Student Success Center Workshops

The Student Success Center has the following workshops available. A customized training can also be created. To schedule a session, or discuss your specific needs, please contact Tera Lessard at tera.lessard@wsu.edu or 358-7757.

Learning Workshops

Metacognitive Learning Strategies   *50 minutes*

This workshop provides an overview of specific study strategies designed to deepen students' knowledge of the concepts they are studying. The session covers Bloom's Taxonomy, The Study Cycle/Power Hour, and Dweck's Mindset. Students walk away with a new framework for successfully learning and integrating knowledge.

Test Preparation   *50 minutes*

This workshop covers specific metacognitive methods to prepare for exams and also manage anxiety during exams. Tools are provided for before, during and after the test.

Time Management   *50 minutes*

Students learn about SMART goal-setting, prioritizing, and effectively using a time management tool. Attendees walk away with a customized time-management plan.

GRE Test Preparation   *6 week series*

Contact the Student Success Center to learn about upcoming GRE workshops.

Career Workshops

Resume/CV Preparation   *50 minutes*

This session discusses the do's and don'ts of creating resumes/CVs. Students are encouraged to bring their laptops to begin drafting or editing their current documents.

Making Difficult Decisions   *50 minutes*

This workshop is designed for students who will be graduating in the near future and will be faced with many decisions. The session covers the development of a personal vision/mission statement and the CASVE decision-making cycle.

Professionalism & Communication   *50 minutes*

This workshop covers professional e-mail communication, choosing forms of communication, different types of workplace dress codes, social media etiquette, professional introductions, and more.

Developing a Professional Portfolio   *50 minutes*

Students create an understanding of what a professional portfolio looks like and begin the process of drafting what their own portfolio would include. Electronic portfolios, Linked-In, and paper portfolios are discussed.

Networking   *50 minutes*

Students draft and practice sharing their professional introduction and how to engage others in purposeful conversation. Tips are provided for how to remember names and how to manage events that include alcohol.

Interviewing Skills   *50 minutes*

This workshop covers all the essential information about interviews, including: How to research the company, how to talk about your skills/background, what to wear, and how to manage tattoos/piercings. Information is provided for before, during, and after the interview.