learn: Effective Communication with Professors - Ever wonder how can you better communicate with your professors? In this interactive workshop you will learn how to communicate positively and professionally with professors and faculty advisors. In addition, you will learn how to communicate more effectively and efficiently in face-to-face, email, and phone interactions. The goal of this workshop is to enhance your communication skills and gain the information you need to be more successful.

Lunch & Learn: Stress Management

Feeling the pressures of college life taking over? At this workshop, you will learn about stress and ways to manage it from Stan Escalante who is a Licensed Professional Counselor. Mr. Escalante has over 20 years of experience working with youth in the counseling field. You will gain insight on how stress affects your body and take away useful resources that can change your college life for the better. You will learn that identifying your stress level and perceptions on life are key elements to managing stress. In addition, we will discuss techniques that can help you prevent stress from recurring and give you insight on how to keep your stress under control.

