

Fall 2009 WORKSHOPS

UNIVERSITY CAREER SERVICES

Workshops are 1 – 1 ½ hours long and will be held in the University Career Services Conference Room

Resume Workshops

08/31 3 pm	10/19 2 pm
9/10 10 am	10/27 12 pm
9/21 11 am	11/03 10 am
10/06 3 pm	11/16 2 pm

Job Search Workshop

8/26 1 pm	10/20 3 pm
9/03 3 pm	11/12 10 am
9/16 2 pm	11/23 3 pm
10/12 2 pm	12/03 12 pm

Interview Workshop

8/27 10 am	10/15 10 am
9/09 3 pm	10/26 10 am
9/14 2 pm	11/09 2 pm
9/23 3 pm	

Internship Workshops

9/09 1 pm	10/13 10 am
9/15 10 am	10/22 1 pm
9/24 3 pm	10/28 3 pm
9/30 2 pm	11/18 1 pm

Campus Recruitment Workshop

8/24 5 pm	9/22 5:45 pm
8/25 5:45 pm	9/28 5:45 pm
8/31 5:45 pm	9/29 5 pm
9/01 5:45 pm	10/05 5 pm
9/03 10 am	10/08 12 pm
9/10 3 pm	10/12 5:45 pm
9/15 5 pm	10/20 10 am
9/17 12 pm	11/02 5:45 pm
9/21 5 pm	

How to Work a Career Fair Workshop

9/02 2 pm
9/22 12 pm

College Work-Study Workshop

8/25 3 pm
9/08 3 pm

www.career.uh.edu

LEARNING SUPPORT SERVICES

Workshops will be held at Room 321 Graduate College of Social Work. Must register on line by going to 'workshops-signup' at www.las.uh.edu/lss

- Study strategies for a great semester, 8/25 @ 3 pm, 8/27 @ 11 am
- Time management, 8/31 @ 4pm, 9/4 @ 10am
- Textbook and college level reading tips, 9/9 @ 3pm, 9/10 @ 4pm
- Note taking tips, 9/14 @ 11am, 9/16 @ 3pm
- Reduce test anxiety, 9/21 @ 5pm, 9/24 @ 11am
- Exam preparation & taking tips, 9/28 @ 11am, 9/30 @ 2pm
- Succeed as a transfer student, 9/29 @ 11am, 10/1 @ 2pm
- Improve your critical thinking, 10/5 @ 5pm, 10/9 @ 10am
- Boost your memory power, 10/14 @ 3pm, 10/16 @ 2pm
- Study a foreign language, 10/13 @ 4pm, 10/15 @ 10am
- Help, I can't concentrate!, 10/20 @ 5pm, 10/22 @ 1pm
- Expand your vocabulary, 10/26 @ 1pm, 10/30 @ 3pm
- Write better research papers, 11/2 @ 2pm, 11/5 @ 2pm
- Organize yourself!, 11/3 @ 3pm, 11/4 @ 3pm
- Procrastination: causes and solutions, 11/10 @ 4pm, 11/13 @ 11am
- Use meditation to reduce academic anxiety, 11/17 @ 4pm, 11/19 @ 4pm
- Understand learning style using a personality inventory, 11/23 @ 2pm, 11/24 @ 10am
- Prepare for & cope with finals, 11/30 @ 4pm, 12/1 @ 10am
- Prepare for natural science exams, 12/2 @ 4pm, 12/3 @ 1pm

www.las.uh.edu/lss

COUNSELING & PSYCHOLOGICAL SERVICES

Workshops will be held on Wednesdays at 12 noon–1 pm in Conference Room 210A Student Service Center 1

- 9/2: Success at College: Creating Balance between School, Work & Relationships
- 9/9: Understanding Anxiety: Signs, Symptoms and Ways to Cope
- 9/16: I'm Listening Honey! Communication among Couples
- 9/23: Learning How to Become More Assertive
- 9/30: Coping with Financial Stress
- 10/7: Understanding Depression: What Everyone Should Know
- 10/14: Undecided! Career Exploration and Planning
- 10/21: Tips for Developing Positive Self-Esteem
- 10/28: Anger Management: Identification, Control and Letting Go
- 11/4: Real Men: An Overview of Men's Issues
- 11/11: Stress Management and Relaxation
- 11/18: Anger Management: Identification, Control and Letting Go

www.caps.uh.edu

UH WELLNESS

- 8/31: Nutrition, MT 12-12:30pm & 12:30-1pm
- 9/10: Alcohol: Shaken, Not Slurred, CRWC 10am-11am
- 9/16: Hot Topics in Wellness I, CRWC 12-1pm
- 9/21: Healthy Relationships, CRWC 1-2pm
- 9/29: Marijuana Myths, CRWC 3-4pm
- 10/8: Boundary Setting: Yes, No, Maybe So? CRWC 4-5pm
- 10/14: Hot Topics in Wellness II, CRWC 12-1pm
- 10/19: Nutrition, MT 12-12:30pm & 12:30-1pm
- 10/26: Self Protective Behaviors Made Easy, CRWC 10am-11am
- 11/3: Work it Out With a Smile: Conflict Resolution, CRWC 3-4pm
- 11/11: Hot Topics in Wellness III, CRWC 12-1pm
- 11/20: Nutrition, MT 12-12:30pm & 12:30-1pm
- 11/23: Don't Stress: It's Only Finals, CS 2-3pm
- 12/2: Hot Topics in Wellness III, CRWC 12-1pm

Workshop Locations:

CRWC: Campus Recreation & Wellness Center Rm. 1038
CS: Commuter Services Rm. 52 UC Underground
MT: Moody Towers Cafeteria (lunch purchase required)

www.las.uh.edu/wc

For more information & useful resources, please check the websites above.