

Spring 2024 R Success Workshops

Workshops are offered on Zoom or in-person at the ARC. If you are unable to attend a workshop during the times below, please call or stop by the ARC front desk (951-827-3721) to set up a one-on-one workshop with a Peer Mentor.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am	<u>Self Love Club:</u> <i>Prioritize physical and mental health for a successful academic journey.</i> <i>Presented by: Lesli V.</i>	<u>Be Brave, Be Proud, Face The Crowd (Zoom):</u> <i>Gain skills for public speaking and effective presentations</i> <i>Presented by: Lesli V.</i>	<u>A.C.E. Your Exams:</u> <i>Make things easier for yourself by knowing what to do before and during your tests</i> <i>Presented by: Alex H.</i>	<u>Networking 101:</u> <i>Learn the basics of networking at UCR, including strategies for small talk.</i> <i>Presented by: Irah R.</i>	<u>Drive, Thrive and Manage Time (Zoom)</u> <i>Stay focused, set goals and effectively manage your time.</i> <i>Presented by: Ruthie S.</i>
12:00 pm	<u>Networking 101: (Zoom)</u> <i>Learn the basics of networking, including strategies for small talk.</i> <i>Presented by: Irah R.</i>	<u>Talk Note-y To Me:</u> <i>Learn to select the most suitable method for note-taking based on your preferences and needs.</i> <i>Presented by: Ruthie S.</i>	<u>Registration Crash Course:</u> <i>Gain tips and tricks for creating an optimal class schedule. (NOT an academic advising workshop)</i> <i>Presented by: Shirley H.</i>	<u>Be Brave, Be Proud, Face The Crowd</u> <i>Gain skills for public speaking and effective presentations</i> <i>Presented by: Ashley M.</i>	<u>Self-Love Club (Zoom)</u> <i>Prioritize physical and mental health for a successful academic journey.</i> <i>Presented by: Diego S.</i>
2:00 pm	<u>Mastering Stress and Boosting Success:</u> <i>Learn about the function of stress in order to manage it before it manages you.</i> <i>Presented by: Alex T.</i>	<u>Sliding Into Office Hours (Zoom):</u> <i>Learn strategies for engaging in small talk with your professors during office hours.</i> <i>Presented by: Dora N.</i>	<u>Protect Your Peace</u> <i>Learn to set boundaries with others to ensure your success.</i> <i>Presented by: Amanda M.</i>	<u>Talk Note-y To Me (Zoom)</u> <i>Learn to select the most suitable method for note-taking based on your preferences and needs.</i> <i>Presented by: Cameron B.</i>	<u>A.C.E. Your Exams (Zoom)</u> <i>Make things easier for yourself by knowing what to do before and during your tests</i> <i>Presented by: Ulises M.</i>
4:00 pm	<u>Protect Your Peace (Zoom):</u> <i>Learn to set boundaries with others to ensure your success.</i> <i>Presented by: Lesli V.</i>	<u>Drive, Thrive and Manage Time</u> <i>Stay focused, set goals and effectively manage your time.</i> <i>Presented by: Mady Y.</i>	<u>Mastering Stress and Boosting Success (Zoom):</u> <i>Learn about the function of stress in order to manage it before it manages you.</i> <i>Presented by: Ulises M.</i>	<u>Sliding Into Office Hours</u> <i>Learn strategies for engaging in small talk with your professors during office hours</i> <i>Presented by: Mady Y.</i>	<u>Registration Crash Course (Zoom)</u> <i>Gain tips and tricks for creating an optimal class schedule. (NOT an academic advising workshop)</i> <i>Presented by: Alex T.</i>