Birch Room: Noon, Wednesday, Sept. 11

Inside the Mind of a Master Procrastinator

Tara Urban knows that procrastination doesn’t make sense, but he’s never been able to shake his habit of waiting until the last minute to get things done. During this view & discuss workshop, Urban encourages us to think harder about what we’re really procrastinating on, before we run out of time—and to discuss ways to calm our inner panic monster.

Presented by Mike Shimkus, Student Center Director

Make a Change

Resume Building Through Engagement

Learn how to identify which transferrable skills are important to your career field and how you can develop them through community engagement and volunteering.

Presented by Amy Garrigan, Community Based Learning & Sarah Warzecha, Advising and Career Center

Why We Have Too Few Women Leaders

During this view & discuss workshop, we hear from Facebook COO Sheryl Sandberg who looks at why a smaller percentage of women than men reach the top of their professions—and offers 3 powerful pieces of advice to women aiming for the C-suite.

Presented by Anna Stremlau, Campus Activities & Engagement

Multicultural Professional Day

Multicultural Professional Day is a mini-conference designed to prepare multicultural students for their career field. Topics include how to write your resume & cover letter, interviewing do’s & don’ts, transitional life topics, diversity in the workforce, and many more!

Registration through OMSA Required.

Presented by Office of Multicultural Student Affairs

Human Trafficking 101

Officer Kelly Andrichik is part of the speaker’s bureau on behalf of Fight To End Exploitation in Racine. After attending this session, you will have a better understanding of what human trafficking is and what it is not. Sessions will include current examples of cases and incidents in the southeast Wisconsin area, Kenosha, Racine, and the I-94 corridor. After attending, you will be better equipped to recognize human trafficking among your community both on and off campus and know what to do and who to contact when you see it.

This 90 min workshop is worth 2 elective credits for RSL.

Presented by Officer Kelly Andrichik, UWP Police

Make a Difference Day

Half day service opportunity. Give back by helping clean up community spaces! This can count as an elective workshop or toward volunteer hours. Sign up in Campus Activities & Engagement, or Campus Connect.

Hosted by Campus Activities & Engagement

Campus Connect Panel: Student Affairs Professionals

Want to be a hall director? How about an academic advisor? Or a student affairs professional in careers? This panel will share how they chose to work in student affairs, why they are passionate about what they do, and what students everywhere can do to get involved. This panel will share their perspectives on the importance of diversity in the workforce, and many more!

Presented by Office of Multicultural Student Affairs

Leaders pursue their passions to feel fulfilled personally and lead purposefully. Discuss what inspires your passions and explore their role in your leadership journey.

Presented by Amanda Balistreri, Campus Activities & Engagement

Please RSVP at: activitiesengagement@uwp.edu

CA&E Conference Room

Electives

Soup & Substance: Human Trafficking 101

Friday, Oct. 18

Student Center (VARIOUS)

Soup & Substance: Multicultural Professional Day

This is a 3 hour extended workshop and counts as 3 elective credits for RSL.

Presented by Officer Kelly Andrichik, UWP Police

Soap & Substance: Human Trafficking 101

Friday, Oct. 25

Oak Room

Multicultural Career Fair

Featuring employers offering career-relevant internships and full-time positions for soon to be graduates and recent alumni.

Note: Students must claim their Handshake account to pre-register and review lists of participating employers and positions.

Presented by Advising & Career Center, Community and Business Engagement

Basics of Personal Finance

Learn about loans, credit, and debt, why they’re important to understand and how they are connected to each other.

Presented by Brett Nielsen, Educators Credit Union

Electives

Contemporary Workforce Competencies

This is a 3 hour extended workshop and counts as 3 elective credits for RSL.

Presented by Officer Kelly Andrichik, UWP Police

CAREERS IN STUDENT AFFAIRS

Career Fair

To be a hall director? How about an academic advisor? Or a student affairs professional in careers? This panel will share how they chose to work in student affairs, why they are passionate about what they do, and what some of their best experiences have been. In addition graduate school information will be available. Come and learn about this career path.

Led by Stephanie Strovolas-Marshall, Student Center Director

Lunch Provided
WHAT’S YOUR SCORE®
SOLVING THE MYSTERY OF CREDIT REPORTS
WEDNESDAY, NOV. 6
TIMES VARY
BIRCH ROOM
UW-Parkside students and staff receive a free copy of their credit report and score. Your ~20 minute meeting covers topics such as: What is a credit report? What is a credit score? How does my credit history affect me? How do I maintain good credit or improve poor credit? Please sign up in Campus Activities & Engagement, SCTR L104 or online on Campus Connect.

Presented by Brett Nielsen, Educators Credit Union

THE ART OF BEING WRONG
WEDNESDAY, NOV. 11
NOON
POPLAR ROOM
Most of us will do anything to avoid being wrong. But what if we’re wrong about that? During this view & discuss workshop “Wrongologist” Kathryn Schulz makes a compelling case for not just admitting but embracing our fallibility.

Presented by Neil Baumgartner, Academic & Career Advising

NEUROBIOLOGY OF THE TRAUMA RESPONSE
FRIDAY, NOV. 15
NOON
MOLN 111
This workshop covers the physiological response to trauma, why the body does what the brain tells it to without you choosing to do it on your own. The training will talk about what a trigger actually is and how the brain takes over when a person is experiencing a traumatic event. No medical or biological background necessary. Officer Kelly will teach you all you need to know.

This 90 min workshop is worth 2 elective credits for RSL.

Presented by Officer Kelly Andrichak

DECOMPRESS FROM STRESS
MONDAY, NOV. 18
NOON
HICKORY ROOM
Self Care. Balance. Wellness. These terms are at the center of many conversations about self-care in higher education. Come explore a variety of tips you can use to develop your own self-care plan.

Presented by Mike Shimkus, Student Center

SAFETY EDUCATION CLASSES
CHECK CAMPUS CONNECT
CHOOSE FROM: Active Shooter Response, Property Crimes, or Police & Community Relations classes.

Check Campus Connect for the dates and times for each class.

Presented by Officer Craig Rafferty

ELECTIVES
CONTINUED

GETTING STARTED WITH ePORTFOLIOS
DATE & TIME TBD
What is an ePortfolio? What are the benefits of creating an ePortfolio? How do I get started? During this interactive, hands-on workshop you will start building your own ePortfolio. An ePortfolio can be an effective self-marketing tool. This is your opportunity to showcase specific skills and achievements that align with your academic and career goals.

Presented by Marie Smith, Student Support Services

REFLECTION
REQUIRED FOR TIER 1
2
CHOOSE ONE OPTION
REFLECTION DISCUSSION SESSION
MONDAY, NOVEMBER 25, NOON
CAFE CONFERENCE ROOM
FRIDAY, DECEMBER 6, NOON
CAFE CONFERENCE ROOM
WRITTEN REFLECTION
DUE MONDAY, DEC. 6, BY NOON
Email to balistre@uwp.edu

SAFE ZONE TRAINING
For updates go to:
bit.uwp.edu/1/SAFEZONETRAINING

WANT TO ATTEND A WORKSHOP
NOT ON THIS LIST?

There are many opportunities on campus that could count towards your certificate completion.

To learn more and stay up to date, visit:
bit.uwp.edu/1/RSL

CONTACT:
Amanda Balistreri
balistre@uwp.edu