









October 2024 Workshop Calendar

Mon	Tue	Wed	Thu	Fri
	1 ¹ Study Buddy: Using AI as a Study Tool 11:30 am—12:15 pm In-Person Learning Commons	2 ¹ Mid-Term Reality Check with TRIO SSS 1:00 pm—1:45 pm Zoom	3 ² Procrastination: Now or Later? 3:00 pm—4:00 pm In-Person SC, Suite 2000	4 ² Coping with Stress Using Art: Painting 9:00 am—10:30 am SC, Suite 2000
7 ² Think Ahead: Creating SMART Goals 10:00 am—11:00 am In-Person SC, Suite 2000	8 ¹ Ace My Tests: Test-Taking Skills 11:30 am—12:15 pm In-Person Learning Commons	9 ¹ Due Today ≠ Do Today: Avoid Procrastination 1:00 pm—1:45 pm Zoom	10 ² Facing Imposter Syndrome with a Growth Mindset with CII 3:30 pm—4:30 pm In-Person SC, Suite 2000	
14 ² Think Ahead: Creating SMART Goals 10:00 am—11:00 am Zoom 	15 ¹ Roadmap to Mastery: Study Guides 11:30 am—12:15 pm In-Person Learning Commons 	16 ¹ Let's Study TOGETHER: Study Groups 101 1:00 pm—1:45 pm Zoom ——— ³ Career Conversations with Career Center: Resume Building 10:00 am—11:15 am In-Person SC, Suite 2000	17 ⁴ TRIO SSS Financial Literacy: Grow Your Financial Knowledge with Dr. Emily Schwartz, MidFirst Bank 2:00 pm—3:00 pm Zoom 	18 TRIO SSS Fall Kick-Off Complete a Financial Literacy and Skill Building Workshop at event. Register HERE! <div style="border: 2px solid red; border-radius: 50%; padding: 10px; text-align: center; margin-top: 10px;"> 1st Program/Book Scholarship Deadline!!! </div>
21 ² Graduate School Preparation 10:00 am—11:00 AM SC, Suite 2000	22 ¹ Good Vibes: Wellness & Stress Management 11:30 am—12:15 pm In-Person Learning Commons	23 ¹ Communicating with Your Professor 1:00 pm—1:45 pm Zoom	24 ² What's Your Learning Style? 10:00 am—11:00 am Zoom	
28 ² Time Management 101: Creating A Weekly Schedule 10:00 am—11:30 am In-Person SC, Suite 2000	29 ² What's Your Learning Style? 11:00 am—12:00 pm Zoom			

Legend for In-Person and Zoom Sessions

IN-PERSON



ZOOM



Workshop Registration

REGISTRATION REQUIRED—Non-TRIO workshops are subject to change.

¹Learning Resource Center Workshops: [Registration Required: RSVP: HERE](#)

²TRIO SSS Skill Building Workshops: [Registration Required: RSVP: HERE](#)

³Career Center Workshops: [Registration Required: RSVP: HERE](#)

⁴TRIO SSS Financial Literacy Session: [Registration Required: RSVP: HERE](#)



Mission Statement

The University of Colorado Denver TRIO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.

Online Workshop Evaluation

To receive credit for attending Skill-Building Workshops and Financial Literacy Sessions, be sure to fill out a TRIO SSS Workshop Evaluation. You can pick up an evaluation form in the TRIO Office, or complete the online evaluation at: <https://forms.office.com/r/AYPVeIXvZA>.